



# EXTRA-CURRICULAR

It outlines the fantastic range of activities for you to be involved in PE & Sport. There is certainly something for everyone! As always if team players are unavailable for any practices or matches you must let your member of staff know. Good luck in your sporting season ahead... *(The PE Department)*

		Morning (8.00 – 8.30)	Lunch	After School
MONDAY	Fitness Suite	Rowing / Fitness	Fitness with Gym Leaders	Years 11 -13 (pairs only)
	MUGA		Netball Years 7 -10	Netball Year 7and 8
	Sportshall		Netball Years 7 -10	Netball Year 7 and 8
	Playing Fields			Year 8 Rugby DB (Until 4.00pm)
TUESDAY	Fitness Suite	Rowing / Fitness	Fitness with Gym Leaders	Years 11 -13 (pairs only)
	MUGA		Girls Rugby SG All Years	Netball fixtures
	Sportshall		Year 10 and 11 Basketball RC	Seniors Basketball RC
	Playing Fields			- Years 10 Rugby TH (Until 4.00pm) - Cross Country All Years with TH
WEDNESDAY	Fitness Suite	Rowing / Fitness	Please note extra tuition/revision will be available on a Wednesday lunch in PE1 with TH. Please book.	Years 11 -13 (pairs only)
	MUGA			Netball Years 10 and 11
	Sportshall		Dance All Years JC	Netball Years 10 and 11
	Playing Fields			1 <sup>st</sup> XV Fixtures Rugby
THURSDAY	Fitness Suite	Rowing / Fitness	Fitness Suite with Gym Leaders	Yrs 11 -13 (pairs only)
	MUGA		Rugby Handling Drills with TH – Years 7-10	Netball Fixtures
	Sportshall		Badminton All years with DB	Trampolining with JC Girls Basketball with SM
	Playing Fields			Year 9 Rugby AW (Until 4.00pm)
	PE1		Compulsory and Voluntary Revision in PE 1 with JC	
FRIDAY	Fitness Suite	Rowing / Fitness	Fitness Suite with Gym Leaders	Years 11 -13 (pairs only)
	MUGA		Girls Hockey JO All Years	Boys Football
	Sportshall		Basketball Year 7 and 8 with DB	Girls Football
	Playing Fields			Senior Rugby with RC
	PE1		Compulsory and Voluntary Revision in PE 1 with TH	