

Varsity College
Year 9 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 to training programs Knowing your own Fitness profile/ strengths & weaknesses Game play – playing out from the back BP: ball possession (back third) | |
| 2 | 3-7 February | <ul style="list-style-type: none"> Training Programs: Methods of Training / Components of Fitness Game play – midfield play BP: ball possession (midfield) | |
| 3 | 10-14 February Swimming Carnival: Tuesday | <ul style="list-style-type: none"> Resistance Training, Periodization & FITT Principals Game play – attacking play BP: ball possession (attacking third) | |
| 4 | 17-21 February | <ul style="list-style-type: none"> Using Strength & Conditioning Training to develop specific areas of fitness & programs Game Play – ball possession opposition BPO>BP: pressing from front third) | |
| 5 | 24-28 February | <ul style="list-style-type: none"> Using Strength & Conditioning Training to developing specific areas of fitness (continue) Game play – game play BP- conditioning | |
| 6 | 3-7 March GC25: Wednesday | <ul style="list-style-type: none"> Understanding Exercises used to develop certain muscle groups Game play – ball possession BP: set pieces | |
| 7 | 10-14 March NAPLAN | <ul style="list-style-type: none"> Understanding Exercises used to develop certain muscle groups Game play – attacking BP: playing with width | Project Draft – Lesson 2 |
| 8 | 17-21 March | <ul style="list-style-type: none"> Project preparation Game play – attacking BP: quality of movement | |
| 9 | 24-28 March | <ul style="list-style-type: none"> Strength & Conditioning Post-Test: Strength/Strength Endurance Game Play - pressure on the ball BPO>BP: gameplay | Project Final – Lesson 2 |
| 10 | 31 March - 4 April | <ul style="list-style-type: none"> 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 | <ul style="list-style-type: none"> Introduction System of the body Game play – playing out from the back BP: 6 v 5 + GK | |
| 2 | 28 April-2 May | <ul style="list-style-type: none"> Circulatory System Game play – defending BPO>BP: 6 v 5 +GK | |
| 3 | 5-9 May Labour Day: Monday | <ul style="list-style-type: none"> Respiratory System Game play – midfield play BP: 3 v 3 +3 | |
| 4 | 12-16 May | <ul style="list-style-type: none"> Digestive System Game Play – midfield play BPO>BP: 3 v 3 + 4 | |
| 5 | 19-23 May | <ul style="list-style-type: none"> Reproductive Systems Game play – transitioning BP>BPO: back third 5 v 8 +GK | |
| 6 | 26-30 May | <ul style="list-style-type: none"> Energy Systems Game play – transitioning BPO>BP: front third 6 v 7 +G K | |
| 7 | 2-6 June GC25: Wednesday | <ul style="list-style-type: none"> Energy Systems Game play – attacking BP: 6 V 4 + GK | |
| 8 | 9-13 June GC25: Wednesday | <ul style="list-style-type: none"> Exam preparation week Game play – attacking BP: 6 v 5 + GK | Exam - Lesson 2 |
| 9 | 16-20 June | <ul style="list-style-type: none"> Game Play - pressure on the ball BPO>BP: 7v5+GK | |

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| 10 | 23-27 June | <ul style="list-style-type: none">• Track & Field Preparation | |
| School holidays: Saturday June 28 - Sunday July 13 | | | |