

Varsity College Year 9 ADP – Semester 2, 2024

Week	Date	Topics	Assessment
1	8-12 July Athletics Carnival - Wed	'Introduction to Leadership' ADP Fitness Testing Practical – Speed and Agility Pre Testing	
2	15-19 July	'Introduction to Leadership' Practical – Speed and Agility	
3	22-26 July GC24 - Thursday	'Leaders of Evolution' – Emerging Leaders in Sport Online Practical – Speed and Agility	
4	29 Jul- 2 Aug	'Leaders of Evolution' e-learning online course Practical – Speed and Agility	
5	5-9 August	'Leaders of Evolution' e-learning online course Practical – Speed and Agility	
6	12-16 August GC24 Finals – Wed.	'Leaders of Evolution' e-learning online course Practical – Applying Speed and Agility	
7	19-23 August	'Leaders of Evolution' e-learning online course Practical – Applying Speed and Agility	
8	26-30 August	'Leaders of Evolution' e-learning online course Practical – Applying Speed and Agility	
9	2-6 September	Emerging leaders in class extended response MTG: Minor Team Games	Exam
10	9-13 September	Assessment Review/Feedback MTG: Minor Team Games	
School holidays: Saturday September 14 – Sunday September 29			
1	30 Sept – 4 Oct	Role of a Coach & Coaching & Lesson Planning Introduction to General Coaching Principles ADP Fitness Testing	
2	7-11 October King's B'day PH - Monday	Lesson Plan Development General Coaching Principles – Junior Coaching session planning Practical – Games & skill development	
3	14-18 October	Junior Campus Coaching Session 1. Coaching session planning Aquatics Practical Experience 1	
4	21 - 25 October	Junior Campus Coaching Session 2. Coaching session planning Aquatics Practical Experience 2	
5	28 Oct – 1 Nov	Junior Campus Coaching Session 3. Coaching session planning Aquatics Practical Experience 3	
6	4-8 November	Junior Campus Coaching Session 4. Coaching session planning Aquatics Practical Experience 4	
7	11-15 November	Written report Assessment preparation Project Draft Due Practical Experience	Project draft due
8	18-22 November	Assessment feedback and drafting Practical Experience	
9	25-29 November	Team Sports & Games / Project Final Due	Project
10	2-6 December	Final Week 2024 – Alternate Program	
11	9-13 December	Supervision only week	
School holidays: Saturday December 14 – Tuesday January 28			