

Year	Monday	Tuesday	Wednesday	Thursday	Friday
7	Boys Football Cross Country Netball Badminton (Finishes at 4pm)	Girls Basketball Self Defence (sign up)	Basketball	Netball (squad) Girls Football Rugby	Cross Country (2.20pm-3.15pm)
8	Cross Country Netball Badminton (Finishes at 4pm)	Girls Basketball Self Defence (sign up) Girls Fitness (finishes 4:10pm) Boys Football	Basketball	Netball (squad) Girls Football Rugby Fitness (finishes 4:10pm)	Cross Country (2:20pm-3:15pm)
9	Cross Country Netball Badminton (Finishes at 4pm)	Girls Basketball Self Defence (sign up) Girls Fitness (finishes 4:10pm)	Girls Football Boys Football	Netball (squad) Rugby Fitness (finishes 4:10pm)	Cross Country (2:20pm-3:15pm) Basketball (2:20pm-3:15pm)
10	Cross Country Netball Badminton (Finishes at 4pm)	Self Defence (sign up) Girls Fitness (finishes 4:10pm) Morning Fitness (7-8am)	Girls Football Morning Fitness (7-8am)	Netball (squad) Boys Football Rugby Morning Fitness (7-8am) Fitness (finishes 4:10pm)	Basketball (2:20pm-3:15pm) Cross Country (2:20pm-3:15pm)
11	Cross Country Netball Badminton (Finishes at 4pm)	Self Defence (sign up) Girls Fitness (finishes 4:10pm) Morning Fitness (7-8am)	Girls Football Morning Fitness (7-8am)	Netball (squad) Boys Football Rugby Morning Fitness (7-8am) Fitness (finishes 4:10pm)	Basketball (2:20pm-3:15pm) Cross Country (2:20pm-3:15pm)

Notes Unless stated, all clubs are for both boys and girls and run from 3:15pm-4.15pm.
 No clubs require sign-up or a fee unless otherwise stated
 Students must wear full PE kit
 Firm ground boot only for the 3G pitch and shin pads are advised for football.
 Mouth guards are mandatory for rugby. If you don't have one the PE department sell them for £2.
 Clubs will occasionally be cancelled if they clash with another school event eg fixture or open evening

Football Club



Netball Club



Cross Country Athletics Club



Kick Boxing Club



Basketball Club



Break and Lunchtime Clubs

Year	Monday	Tuesday	Wednesday	Thursday	Friday
Various	Breaktime Football – Astro Lunchtime Football – 3G/Field Lunchtime Table Tennis – A Block	Breaktime Football – Astro Lunchtime Football – 3G/Field Lunchtime Table Tennis – A Block	Breaktime Football – Astro Lunchtime Football – 3G/Field Lunchtime Table Tennis – A Block	Breaktime Football – Astro Lunchtime Football – 3G/Field Lunchtime Table Tennis – A Block	Breaktime Football – Astro Lunchtime Football – 3G/Field Lunchtime Table Tennis – A Block