

Varsity College
Year 7 HPE 2025
Term 1

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	<ul style="list-style-type: none"> Orientation week 	
2	3-7 February	<ul style="list-style-type: none"> Introduction to adolescence. Minor Games – Skills, strategies, teamwork 	
3	10-14 February Swimming Carnival: Tuesday	<ul style="list-style-type: none"> Self-esteem, self-concept and their benefits. Minor Games – Skills, strategies, teamwork 	
4	17-21 February	<ul style="list-style-type: none"> Social and emotional development. Minor Games – Skills, strategies, teamwork 	
5	24-28 February	<ul style="list-style-type: none"> Stages of growth and the sequence order. Minor Games – Skills, strategies, teamwork 	
6	3-7 March GC25: Wednesday	<ul style="list-style-type: none"> Menstruation and the role hormones play in the development of adolescents. Minor Games – Skills, strategies, teamwork 	
7	10-14 March NAPLAN	<ul style="list-style-type: none"> Conception, pregnancy and how it occurs. Minor Games – Skills, strategies, teamwork 	
8	17-21 March	<ul style="list-style-type: none"> Understanding development during the infancy stage. Identifying changes during the childhood stage. Minor Games – Skills, strategies, teamwork 	Exam – Lesson 2
9	24-28 March	<ul style="list-style-type: none"> Team Sports 	
10	31 March - 4 April	<ul style="list-style-type: none"> Team Sports 	
School holidays: Friday April 4 - Sunday April 19			

Term 2

Week	Date	Topics	Assessment
1	21-25 April Easter Monday ANZAC Day: Friday	T: What are the Australian Healthy Eating Guidelines? P: Striking Games	
2	28 April-2 May	T: What type of foods are included in the 5 food groups? P: Striking Games	
3	5-9 May Labour Day: Monday	T: Analysing my daily food and liquid intake P: Striking Games	
4	12-16 May	T: Understanding food labels P: Striking Games	
5	19-23 May	T: What does my current eating routine look like? And how does it compare to healthy eating guidelines? P: Striking Games	
6	26-30 May	T: Health Related Eating Problems P: Striking Games	
7	2-6 June GC25: Wednesday	T: Assessment preparation P: Striking Games	
8	9-13 June GC25: Wednesday	T: Assessment preparation P: Striking Games	Exam – Lesson 2
9	16-20 June	Cross Country Preparation	
10	23-27 June	Cross Country Preparation	
School holidays: Saturday June 28 - Sunday July 13			

