

**Varsity College
Year 8 HPE 2025**

Term 1

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	Risky Business • World Games Unit	
2	3-7 February	Alcohol • Gaelic Football / Lacrosse / European Handball	
3	10-14 February Swimming Carnival: Tuesday	Smoking • Gaelic Football / Lacrosse / European Handball	
4	17-21 February	Sun Safety • Gaelic Football / Lacrosse / European Handball	
5	24-28 February	Surf & Water Safety • Gaelic Football / Lacrosse / European Handball	
6	3-7 March GC25: Wednesday	Research assessment continued • Gaelic Football / Lacrosse / European Handball	
7	10-14 March	Investigation assessment continued, draft due • Gaelic Football / Lacrosse / European Handball	
8	17-21 March	Investigation assessment due • Gaelic Football / Lacrosse / European Handball	
9	24-28 March	• Final week of HPE – practical options open	Investigation Final Lesson 2
10	31 March - 4 April	• Cross Country preparation	
School holidays: Friday April 4 - Sunday April 19			

Term 2

Week	Date	Topics	Assessment
1	21-25 April Easter Monday ANZAC Day: Friday	Movement Matters • Introduction to Exercise Physiology, Training Principles & Methods	
2	28 April-2 May	• Specificity, Progressive Overload, Resistance and Plyometric Training	
3	5-9 May Labour Day: Monday	• Circuit, Interval and Flexibility Training	
4	12-16 May	• Energy Systems, Designing a Training Program	
5	19-23 May	• Practical component focusing on ball games (touch football, netball, basketball, AFL)	
6	26-30 May	• Ball game analysis	
7	2-6 June GC25: Wednesday	• Exam Revision	
8	9-13 June GC25: Wednesday	• Ball sports	Exam Lesson 2
9	16-20 June	• Track & Field preparation	
10	23-27 June	• Track and Field preparation	
School holidays: Saturday June 28 - Sunday July 13			