



Extra Curricular Sports Programme Term 1.2 - 2013



DAY	Before School (7.45-8.15)		First Lunch 1.30-2.00 Second Lunch 2.00-2.30						After School 3.45-.4.45 (Hockey 3.40-4.15)			
	S.Hall	Fitness Suite	S.Hall (1 ST Lunch)	S.Hall (2 nd Lunch)	Courts (2nd Lunch)	Fitness Suite (Both)	Pool (1 ST Lunch)	B10 (1 ST Lunch)	S.Hall	Courts	Field	Fitness Suite
MON	Badminton All Yrs Girls&Boys (FS)		Year 8 Hockey (CB)	Gym & Dance Year7 (FS & JJB)	Year 9 Netball (KJ,RJ)	Wellbeing Year 10+ Girls& Boys		Yoga All Yrs Girls (both lunches) (BK)	Indoor Athletics Yr 7&8 (JJB/FS)		Boys Football (WC,SE)	
TUES		Fitness & Personal Training Yrs 7-9 (EC)	Basketball All Yrs Girls (CB)	Year 7 Hockey (CB)	Year 8 Netball (FS,JJB)			Mixed Martial Arts All Yrs Girls (EC)	<i>Netball Matches</i>			Sport Scholars Analysis & PT (EC,CB)
WED	Netball GA/GS/GD/GK All Yrs Girls (FS)		Zumba All Yrs Girls (both lunches) (JA) (1.30-2)	Dance Year 9 (JJB)	Lacrosse Yr7-9 Girls (FS, CB)				Year 7 Netball All Players (JJB, KJ)			
THURS		Fitness & Personal Training Yrs 7-9 (EC)	Netball Match Training (JJB/KJ)	Toning 4 Fitness All Yrs Girls Girls (EC)	Year 9 & 10 Hockey (CB)				Dance Year 8 (JJB)	Archery (LH)		
FRI	Badminton All Yrs Girls&Boys (EC)			Year 10 & 11 Netball (FAS)	Year 10+ Lacrosse Girls (EC)				Year 10+ Dance	Run 4 Fitness All Yrs Girls&Boys (DP,KJ)		