



SPORTS EXTRA
CURRICULAR PROGRAMME



TERM 5-6 2016/2017

LUNCHTIME

<u>DAY</u>	<u>ACTIVITY</u>
MON	YEAR 7+8 GIRLS ROUNDERS KR / JB YEAR 7 BOYS INDOOR CRICKET – SPORTS HALL GP WEIGHTS AND FITNESS: YEAR 9 ONLY MAB
TUE	YEAR 7 AND 8 BOYS TENNIS TW WEIGHTS AND FITNESS: GIRLS ONLY YEAR 9 - 11 KR
WED	YEAR 9 AND 10 BOYS TENNIS GP WEIGHTS AND FITNESS: YEAR 10/11 TW GIRLS O2 TOUCH RUGBY: SPORTS HALL / FIELD. MAB
THURS	YEAR 9+10 GIRLS ROUNDERS LJS YEAR 8-10 INDOOR CRICKET NETS: TW / GP WEIGHTS AND FITNESS: YEAR 9 – 11. MAB
FRI	GIRLS INDOOR CRICKET: ALL YEARS GYM JAH WEIGHTS AND FITNESS: YEAR 10/11 MAB