



EXTRA-CURRICULAR TIMETABLE

SPRING TERM 2023

BEFORE SCHOOL 7:50-8.30AM

LUNCH TIME 12.50-1.30PM

AFTER SCHOOL 5PM FINISH

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| MONDAY | <p>7 Football Field MF</p> <p>8 Football Field SRG</p> <p>9 Basketball S.H. JES</p> | <p>7 Rugby Field HM</p> <p>9 Football Squad Field PRS</p> <p>10/11 Basketball S.H. SRG</p> <p>Girls Fitness Gym JHW/RSS</p> <p>All Yrs Cross Country Field MF</p> | <p>7 Rugby Field HM/PRS</p> <p>8 Rugby Field JES</p> <p>Hurdles Selected Athletes when S.H. available MF</p> |
| TUESDAY | <p>7 Basketball S.H. PRS/MF</p> <p>All Years Rugby Skills session Gym HM</p> | <p>7 Football Field MF/SRG</p> <p>9 Football Open Field PRS</p> <p>9 Basketball S.H. JES</p> <p>10/11 Rugby Field HM</p> | <p>10 Basketball S.H. SRG</p> <p>Cross-Country Squad MF</p> |
| WEDNESDAY | <p>10/11 Basketball S.H. SRG/JES</p> | <p>7 Basketball S.H. PRS</p> <p>8 Rugby Field JES/HM</p> <p>9-13 Boxercise Gym SLD</p> <p>11 Football Field MF</p> | <p>8 Basketball S.H. PRS/HM</p> |
| THURSDAY | <p>Open Basketball S.H. JES/SRG/HM</p> | <p>7 Rugby Field HM</p> <p>8 Basketball S.H. PRS</p> <p>9 Rugby Field SRG/MF</p> <p>10-13 Fitness Gym GWB</p> | <p>9 Basketball S.H. JES</p> |
| FRIDAY | <p>8 Basketball S.H. PRS</p> <p>All Yrs Cross Country Field MF</p> | <p>7, 8, 9 or 10 Basketball Squad Session (age group decided weekly) S.H. PRS</p> <p>8 Football Field SRG</p> <p>10 Football Field JES</p> <p>10-13 Fitness Gym SM</p> | <p>7 Basketball S.H. PRS/MF</p> <p>All Yrs Table Tennis Gym HM</p> |