



PE & SPORT EXTRA-CURRICULAR TIMETABLE: Michaelmas & Lent Terms 2021/22



Time	Monday	Tuesday	Wednesday	Thursday	Friday
BEFORE SCHOOL TEAMS & CLUBS 7:45 to 8:30 a.m.	U14 Lacrosse (SH/TP) LAM, SLT U13 Netball (SH/C) REB, SPA 6F S&C (S&C room) JB Snr Indoor Rowing Club (FS/B) PMJ	1 st & 2 nd Lacrosse (TP) LAM, SLT & KMH U15 Netball (C) REB U14 (SH) S&C JB & TJO U12, U13 X-Country (SP) JW, ZNR, KW, RPW	3 rd & 4 th Lacrosse (TP) THF, EJB U14 Netball (C) SAG, SLT	U15 Lacrosse (SH/TP) KMH, EJB U12 Netball (SH/C) AJW, SPA Athletics Squad (select) (SA/SH) TJO & SAG U13, U14 Indoor Rowing Club (FS/B) PMJ	U13 Lacrosse (TP) AF, JB U12 Lacrosse (SH) (after Oct ½ term) THF, EB U14 – U18 X-Country (SP) ZNR, RPW, LW
LUNCHTIME TEAMS & CLUBS Yr 7 & 8 1:10 to 1:45 p.m.	U12 Netball (C) AJW, SPA, REB, SAG, TJO U13 S&C (SH) THF & JB	Club FL ('Fit For Life') (FS) SLT U13 Badminton Club (SH) SPA Breakdance & Street Club (SA)	U13 Lacrosse (TP&SP) AF, THF, SLT, BP U12 Badminton Club (SH) SPA Recreational Swimming (P) CB Yoga Club (SA)	U12 Lacrosse (TP/SP) THF, KMH, EJB, SLT, JB U13 Shooting clinic (C) SAG Zumba Club (SA)	U13 Netball (C) SAG, SPA, AJW Gym Club (SSG) HLP & SLT Fencing Club (SA) SD
LUNCHTIME TEAMS & CLUBS Yr 9 - 13 1:45 to 2:20 p.m.	U14 Lacrosse (TP&SP)) LAM, EJB, KMH, BP U18 & U16 Badminton (SH) TM'C U15 S&C (S&C room) ST & S.Wilk U16 Football (SP/TP) WS	U15 Lacrosse (TP&SP) KMH, EJB, THF U14 Netball (C) SAG, REB, SPA U16 S&C (S&C room/ SH) LAM Breakdance & Street Club (SA)	Senior & U16 Netball (C) AJW, REB, SAG, SPA Trampoline & Gym Club (SH) TJO & HLP Recreational Swimming (P) CB Yoga Club (SA)	U15 Netball (C) REB, SAG U14 & U15 Badminton (SH) SPA 6F S&C (S&C room) JB Zumba Club (SA) U18 Football (SP) DM & JP	Senior Lacrosse (TP&SP) LAM, SLT, KMH, THF, EJB Snr ISGA (SSG) TJO & HLP Club FL ('Fit For Life') (FS) SWilk Fencing Club (SA) SD

<p>AFTER SCHOOL TEAMS & CLUBS</p> <p>4:00 p.m. onwards (start times vary)</p> <p>N.B. Netball Matches on Mon, Wed, Thurs evenings</p>	<p>ISGA Gym Squad (SSG) TJO & HLP</p> <p>Swim Squad (+ Galas) (P) REB, ES</p>	<p>Snr Lacrosse Shooting Clinic & GK Club (TP) LAM, SLT</p> <p>Badminton Matches (SH) SA</p> <p>Cricket (SH) BC, KR</p>	<p>ISGA Gym Squad (SSG) TJO & HLP</p> <p>Rugby Club (SP/TP) BSB</p>	<p>Jnr Lacrosse Shooting Clinic & GK Club (TP) THF & KMH & EJB</p> <p>Hockey Club (SSP) JW & GHC</p>	
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