

## Varsity College Year 8 HPE – Semester 1, 2024

Week	Date	Topics	Assessment
1	22-26 January O-Week Australia Day PH Fri	<b>Risky Business</b> <ul style="list-style-type: none"> <li>World Games Unit</li> </ul>	
2	29 Jan-2 Feb	<ul style="list-style-type: none"> <li>Alcohol</li> <li>Gaelic Football / Lacrosse / European Handball</li> </ul>	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> <li>Smoking</li> <li>Gaelic Football / Lacrosse / European Handball</li> </ul>	
4	12-16 February	<ul style="list-style-type: none"> <li>Sun Safety</li> <li>Gaelic Football / Lacrosse / European Handball</li> </ul>	
5	19-23 February	<ul style="list-style-type: none"> <li>Surf &amp; Water Safety</li> <li>Gaelic Football / Lacrosse / European Handball</li> </ul>	
6	26 Feb-1 Mar GC24 - Wednesday	<ul style="list-style-type: none"> <li>Research assessment continued</li> <li>Gaelic Football / Lacrosse / European Handball</li> </ul>	
7	4-8 March	<ul style="list-style-type: none"> <li>Investigation assessment continued, draft due</li> <li>Gaelic Football / Lacrosse / European Handball</li> </ul>	<b>Investigation Draft Lesson 2</b>
8	11-15 March	<ul style="list-style-type: none"> <li>Investigation assessment due</li> <li>Gaelic Football / Lacrosse / European Handball</li> </ul>	
9	18-22 March GC24 - Thursday	<ul style="list-style-type: none"> <li>Final week of HPE – practical options open</li> </ul>	<b>Investigation Final Lesson 2</b>
10	25-29 March Good Friday PH	<ul style="list-style-type: none"> <li>Cross Country preparation</li> </ul>	
<b>School holidays: Friday March 29 - Sunday April 14</b>			
1	15-19 April Cross Country - Wed	<b>Movement Matters</b> <ul style="list-style-type: none"> <li>Introduction to Exercise Physiology, Training Principles &amp; Methods</li> </ul>	
2	22-26 April GC24 - Tuesday Anzac Day PH - Thurs	<ul style="list-style-type: none"> <li>Specificity, Progressive Overload, Resistance and Plyometric Training</li> </ul>	
3	29 Apr-3 May	<ul style="list-style-type: none"> <li>Circuit, Interval and Flexibility Training</li> </ul>	
4	6-10 May Labour Day PH - Mon	<ul style="list-style-type: none"> <li>Energy Systems, Designing a Training Program</li> </ul>	
5	13-17 May	<ul style="list-style-type: none"> <li>Practical component focusing on ball games (touch football, netball, basketball, AFL)</li> </ul>	
6	20-24 May	<ul style="list-style-type: none"> <li>Touch Football Analysis, Exam Revision</li> </ul>	
7	27-31 May	<ul style="list-style-type: none"> <li>Revision &amp; Exam</li> </ul>	
8	3-7 June	<ul style="list-style-type: none"> <li>Ball sports</li> </ul>	<b>Exam Lesson 2</b>
9	10-14 June GC24 - Wednesday	<ul style="list-style-type: none"> <li>Track &amp; Field preparation</li> </ul>	
10	17-21 June Athletics Carnival - Thurs	<ul style="list-style-type: none"> <li>Track and Field preparation</li> </ul>	
<b>School holidays: Saturday June 22 - Sunday July 7</b>			