

PE EXTRA CURRICULAR PROGRAMME

	After School until 4.15 approx
Monday	<p>Weight Training- Years 10,11 @ multi-gym</p> <p>Basketball –Years 7&8 @ sports hall</p> <p>Girls Football/Hockey- Year 7,8,9 @3G</p>
Tuesday	<p>Weight Training- Years 10,11 @ multi-gym</p> <p>Rugby- Years 7 & 8 @ Field</p> <p>Netball- Years 7,8,9,10,11 @ playground</p>
Wednesday	<p>Fixtures & Inter-forms (see fixtures list)</p>
Thursday	<p>Indoor Football- Years 7 & 8 @ Sports Hall (see 1-2-2 competition details)</p>
Friday	<p>Badminton- Years 7-10 @ Sports Hall</p>