

Varsity College Year 9 ASPIRE Basketball – Semester 2, 2024

Week	Date	Topics	Assessment
1	8-12 July Athletics Carnival - Wed	<ul style="list-style-type: none"> 'Introduction to Leadership' Fitness Testing Practical - Strategies & Tactics in Game Play 	
2	15-19 July	<ul style="list-style-type: none"> Leadership Idol Practical - Strategies & Tactics in Game Play On court: zone offence 	
3	22-26 July GC24 - Thursday	<ul style="list-style-type: none"> 'Leaders of Evolution' – Emerging Leaders in Sport Practical - Strategies & Tactics in Game Play On court: zone offence 	
4	29 Jul- 2 Aug	<ul style="list-style-type: none"> 'Leaders of Evolution' – social media Practical - Strategies & Tactics in Game Play On court: zone offence 	
5	5-9 August	<ul style="list-style-type: none"> 'Leaders of Evolution' - Communication Practical - Strategies & Tactics in Game Play: 	
6	12-16 August GC24 Finals – Wed.	<ul style="list-style-type: none"> 'Leaders of Evolution' – Influencing performance Practical - Strategies & Tactics in Game Play On court: zone defence 	
7	19-23 August	<ul style="list-style-type: none"> 'Leaders of Evolution' – High performing teams Practical - Strategies & Tactics in Game Play On court: zone defence 	
8	26-30 August	<ul style="list-style-type: none"> 'Leaders of Evolution' – Exam Prep Practical - Strategies & Tactics in Game Play On court: zone offence / defence 	
9	2-6 September	<ul style="list-style-type: none"> Emerging leaders in class extended response 	Exam
10	9-13 September	<ul style="list-style-type: none"> Assessment Review/Feedback MTG: Minor Team Games 	
School holidays: Saturday September 14 – Sunday September 29			
1	30 Sept – 4 Oct	<ul style="list-style-type: none"> Introduction System of the body Fitness Testing 	
2	7-11 October King's B'day PH - Monday	<ul style="list-style-type: none"> Circulatory System Strength & Conditioning Pre-Test: Power, Speed & Agility 	Junior CBSQ
3	14-18 October	<ul style="list-style-type: none"> Respiratory System Strength & Conditioning: Power, Speed & Agility 	
4	21 - 25 October	<ul style="list-style-type: none"> Digestive System Strength & Conditioning: Power, Speed & Agility 	Sophomore CBSQ
5	28 Oct – 1 Nov	<ul style="list-style-type: none"> Reproductive Systems Strength & Conditioning: Power, Speed & Agility 	
6	4-8 November	<ul style="list-style-type: none"> Energy Systems Strength & Conditioning: Power, Speed & Agility 	
7	11-15 November	<ul style="list-style-type: none"> Energy Systems Strength & Conditioning: Power, Speed & Agility 	
8	18-22 November	<ul style="list-style-type: none"> Exam preparation week Strength & Conditioning: Power, Speed & Agility 	Exam
9	25-29 November	<ul style="list-style-type: none"> Strength & Conditioning Post-Test: Power, Speed & Agility 	
10	2-6 December	<ul style="list-style-type: none"> Strength & Conditioning Post-Test: Power, Speed & Agility 	
11	9-13 December	<ul style="list-style-type: none"> Introduction System of the body 	
School holidays: Saturday December 14 – Tuesday January 28			