

# Sport & Physical Education Extended Curricular Activities - September - December 2021

Day	Lunch 12.25 - 12.55			Evening 3.30 - 4.45	
Monday	<u>All Years</u> Athletics & Cross Country LH Dance studio/ Sports hall/ Field	<u>Btec</u> Study Support ARD Somerlayton	<u>All Years</u> Gymnastics PMO Sports Hall	<u>Years 7 &amp; 8</u> Netball LH Sports Hall / Yard	<u>Staff</u> Fitness ARD Dance studio
Tuesday	<u>Years 7, 8 &amp; 9</u> Netball match practice LCF Sports hall		<u>KS3 - invite only</u> Multisport TRU Dance studio	<u>All Years</u> Basketball TRU Sports hall	
Wednesday	<u>All Years</u> Trampoline PMO, LCF, TRU Sports Hall			<u>All Years</u> Trampoline & Gymnastics PMO, LCF, TRU Sports Hall	
Thursday	<u>All Years</u> Fitness PMO Dance studio		<u>All Years</u> Cricket TRU Sports Hall	<u>All Years</u> Football ARD Sports Hall / Field	<u>Years 9, 10 &amp; 11</u> Netball LCF Sports Hall / Yard
Friday	<u>All Years</u> Badminton ARD Sports Hall	<u>Btec</u> Study Support LCF & LH W20 & 21	<u>Departmental Interventions</u> All staff	<u>All Years</u> Ski night VT & TA Silksworth Ski Centre	<u>Staff Running</u> All abilities welcome TH Meet in car park 3.45