

PE Extra-Curricular Activities

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 08:00 – 08:15			Fitness Training – 15 MAX Year 10-13 LB (Fitness Suite)		Indoor Football All Years GO (KS4 Sports Hall)
Lunch 13:30 – 14:00	Multi Sports Club Year 7-9 PJ (KS3 Sports Hall)	Football Club Year 7 PJ (Sinclair House)		Fitness Training – 15 MAX Year 10 -13 GN (WEEK 2 ONLY) (Fitness Suite)	
		Mixed Badminton Club Year 7-9 MC (KS3 Sports Hall)			
		Fitness Training – 15 MAX Year 10 -13 ON (Fitness Suite)			
After School 15:30 – 16:30	Fitness Training – 15 MAX Year 10 -13 GO (Fitness Suite)	Fitness Training – 15 MAX (When possible – ask GO) Year 10 - 13 GO (Fitness Suite)	Athletics Years 7 - 11 MC & PJ (KS3 Sports Hall)	Trampolining Years 7 – 11 LB (KS4 Sports Hall)	
	Netball Training Year 7 -11 GN & ON (KS3 Sports Hall)				
	GCSE Practical Training Year 11 ALL STAFF (KS4 Sports Hall)				

<u>Staff Initials</u>	Girls:
GO (Mr Goss) CD (Mr Chandler) MC (Ms McGowan) ON (Miss Owen) LB (Mr Lombard) PJ (Mr Panesar) GN (Miss Green)	Boys:
	Mixed: