

**Varsity College**  
**Year 9 ADP - Semester 1, 2023**

Week	Date	Topics	Assessment
1	23-27 January Australia Day PH - Thurs	<ul style="list-style-type: none"> <li>Introduction to training programs</li> <li>Knowing your own Fitness profile/ strengths &amp; weaknesses</li> <li>ADP Fitness Testing</li> </ul>	
2	30 Jan – 3 Feb Swimming Carnival - Mon	<ul style="list-style-type: none"> <li>Training Programs: Methods of Training / Components of Fitness</li> <li>Strength &amp; Conditioning Pre-Test: Strength/Strength Endurance</li> </ul>	
3	6-10 February	<ul style="list-style-type: none"> <li>Resistance Training, Periodization &amp; FITT Principals</li> <li>Strength &amp; Conditioning: Strength/Strength Endurance</li> </ul>	
4	13-17 February	<ul style="list-style-type: none"> <li>Using Strength &amp; Conditioning Training to develop specific areas of fitness &amp; programs</li> <li>Strength &amp; Conditioning: Strength/Strength Endurance</li> </ul>	
5	20-24 February	<ul style="list-style-type: none"> <li>Using Strength &amp; Conditioning Training to developing specific areas of fitness (continue)</li> <li>Strength &amp; Conditioning: Strength/Strength Endurance</li> </ul>	<b>Checkpoint</b>
6	27 Feb – 3 Mar	<ul style="list-style-type: none"> <li>Understanding Exercises used to develop certain muscle groups</li> <li>Strength &amp; Conditioning: Strength/Strength Endurance</li> </ul>	
7	6-10 March GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Understanding Exercises used to develop certain muscle groups</li> <li>Strength &amp; Conditioning: Strength/Strength Endurance</li> </ul>	<b>Project due – Lesson 2</b>
8	13-17 March NAPLAN 15-17 March	<ul style="list-style-type: none"> <li>Strength &amp; Conditioning Post-Test: Strength/Strength Endurance</li> </ul>	
9	20-24 March NAPLAN 20-22 March	<ul style="list-style-type: none"> <li>Strength &amp; Conditioning Post-Test: Strength/Strength Endurance</li> </ul>	
10	27-31 March Cross Country - Thurs	<ul style="list-style-type: none"> <li>Bond University Visit</li> </ul>	
<b>School Holidays: Saturday April 1 – Sunday April 16</b>			
1	17-21 April	<ul style="list-style-type: none"> <li>Introduction System of the body</li> <li>ADP Fitness Testing</li> </ul>	
2	24-28 April ANZAC Day PH - Tues	<ul style="list-style-type: none"> <li>Circulatory System</li> <li>Strength &amp; Conditioning Pre-Test: Power, Speed &amp; Agility</li> </ul>	
3	1-5 May Labour Day PH - Monday GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Respiratory System</li> <li>Strength &amp; Conditioning: Power, Speed &amp; Agility</li> </ul>	
4	8-12 May	<ul style="list-style-type: none"> <li>Digestive System</li> <li>Strength &amp; Conditioning: Power, Speed &amp; Agility</li> </ul>	
5	15-19 May GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Reproductive Systems</li> <li>Strength &amp; Conditioning: Power, Speed &amp; Agility</li> </ul>	
6	22-26 May GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Strength &amp; Conditioning: Power, Speed &amp; Agility</li> </ul>	
7	29 May – 2 June	<ul style="list-style-type: none"> <li>Energy Systems</li> <li>Strength &amp; Conditioning: Power, Speed &amp; Agility</li> </ul>	
8	5-9 June GIPSA - Wednesday	<ul style="list-style-type: none"> <li>Exam preparation week</li> <li>Strength &amp; Conditioning: Power, Speed &amp; Agility</li> </ul>	<b>Exam</b>
9	12-16 June	<ul style="list-style-type: none"> <li>Strength &amp; Conditioning Post-Test: Power, Speed &amp; Agility</li> <li>Bond University Visit</li> </ul>	
10	19-23 June	<ul style="list-style-type: none"> <li>Strength &amp; Conditioning Post-Test: Power, Speed &amp; Agility</li> <li>Bond University Visit</li> </ul>	
<b>School Holidays: Saturday June 24 – Sunday July 9</b>			