

Varsity College
Year 8 Aspire ADP 2025
Term 1

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	<ul style="list-style-type: none"> Introduction – Fitness Principles: Current Training Program Strength and Conditioning Testing 	
2	3-7 February	<ul style="list-style-type: none"> Training Principle 1: Specificity Strength and Conditioning Testing 	
3	10-14 February Swimming Carnival: Tuesday	<ul style="list-style-type: none"> Training Principle 2: Progression VC Swimming Carnival Temple Gym Strength & Conditioning 	
4	17-21 February ADP CAMP	<ul style="list-style-type: none"> Training Principle 3: Overload Temple Gym Strength & Conditioning 	
5	24-28 February	<ul style="list-style-type: none"> Training Principle 4: Recovery, Reversibility and Tedium Temple Gym Strength & Conditioning 	
6	3-7 March GC25: Wednesday	<ul style="list-style-type: none"> Investigation Report Drafting: Temple Gym Strength & Conditioning 	
7	10-14 March	<ul style="list-style-type: none"> Investigation Report Drafting Temple Gym Strength & Conditioning 	
8	17-21 March	<ul style="list-style-type: none"> Investigation Report Editing and Voiceover Temple Gym Strength & Conditioning 	
9	24-28 March	<ul style="list-style-type: none"> Investigation Report Due 	Investigation – Final Lesson 2
10	31 March - 4 April	<ul style="list-style-type: none"> Full practical lesson – teacher discretion & S+C Post-testing 	
School holidays: Friday April 4 - Sunday April 19			

Term 2

Week	Date	Topics	Assessment
1	21-25 April Easter Monday ANZAC Day: Friday	<ul style="list-style-type: none"> Introduction to anatomical principles/ systems of the body Strength and Conditioning Testing 	
2	28 April-2 May	<ul style="list-style-type: none"> The Skeletal System Part 1 Temple Gym Strength & Conditioning 	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> The Skeletal System Part 2 Temple Gym Strength & Conditioning 	
4	12-16 May	<ul style="list-style-type: none"> The Muscular System Part Temple Gym Strength & Conditioning 	
5	19-23 May	<ul style="list-style-type: none"> Anatomical Joints & Terminology Temple Gym Strength & Conditioning 	
6	26-30 May	<ul style="list-style-type: none"> Functional Anatomy Temple Gym Strength & Conditioning 	
7	2-6 June GC25: Wednesday	<ul style="list-style-type: none"> Exam Revision Temple Gym Strength & Conditioning 	
8	9-13 June GC25: Wednesday	<ul style="list-style-type: none"> Athletics Training 	Exam – Lesson 2
9	16-20 June	<ul style="list-style-type: none"> Full practical lesson – teacher discretion (athletics recommended) 	
10	23-27 June	<ul style="list-style-type: none"> Track & Field 	

School holidays: Saturday June 28 - Sunday July 13