

Varsity College
Year 8 - Health + Physical Education - Semester 2 - 2023

Term 3, 2023

Week	Date	Topics	Assessment
1	10-14 July Athletics Carnival - Wed	<ul style="list-style-type: none"> Exercise Physiology Introduction to Exercise Physiology, Training Principles & Methods 	
2	17-21 July	<ul style="list-style-type: none"> Specificity, Progressive Overload, Resistance and Plyometric Training 	
3	24-28 July	<ul style="list-style-type: none"> Circuit, Interval and Flexibility Training 	
4	31 July – 4 August	<ul style="list-style-type: none"> Energy Systems, Designing a Training Program 	
5	7-11 August	<ul style="list-style-type: none"> Practical component focusing on ball games (touch football, netball, basketball, AFL) 	
6	14-18 August	<ul style="list-style-type: none"> Touch Football Analysis, Exam Revision 	
7	21-25 August	<ul style="list-style-type: none"> Revision & Exam 	Exam
8	28 August – 1 Sept. GC Show PH - Fri	<ul style="list-style-type: none"> Ball sports 	
9	4-8 September	<ul style="list-style-type: none"> Ball sports continued (double practical lessons) 	
10	11-15 September	<ul style="list-style-type: none"> Ball sports continued (double practical lessons) 	
School Holidays: Saturday September 16 – Monday October 2			

Term 4, 2023

Week	Date	Topics	Assessment
1	2-6 October King's Birthday PH - Mon	<ul style="list-style-type: none"> Risky Business or Risk Taking World Games Unit 	
2	9-13 October	<ul style="list-style-type: none"> Alcohol Gaelic Football / Lacrosse / European Handball 	
3	16-20 October	<ul style="list-style-type: none"> Smoking Gaelic Football / Lacrosse / European Handball 	
4	23-27 October	<ul style="list-style-type: none"> Sun Safety Gaelic Football / Lacrosse / European Handball 	
5	30 Oct – 3 Nov	<ul style="list-style-type: none"> Surf & Water Safety Gaelic Football / Lacrosse / European Handball 	
6	6-10 November	<ul style="list-style-type: none"> Research assessment continued Gaelic Football / Lacrosse / European Handball 	Draft Due
7	13-17 November	<ul style="list-style-type: none"> Investigation assessment continued, draft due Gaelic Football / Lacrosse / European Handball 	
8	20-24 November	<ul style="list-style-type: none"> Investigation assessment due Gaelic Football / Lacrosse / European Handball 	Investigation Final Due
9	27 Nov – 1 Dec	<ul style="list-style-type: none"> Final week of HPE – practical options open 	
10	4-8 December	Final Week Alternative Program	
School Holidays: Saturday December 9 – Sunday January 21, 2024			