|  |  |  |
| --- | --- | --- |
|  | **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** |