

Extra Curricular Activities

Winter 2010

	Morning	Lunch				After School			
	7.30 – 8.15	1.30 – 2.00pm				3.30 – 4.30pm			
	Sports Hall	Sports Hall	Gym	Outdoor	Fitness Area	Sports Hall	Gym	Outdoor	Fitness Area
Monday	Yr 8 Basketball CI	Yr 8 & 9 Basketball CI/HS	Fitness RH		Boys Fitness GR	Athletics MC	Trampoline RH	Boys Football All Yrs HS/GO/CI	Yr 9 & 10 Girls Fitness HR
Tuesday		Girls Basketball CI	Table Tennis RH		Boys Fitness GR				Boys Fitness GR
Wednesday	Yr 7 & 8 Netball RH/HR	Yr 10, 11 & 6 th Form Basketball CI/HS	Trampoline MC					Netball All yrs RH/HR Power walk Fitness GR	Athletics MC
Thursday	Yr 7 Basketball CI	Badminton KS3 - W1 KS4 - W2 GO/HR	Yr 10 & 11 Basketball CI		Yr 7 Rowing HR	Girls Basketball CI / RH	Dance All yrs HR		Mixed Fitness GR
Friday	Yr 10 & 11 Basketball CI	Netball Team Practice HR	Cheerleading RH		Mixed Fitness GR				

Key:

	Mixed Activities		Girls Activities		Boys Activities
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