|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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) |