

5x60 SPORT & PHYSICAL ACTIVITY PROGRAMME

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Get with it

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DAY	LUNCHTIME	AFTER SCHOOL
MONDAY	Table Tennis + Badminton (BREAKFAST CLUB) Dodgeball (Sports Hall)	Girls Football (Astro) Badminton (Sports Hall)
TUESDAY	Interhouse Fixtures (TBC)	Boys Football (Astro/Grass) Year 7+8 Netball (Sports Hall)
WEDNESDAY	Interhouse Fixtures (TBC)	Gymnastics (Gym) Year 9+10 Netball (Sports Hall) Rugby (Grass)
THURSDAY	Tennis (Sports Hall)	Hockey (Astro) Cardio Tennis (Sports Hall)
FRIDAY	Basketball (Sports Hall)	Youth Sports Hub (Astro) 6-7pm

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