

PE, SPORT & HEALTH AND WELL BEING **EXTRA-CURRICULAR** TIMETABLE WINTER TERM 2018/19

	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast club 7:30am – 8:00am	Gym	Relaxation Techniques		Yoga	Fitness	
	Sports Hall		Fitness			Fitness
Lunch Time 1.15 – 1.50pm	Field / Outside	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile	Hire Shop & The Daily Mile
					Tag Rugby/ Flag Football	Athletics
	Sports Hall	Boxing	Wii Dance	ABC Club & Fitness	Detentions	Dance
	Gym	Giant Games	Giant Games	Giant Games	Giant Games	Giant Games
	Astro Turf	Handball	Dodgeball Football	6 th Form Sports Leaders		Inclusive Sports
	Stadium	Badminton Table Tennis	Student Choice	Basketball	Inclusive Sports	Netball
						DofE Volunteering
After School 3.15 - 4.15pm	Stadium		Netball	Sports Leaders	Basketball	
	Astro Turf		Football			
	Gym		Mindfulness	Trampolining		
	Sports Hall				Boxercise / Fitness	

