



PE EXTRA-CURRICULAR



Open to all! No kit for lunchtimes, but kit required for after school

| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------|--|-----------------------|----------------------------------|----------------------|
| Before school (7.45) | | | | |
| GCSE badminton (SH) | | | | |
| Lunchtime | | | | |
| Y8 football (3G) | Y10 netball (SH) | Y9 netball (SH) | Y7 & Y8 girls' football (3G) | Y10 football (3G) |
| Y9&10 backs training (Rugby) (SH) | Y8&9 girls' rugby (3G) | Y9 football (3G) | Y9&10 lineout (Rugby) (SH) | Y7 girls' rugby (SH) |
| After school | | | | |
| KS3 dance (DS) | Y10, 11 & 6th form girls and KS3 boys hockey (Cardiff Met) | Y7 hockey (FA) | Y7 netball (SH) | Senior football (3G) |
| Y7 football (3G) | Y8 netball (SH) | Y9 & Y10 netball (SH) | Y9, 10 & 11 girls' football (FA) | Y7&8 rugby (field) |
| Y7&8 basketball (Gym) | | | Y10,11 & Senior basketball (Gym) | |
| Y8&9 hockey (FA) | | | | |
| Senior rugby (field) | | | | |
| Y11 & Senior netball (SH) | | | | |