

Varsity College Year 9 Football – Semester 1, 2024

Week	Date	Topics	Assessment
1	22-26 January O-Week Australia Day PH Fri	<ul style="list-style-type: none"> Introduction to training programs Knowing your own Fitness profile/ strengths & weaknesses Aspire Fitness Testing 	
2	29 Jan-2 Feb	<ul style="list-style-type: none"> Training Programs: Methods of Training / Components of Fitness Strength & Conditioning Pre-Test: Strength/Strength Endurance 	
3	5-9 February Swimming Carnival - Thurs	<ul style="list-style-type: none"> Resistance Training, Periodization & FITT Principals Strength & Conditioning: Strength/Strength Endurance 	
4	12-16 February	<ul style="list-style-type: none"> Using Strength & Conditioning Training to develop specific areas of fitness & programs Strength & Conditioning: Strength/Strength Endurance 	
5	19-23 February	<ul style="list-style-type: none"> Using Strength & Conditioning Training to developing specific areas of fitness (continue) Strength & Conditioning: Strength/Strength Endurance 	
6	26 Feb-1 Mar GC24 - Wednesday	<ul style="list-style-type: none"> Understanding Exercises used to develop certain muscle groups Strength & Conditioning: Strength/Strength Endurance 	
7	4-8 March	<ul style="list-style-type: none"> Understanding Exercises used to develop certain muscle groups Strength & Conditioning: Strength/Strength Endurance 	Project Draft – Lesson 2
8	11-15 March NAPLAN	<ul style="list-style-type: none"> Project preparation Strength & Conditioning Post-Test: Strength/Strength Endurance 	
9	18-22 March NAPLAN GC24 - Thursday	<ul style="list-style-type: none"> Strength & Conditioning Post-Test: Strength/Strength Endurance 	Project Final – Lesson 2
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			