

Varsity College
Year 8 HPE - Semester 1, 2023

Week	Date	Topics	Assessment
1	23-27 January Australia Day PH - Thurs	<ul style="list-style-type: none"> Systems of the Body Ball Games – skill development, game play 	
2	30 Jan – 3 Feb Swimming Carnival - Mon	<ul style="list-style-type: none"> The Circulatory System (heart and pulse) Ball Games - skill development, game play 	
3	6-10 February	<ul style="list-style-type: none"> The Respiratory System Ball Games - skill development, game play 	
4	13-17 February	<ul style="list-style-type: none"> The Respiratory Process Ball Games - skill development, game play 	
5	20-24 February	<ul style="list-style-type: none"> The Digestive System & Process Ball Games - skill development, game play 	
6	27 Feb – 3 Mar	<ul style="list-style-type: none"> The Reproductive System Ball Games - skill development, game play 	
7	6-10 March GIPSA - Wednesday	<ul style="list-style-type: none"> Exam Revision Ball Games - skill development, game play 	
8	13-17 March	<ul style="list-style-type: none"> Exam Revision Cross Country Training – cardiovascular fitness 	Exam – Lesson 2
9	20-24 March	<ul style="list-style-type: none"> Cross Country Training – cardiovascular fitness 	
10	27-31 March Cross Country - Thurs	<ul style="list-style-type: none"> Full practical lesson – teacher discretion 	
School Holidays: Saturday April 1 – Sunday April 16			
1	17-21 April	<ul style="list-style-type: none"> Introduction to mental health and wellbeing Striking Games – skill development and game play 	
2	24-28 April ANZAC Day PH - Tues	<ul style="list-style-type: none"> Values and friends Striking Games – skill development and game play 	
3	1-5 May Labour Day PH - Monday GIPSA - Wednesday	<ul style="list-style-type: none"> Spirituality and Emotions Striking Games – skill development and game play 	
4	8-12 May	<ul style="list-style-type: none"> Rights and Responsibilities Striking Games – skill development and game play 	
5	15-19 May GIPSA - Wednesday	<ul style="list-style-type: none"> Mental Health Strategies / Resilience and Self-Esteem Striking Games – skill development and game play 	
6	22-26 May GIPSA - Wednesday	<ul style="list-style-type: none"> Mental Illness Strategies Striking Games – skill development and game play 	
7	29 May – 2 June	<ul style="list-style-type: none"> Assessment preparation Striking Games – skill development and game play 	Project Multimodal – Lesson 2
8	5-9 June GIPSA - Wednesday	<ul style="list-style-type: none"> Athletics – Track & Field Training and Trials 	
9	12-16 June	<ul style="list-style-type: none"> Athletics – Track & Field Training and Trials 	
10	19-23 June	<ul style="list-style-type: none"> Athletics – Track & Field Training and Trials 	
School Holidays: Saturday June 24 – Sunday July 9			