

**Varsity College**  
**Year 7 ADP 2025**  
**Term 1**

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	<ul style="list-style-type: none"> <li>• Fitness and Health</li> <li>• Fitness testing</li> </ul>	
2	3-7 February	<ul style="list-style-type: none"> <li>• Advantages of active and passive leisure time</li> <li>• Strength and conditioning</li> </ul>	
3	10-14 February Swimming Carnival: Tuesday	<ul style="list-style-type: none"> <li>• Health and Skill related fitness components</li> <li>• Strength and conditioning</li> </ul>	
4	17-21 February	<ul style="list-style-type: none"> <li>• health and skill related components within specific sports</li> <li>• Strength and conditioning</li> </ul>	
5	24-28 February	<ul style="list-style-type: none"> <li>• Influence of energy systems on fitness testing</li> <li>• Strength and conditioning</li> </ul>	
6	3-7 March GC25: Wednesday	<ul style="list-style-type: none"> <li>• Physical signs of fitness as a result of exercise</li> <li>• Strength and conditioning</li> </ul>	
7	10-14 March NAPLAN	<ul style="list-style-type: none"> <li>• Presentation skills</li> <li>• Strength and conditioning</li> </ul>	
8	17-21 March	<ul style="list-style-type: none"> <li>• Presentation skills</li> <li>• Cross Country</li> </ul>	
9	24-28 March	<ul style="list-style-type: none"> <li>• Cross Country</li> </ul>	<b>Project - Lesson 2</b>
10	31 March - 4 April	<ul style="list-style-type: none"> <li>• Sport and Games</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 nutrition principles</li> <li>• Speed and agility-based strength and conditioning</li> </ul>	
2	28 April-2 May	<ul style="list-style-type: none"> <li>• The 5 food groups + Australian Guide to Healthy Eating</li> <li>• Strength and Conditioning Training</li> </ul>	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> <li>• Analysing my daily food and liquid intake</li> <li>• Strength and Conditioning Training</li> </ul>	
4	12-16 May	<ul style="list-style-type: none"> <li>• Understanding food labels</li> <li>• Strength and Conditioning Training</li> </ul>	
5	19-23 May	<ul style="list-style-type: none"> <li>• Energy balance</li> <li>• Strength and Conditioning Training</li> </ul>	
6	26-30 May	<ul style="list-style-type: none"> <li>• Health Related Problems</li> <li>• Strength and Conditioning Training</li> </ul>	
7	2-6 June GC25: Wednesday	<ul style="list-style-type: none"> <li>• Eating for Sports Performance</li> <li>• Strength and Conditioning Training</li> </ul>	
8	9-13 June GC25: Wednesday	<ul style="list-style-type: none"> <li>• Track &amp; Field Training</li> </ul>	<b>Exam – Lesson 2</b>
9	16-20 June	<ul style="list-style-type: none"> <li>• Track &amp; Field Training</li> </ul>	
10	23-27 June	<ul style="list-style-type: none"> <li>• Track &amp; Field Training</li> </ul>	
<b>School holidays: Saturday June 28 - Sunday July 13</b>			