

Varsity College Year 9 ASPIRE AFL – Semester 2, 2024

Week	Date	Topics	Assessment
1	8-12 July Athletics Carnival - Wed	'Introduction to Leadership' Fitness Testing Skills, Decision Making and Structure	
2	15-19 July	Recovery Methods Skills, Decision Making and Structure	
3	22-26 July GC24 - Thursday	'Leaders of Evolution' – Emerging Leaders in Sport Online Recovery Methods Skills, Decision Making and Structure	
4	29 Jul- 2 Aug	'Leaders of Evolution' e-learning online course Recovery Methods Skills, Decision Making and Structure	
5	5-9 August	'Leaders of Evolution' e-learning online course Recovery Methods Skills, Decision Making and Structure	
6	12-16 August GC24 Finals – Wed.	'Leaders of Evolution' e-learning online course Recovery Methods Skills, Decision Making and Structure	
7	19-23 August	'Leaders of Evolution' e-learning online course Recovery Methods Skills, Decision Making and Structure	
8	26-30 August	'Leaders of Evolution' e-learning online course Recovery Methods Skills, Decision Making and Structure	
9	2-6 September	Emerging leaders in class extended response Recovery Methods Skills, Decision Making and Structure	Exam
10	9-13 September	Assessment Review/Feedback Match Simulation	
School holidays: Saturday September 14 – Sunday September 29			
1	30 Sept – 4 Oct	Introduction to training programs Knowing your own Fitness profile/ strengths & weaknesses ADP Fitness Testing	
2	7-11 October King's B'day PH - Monday	Training Programs: Methods of Training / Components of Fitness Strength & Conditioning Pre-Test: Strength/Strength Endurance	
3	14-18 October	Resistance Training, Periodization & FITT Principals Strength & Conditioning: Strength/Strength Endurance	
4	21 - 25 October	Using Strength & Conditioning Training to develop specific areas of fitness & programs Strength & Conditioning: Strength/Strength Endurance	
5	28 Oct – 1 Nov	Using Strength & Conditioning Training to developing specific areas of fitness (continue) Strength & Conditioning: Strength/Strength Endurance	
6	4-8 November	Understanding Exercises used to develop certain muscle groups Strength & Conditioning: Strength/Strength Endurance	
7	11-15 November	Understanding Exercises used to develop certain muscle groups Strength & Conditioning: Strength/Strength Endurance	Training Programs Draft
8	18-22 November	Strength & Conditioning Post-Test: Strength/Strength Endurance	
9	25-29 November	Strength & Conditioning Post-Test: Strength/Strength Endurance	Training Programs Final Due
10	2-6 December	Final Week 2024 – Alternate Program	
11	9-13 December	Supervision only week	
School holidays: Saturday December 14 – Tuesday January 28			