

## Varsity College Year 10 AFL 2025

### Term 1

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	<ul style="list-style-type: none"> <li>• Introduction to unit: My Sport Science (Enhancing athlete performance)</li> <li>• Strength and Conditioning</li> <li>• Drills, skills, decision-making</li> </ul>	
2	3-7 February	<ul style="list-style-type: none"> <li>• Measuring athlete potential (Fitness Testing, player analytics, Vo2 Max)</li> <li>• Strength and Conditioning</li> <li>• Drills, skills, decision-making</li> </ul>	
3	10-14 February Swimming Carnival: Tuesday	<ul style="list-style-type: none"> <li>• Measuring and enhancing team performance (Individual player statistics, team statistics, opposing team statistics)</li> <li>• Strength and Conditioning</li> <li>• Drills, skills, decision-making</li> </ul>	
4	17-21 February	<ul style="list-style-type: none"> <li>• Measuring and enhancing individual performance (Physiology, psychology, biomechanics, motor Control)</li> <li>• Strength and Conditioning</li> <li>• Drills, skills, decision-making</li> </ul>	
5	24-28 February	<ul style="list-style-type: none"> <li>• Measuring and enhancing athlete recovery and injury prevention (RPE, HRR, GPS Tracking, Neuromuscular Tracking)</li> <li>• Sleep Monitoring</li> <li>• Strength and Conditioning</li> <li>• Drills, skills, decision-making</li> </ul>	
6	3-7 March GC25: Wednesday	<ul style="list-style-type: none"> <li>• Report Planning</li> <li>• Strength and Conditioning</li> <li>• Drills, skills, decision-making</li> </ul>	
7	10-14 March	<ul style="list-style-type: none"> <li>• Report Planning</li> <li>• Strength and Conditioning</li> <li>• Drills, skills, decision-making</li> </ul>	
8	17-21 March	<ul style="list-style-type: none"> <li>• Report Planning</li> <li>• Strength and Conditioning</li> <li>• Drills, skills, decision-making</li> </ul>	
9	24-28 March	<ul style="list-style-type: none"> <li>• Applying term knowledge to game play to enhance performance (Badminton/Touch)</li> <li>• Strength and Conditioning</li> <li>• Drills, skills, decision-making</li> </ul>	Investigation – Lesson 2
10	31 March - 4 April	<ul style="list-style-type: none"> <li>• Applying term knowledge to game play to enhance performance (Badminton/Touch)</li> <li>• Strength and Conditioning</li> <li>• Drills, skills, decision-making</li> </ul>	
<b>School holidays: Friday April 4 - Sunday April 19</b>			

### Term 2

Week	Date	Topics	Assessment
1	21-25 April Easter Monday ANZAC Day: Friday	<ul style="list-style-type: none"> <li>Introduction to unit: Careers in Sport</li> </ul>	
2	28 April-2 May	<ul style="list-style-type: none"> <li>Careers in Sport: Physiotherapy and Physiology</li> </ul>	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> <li>Careers in Sport: Teaching and Coaching</li> </ul>	
4	12-16 May	<ul style="list-style-type: none"> <li>Careers in Sport: Sports Psychology</li> <li></li> </ul>	
5	19-23 May	<ul style="list-style-type: none"> <li>Careers in Sport: Sport Nutrition and Health</li> </ul>	
6	26-30 May	<ul style="list-style-type: none"> <li>Careers in Sport: Player Agents/ Managers and Sport Administration</li> </ul>	
7	2-6 June GC25: Wednesday	<ul style="list-style-type: none"> <li>Project planning</li> </ul>	
8	9-13 June GC25: Wednesday	<ul style="list-style-type: none"> <li>Project planning</li> </ul>	
9	16-20 June	<ul style="list-style-type: none"> <li>Project planning</li> </ul>	Project – Lesson 3
10	23-27 June	<ul style="list-style-type: none"> <li>Exam Block</li> </ul>	
<b>School holidays: Saturday June 28 - Sunday July 13</b>			