

Varsity College
Year 9 ASPIRE AFL 2025
Term 1

Week	Date	Topics	Assessment
1	27-31 January O-Week Australia Day: Monday	Role of a Coach & Coaching & Lesson Planning Introduction to General Coaching Principles, AFL Fitness Testing	
2	3-7 February	Lesson Plan Development General Coaching Principles – Junior Coaching session planning • Practical – Games & skill development	
3	10-14 February Swimming Carnival: Tuesday	Junior Campus Coaching Session 1. Coaching session planning • Strength & Conditioning Pre-Test: Power, Speed & Agility	
4	17-21 February	Junior Campus Coaching Session 2. Coaching session planning • Strength & Conditioning Pre-Test: Power, Speed & Agility	
5	24-28 February	Junior Campus Coaching Session 3. Coaching session planning • Strength & Conditioning Pre-Test: Power, Speed & Agility	
6	3-7 March GC25: Wednesday	Junior Campus Coaching Session 4. Coaching session planning • Strength & Conditioning Pre-Test: Power, Speed & Agility	
7	10-14 March NAPLAN	Written report Assessment preparation Project Draft Due • Strength & Conditioning Pre-Test: Power, Speed & Agility	
8	17-21 March	Assessment feedback and drafting • Strength & Conditioning Pre-Test: Power, Speed & Agility	
9	24-28 March	• Team Training / Project Final Due	Project Final Due
10	31 March - 4 April	• Match Simulation	
School holidays: Friday April 4 - Sunday April 19			

Term 2

Week	Date	Topics	Assessment
1	21-25 April Easter Monday ANZAC Day: Friday	• Introduction System of the body. AFL Fitness Testing	
2	28 April-2 May	• Circulatory System • Strength & Conditioning, Skills, Decision Making and Structure	
3	5-9 May Labour Day: Monday	• Respiratory System • Strength & Conditioning, Skills, Decision Making and Structure	
4	12-16 May	• Digestive System • Strength & Conditioning, Skills, Decision Making and Structure	
5	19-23 May	• Reproductive Systems • Strength & Conditioning, Skills, Decision Making and Structure	
6	26-30 May	• Energy Systems • Strength & Conditioning, Skills, Decision Making and Structure	
7	2-6 June GC25: Wednesday	• Energy Systems • Strength & Conditioning, Skills, Decision Making and Structure	
8	9-13 June GC25: Wednesday	• Exam preparation week, Strength & Conditioning • Skills, Decision Making and Structure	Exam - Lesson 2
9	16-20 June	• Match Simulation	
10	23-27 June	• Match Simulation	
School holidays: Saturday June 28 - Sunday July 13			

