

PE EXTRA CURRICULAR PROGRAMME

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH TIME 12.30 – 1PM			JSLA YEAR 10 & 11 SPHALL MRS HODKINSON		
AFTER SCHOOL 3.30 – 4.30PM	FITNESS ROOM YEARS 10-13 SENIOR NETBALL 14-18 YEAR OLDS £1 PER SESSION SPHALL	FITNESS ROOM YEARS 10-13 BASKETBALL YEARS 9-13 SPHALL HOCKEY YEAR 7 ASTRO GYMNASTICS YEARS 7-11 LOWER GYM	FITNESS ROOM YEARS 10-13 NETBALL YEARS 10-13 SPHALL / COURTS SOCIAL NETBALL YEARS 7-9 LOWER COURTS GIRLS' FOOTBALL YEAR 7 - 9 ASTRO FENCING YEAR 7-13 LOWER GYM LIMITED PLACES	FITNESS ROOM YEARS 10-13 DODGEBALL YEARS 7-9 LOWER GYM BADMINTON YEAR 7 - 13 SPHALL TRAMPOLINE BY INVITE ONLY £2 PER SESSION HOCKEY YEAR 8 & 9 ASTRO	FITNESS ROOM YEARS 10-13 LACROSSE YEAR 7-13 ASTRO EXTERNAL COACH £2 PER SESSION