

**Varsity College**  
**Year 10 ADP 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>Game play – playing out from the back</li> </ul>	
2	3-7 February	<ul style="list-style-type: none"> <li>Measuring athlete potential (Fitness Testing, player analytics, Vo2 Max)</li> <li>Game play – defending BPO&gt;BP: 6v7 +GK</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>Game play: midfield play BP: 4v4+4</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>Game play:midfield play BPO&gt;BP: 5v5+4</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>Game play – transitioning BP&gt;BPO: 7v7+GK</li> </ul>	
6	3-7 March GC25: Wednesday	<ul style="list-style-type: none"> <li>Report Planning</li> <li>Game play – transitioning BPO&gt;BP: 6v4+GK</li> </ul>	
7	10-14 March	<ul style="list-style-type: none"> <li>Report Planning</li> <li>Game play – attacking BP: 6V5+GK</li> </ul>	<b>Investigation draft – Lesson 3</b>
8	17-21 March	<ul style="list-style-type: none"> <li>Report Planning</li> <li>Game play – attacking BP: 6v5+gk</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>Game Play - pressure on the ball BPO&gt;BP: 7v5+GK</li> </ul>	<b>Investigation – Lesson 2</b>
10	31 March - 4 April Cross Country Thursday	<ul style="list-style-type: none"> <li>Applying term knowledge to game play to enhance performance (Badminton/Touch)</li> <li>Game play – 11v11</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> <li>Game play – Playing out from the back positioning game BP: 6V5+2</li> </ul>	
2	28 April-2 May	<ul style="list-style-type: none"> <li>Careers in Sport: Physiotherapy and Physiology</li> <li>Game play – playing out from the back positioning game BP:8v8</li> </ul>	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> <li>Careers in Sport: Teaching and Coaching</li> <li>Game play – Attacking central areas BP: 7V4</li> </ul>	
4	12-16 May	<ul style="list-style-type: none"> <li>Careers in Sport: Sports Psychology</li> <li>Game Play – Disturbing &amp; pressuring BPO&gt;BP:6v6+GK</li> </ul>	
5	19-23 May	<ul style="list-style-type: none"> <li>Careers in Sport: Sport Nutrition and Health</li> <li>Game play – Disturbing &amp; pressuring BPO&gt;BP:8V8+GK</li> </ul>	

<b>6</b>	<b>26-30 May</b>	<ul style="list-style-type: none"> <li>Careers in Sport: Player Agents/ Managers and Sport Administration</li> <li>Game play – Attacking central areas BP: 7V4</li> </ul>	
<b>7</b>	<b>2-6 June</b> GC25: Wednesday	<ul style="list-style-type: none"> <li>Project planning</li> <li>Game play – Transitioning BPO&gt;BP:6v6+1</li> </ul>	<b>Project Draft – Lesson 3</b>
<b>8</b>	<b>9-13 June</b> GC25: Wednesday	<ul style="list-style-type: none"> <li>Project planning</li> <li>Game play – recapturing possession BPO&gt;BP:8v8+GK</li> </ul>	
<b>9</b>	<b>16-20 June</b>	<ul style="list-style-type: none"> <li>Project planning</li> <li>Game Play – transition BPO&gt;BP: 5v5v3</li> </ul>	<b>Project – Lesson 3</b>
<b>10</b>	<b>23-27 June</b>	<ul style="list-style-type: none"> <li><b>Exam Block</b></li> </ul>	
<b>School holidays: Saturday June 28 - Sunday July 13</b>			