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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **Before School**  **7:45 – 8:30** | **Year 7 & 8 Girls – Gym**  Mr Home  **Trampolining**  Miss Long / Mr Lustig  **Year 7, 8 & 9 Girls’ Football**  Miss Maxwell-Jones | **All years Netball Fitness**  Miss Long | **GCSE Trampolining**  Miss Long  **Year 7 Netball**  **(invite only)**  Miss Maxwell-Jones | **Year 9 – Post 16 Boys Boxing**  Mr Lustig  **Fitness/Conditioning**  **For sports teams**  Miss Maxwell-Jones | **Year 9-11 Girls’ Boxing**  Mr Lustig  **Cross-Country**  **All years**  Mr Guzda |
| **First Break** |  | **Year 7 & 8 Boys – Gym**  Mr Home |  |  |  |
| **Second Break** | **Year 9-13 Girls – Gym (2nd break)**  Mrs Bourne | **Yr 7 & 8 Just Dance**  Miss Long | **Girls Basketball Shooting**  Miss Maxwell-Jones | **All years – Badminton**  Miss Kemp | **Yr 9,10 and 11 Just Dance**  Mrs Bourne |
| **After School**  **starting at 15:20** | **Year 8-10 Boys & Girls Handball**  Mr Guzda | **Year 9-13 Basketball**  Mr Lustig  **Year 9 & 11 Netball**  Mrs Bourne  **Boys’ Football Year 9**  Mr Afuape | **Boys’ Football Year 10**  Mr Lustig  **Year 7-10 Boys & Girls Volleyball**  Mr Guzda  **Year 7 Netball**  Miss Maxwell-Jones  **All years Netball Shooting**  Miss Long | **Year 7 Boys’ Basketball**  Mr Home  **Year 9 & 11 Netball Fixtures**  Mrs Bourne | **Girls’ Basketball**  Miss Kemp  **Year 8,9,10 and 11 Netball**  Mrs Bourne/Miss Long  **Year 7,8&9 Girls’ Football**  Miss Maxwell-Jones  **Year 7 & 8 Boys Football**  Mr Home  **Year 9-13 Boys – Gym**  Owen (Redcoat) |