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|  | **Lunch Time** **(1:20 – 2:00)** | **After School****(3:00 – 4:15)** |
| **Monday** | **Power league (Year 8 – 11):** APH(Trainers required) | **Dodgeball (all years):** SWA, LPO, MPU**Girls Football (all years):** CHE**Netball (all years):** LCH, NHO, VTO, ARE**Fitness (KS4):** NHA |
| **Tuesday** | **Power league (Year 8 – 11):** NHA(Trainers required)**Fitness Club (Year 8 – 11):** LPO | **Table Tennis (all years):** APH, MJE |
| **Wednesday** | **Fitness Club (Year 8 – 11)** | **All years swimming:** AJA (3:00-3:40 for beginners)**Cricket (all years):** LPO, APH**Basketball (all years):** SHA, SWI, JCO |
| **Thursday** | **Power league (Year 8 – 11):** AJA(Trainers required) **Fitness Club (Year 8 – 11):** JCO**Basketball Club (all years) - trainers only:** APH | **Badminton (all years):** LPO, MPU**Fitness (KS3):** NHA, JCO |
| **Friday** | **Power league (Year 8 – 11):** APH(Trainers required) | **Staff Sports** |