

Varsity College
Year 8 ASPIRE FOOTBALL 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 Training 	
2	3-7 February	<ul style="list-style-type: none"> Training Principle 1: Specificity Game play – defending BP: 6 v 4 +GK 	
3	10-14 February Swimming Carnival: Tuesday	<ul style="list-style-type: none"> Training Principle 2: Progression Game play – midfield BP: 3 v 2 +3 VC Swimming Carnival 	
4	17-21 February	<ul style="list-style-type: none"> Training Principle 3: Overload Game play – attacking BP: 6v4+GK 	
5	24-28 February	<ul style="list-style-type: none"> Training Principle 4: Recovery Game Play – transitioning BP>BPO: font third 3v6+GK 	
6	3-7 March GC25: Wednesday	<ul style="list-style-type: none"> Training Principle 5/6: Reversibility and Tedium Game play – Transitioning BPO>BP: middle third 4 v 6 	
7	10-14 March	<ul style="list-style-type: none"> Investigation Report Drafting / Editing Game play – defending BPO>BP: 4 v 6 +GK 	Investigation – Draft Lesson 2
8	17-21 March	<ul style="list-style-type: none"> Investigation Report Drafting/ Editing Game play – midfield BPO>BP: 5 V 3+2 	
9	24-28 March	<ul style="list-style-type: none"> Investigation Report Due Game play – attacking BPO>BP: 5 V 7 +GK 	Investigation – Final Lesson 2
10	31 March - 4 April	<ul style="list-style-type: none"> Game Play – full field BP 	
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 Game play – defending BP: 6 v 4 +GK 	
2	28 April-2 May	<ul style="list-style-type: none"> The Skeletal System Part 1 (functions, shapes) Game play – midfield BP: 3 v 2 +3 	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> The Skeletal System Part 2 (joints, movements) Game play – attacking BP: 6v4+GK 	
4	12-16 May	<ul style="list-style-type: none"> The Skeletal System Part 3 (major bones) Game Play – transitioning BP>BPO: font third 3v6+GK 	
5	19-23 May	<ul style="list-style-type: none"> The Muscular System (function, types, fibre type) Game play – Transitioning BPO>BP: middle third 4 v 6 	
6	26-30 May	<ul style="list-style-type: none"> The Muscular System Part 2 (major muscles) Game play – defending BPO>BP: 4 v 6 +GK 	
7	2-6 June GC25: Wednesday	<ul style="list-style-type: none"> Examination Revision Game play – midfield BPO>BP: 5 V 3+2 	
8	9-13 June GC25: Wednesday	<ul style="list-style-type: none"> Athletics Training Game play – attacking BPO>BP: 5 V 7 +GK 	Exam – Lesson 2
9	16-20 June	<ul style="list-style-type: none"> Athletics Training Game Play – full field BP 	
10	23-27 June	<ul style="list-style-type: none"> Athletics Training 	
School holidays: Saturday June 28 - Sunday July 13			

