

Varsity College Year 9 AFL – Semester 1, 2024

Week	Date	Topics	Assessment
1	22-26 January O-Week Australia Day PH Fri	<ul style="list-style-type: none"> • Role of a Coach & Coaching & Lesson Planning • Introduction to General Coaching Principles • ADP Fitness Testing 	
2	29 Jan-2 Feb	<ul style="list-style-type: none"> • Lesson Plan Development • General Coaching Principles – Junior Coaching session planning • Practical – Games & skill development 	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> • Junior Campus Coaching Session 1. • Coaching session planning • Aquatics Practical Experience 1 	
4	12-16 February	<ul style="list-style-type: none"> • Junior Campus Coaching Session 2. • Coaching session planning • Aquatics Practical Experience 2 	
5	19-23 February	<ul style="list-style-type: none"> • Junior Campus Coaching Session 3. • Coaching session planning • Aquatics Practical Experience 3 	
6	26 Feb-1 Mar GC24 - Wednesday	<ul style="list-style-type: none"> • Junior Campus Coaching Session 4. • Coaching session planning • Aquatics Practical Experience 4 	
7	4-8 March	<ul style="list-style-type: none"> • Written report Assessment preparation • Project Draft Due • Practical Experience 	Project Draft Due
8	11-15 March NAPLAN	<ul style="list-style-type: none"> • Assessment feedback and drafting • Practical Experience 	
9	18-22 March NAPLAN GC24 - Thursday	<ul style="list-style-type: none"> • Team Sports & Games / Project Final Due 	Project Final Due
10	25-29 March Good Friday PH	<ul style="list-style-type: none"> • Cross Country Preparation 	
School holidays: Friday March 29 - Sunday April 14			
1	15-19 April Cross Country - Wed	<ul style="list-style-type: none"> • Introduction System of the body • ADP Fitness Testing 	
2	22-26 April GC24 - Tuesday Anzac Day PH - Thurs	<ul style="list-style-type: none"> • Circulatory System • Strength & Conditioning Pre-Test: Power, Speed & Agility 	
3	29 Apr-3 May	<ul style="list-style-type: none"> • Respiratory System • Strength & Conditioning: Power, Speed & Agility 	
4	6-10 May Labour Day PH - Mon	<ul style="list-style-type: none"> • Digestive System • Strength & Conditioning: Power, Speed & Agility 	
5	13-17 May	<ul style="list-style-type: none"> • Reproductive Systems • Strength & Conditioning: Power, Speed & Agility 	
6	20-24 May	<ul style="list-style-type: none"> • Energy Systems • Strength & Conditioning: Power, Speed & Agility 	
7	27-31 May	<ul style="list-style-type: none"> • Energy Systems • Strength & Conditioning: Power, Speed & Agility 	
8	3-7 June	<ul style="list-style-type: none"> • Exam preparation week • Strength & Conditioning: Power, Speed & Agility 	Exam - Lesson 2
9	10-14 June GC24 - Wednesday	<ul style="list-style-type: none"> • Track & Field Preparation 	
10	17-21 June Athletics Carnival - Thurs	<ul style="list-style-type: none"> • Track & Field Preparation 	
School holidays: Saturday June 22 - Sunday July 7			