

PE Extra-Curricular Winter Timetable 2019

		Monday	Tuesday	Wednesday	Thursday	Friday
Lunch	Sports Hall	12.50pm All years Basketball (CC) 7-13 1.20pm All years Cricket	12.50pm Year 8 and 9 Netball practice CC	12.50pm Football Yr 7-8 1.20pm Yr 9-13 (MM)	12.50PM All years Handball club (LJG) 1.20 Table tennis club (Sports Leaders)	12.50pm Week 1 Yr 7-8 Badminton (LJG) Week 2 Yr 9-13 Badminton (LJG) 1.20 Team badminton club
	Gym	12.50pm Dodgeball (DC) 1.20 – Martial Arts – (Sports Leader)	12.50pm Trampoline (CW) (starting the second week back) 12.50pm Karate conditioning (Sports Leaders)	12.50pm All ability Gymnastics Team (competitions and displays) (LJG)		12.50pm Bench ball (DC) 1.20pm Ultimate Frisbee (LH, MM)
	Rowing Suite	Rowing Machines Yr 9 and 10 (Sports Leaders)	Rowing machines Year 8 and 13 (Sports Leaders)	Rowing Machines Years 7 & 12 (Sports Leaders)	Rowing machines Year 11 and house competitions (Sports Leaders)	All Years (Sports Leaders)
	Dance studio	12.50pm Bollywood (Dance Leader) 1.20pm Aerobics (Sports Leaders)	12.50pm Contemporary dance club (Dance Leaders) 1.20pm Dance Therapy (Dance leaders)	12.50pm DLP Dance Company (Dance Leaders)	12.50 K-pop dance (Dance Leaders) 1.20 Just dance (Dance Leaders)	12.50pm All Years Yoga (TK) 1.20pm Boxercise (Sports Leaders)
	Outside	12.50pm Yr 7 Netball (SES)	12.50pm All years Rugby (NS and sports leaders)	12.50pm Netball 10-13 (SES) Staff Netball	12.50pm All years Netball Games (Sports Leaders).	12.50pm Yr 8-9 Netball (CC) 1.20 Lacrosse/unihoc (Sports Leaders)
After school All Days - Matches, tournaments and other fixtures will be played after school.						
Before School Master class Badminton club – Before school on a Monday and Fridays – Invitation only (Please see LJG if you would like to attend)						