

Varsity College
Year 9 ADP 2025
Term 1

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	<ul style="list-style-type: none"> Introduction to training programs Knowing your own Fitness profile/ strengths & weaknesses ADP Fitness Testing 	
2	3-7 February	<ul style="list-style-type: none"> Training Programs: Methods of Training / Components of Fitness Strength & Conditioning Pre-Test: Strength/Strength Endurance 	
3	10-14 February Swimming Carnival: Tuesday	<ul style="list-style-type: none"> Resistance Training, Periodization & FITT Principals Strength & Conditioning: Strength/Strength Endurance 	
4	17-21 February	<ul style="list-style-type: none"> Using Strength & Conditioning Training to develop specific areas of fitness & programs Strength & Conditioning: Strength/Strength Endurance 	
5	24-28 February	<ul style="list-style-type: none"> Using Strength & Conditioning Training to developing specific areas of fitness (continue) Strength & Conditioning: Strength/Strength Endurance 	
6	3-7 March GC25: Wednesday	<ul style="list-style-type: none"> Understanding Exercises used to develop certain muscle groups Strength & Conditioning: Strength/Strength Endurance 	
7	10-14 March NAPLAN	<ul style="list-style-type: none"> Understanding Exercises used to develop certain muscle groups Strength & Conditioning: Strength/Strength Endurance 	
8	17-21 March	<ul style="list-style-type: none"> Strength & Conditioning Post-Test: Strength/Strength Endurance 	
9	24-28 March	<ul style="list-style-type: none"> Strength & Conditioning Post-Test: Strength/Strength Endurance 	Project Final – Lesson 2
10	31 March - 4 April	<ul style="list-style-type: none"> 	
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 System of the body ADP Fitness Testing 	
2	28 April-2 May	<ul style="list-style-type: none"> Circulatory System Strength & Conditioning Pre-Test: Power, Speed & Agility 	
3	5-9 May Labour Day: Monday	<ul style="list-style-type: none"> Respiratory System Strength & Conditioning: Power, Speed & Agility 	
4	12-16 May	<ul style="list-style-type: none"> Digestive System Strength & Conditioning: Power, Speed & Agility 	
5	19-23 May	<ul style="list-style-type: none"> Reproductive Systems Strength & Conditioning: Power, Speed & Agility 	
6	26-30 May	<ul style="list-style-type: none"> Energy Systems, Strength & Conditioning: Power, Speed & Agility 	
7	2-6 June GC25: Wednesday	<ul style="list-style-type: none"> Energy Systems Strength & Conditioning: Power, Speed & Agility 	
8	9-13 June GC25: Wednesday	<ul style="list-style-type: none"> Exam preparation week Strength & Conditioning: Power, Speed & Agility 	Exam - Lesson 2
9	16-20 June	<ul style="list-style-type: none"> Strength & Conditioning Post-Test: Power, Speed & Agility 	
10	23-27 June	<ul style="list-style-type: none"> Strength & Conditioning Post-Test: Power, Speed & Agility Bond University Visit 	
School holidays: Saturday June 28 - Sunday July 13			

