| MONDAY                      |   |            |               |               |
|-----------------------------|---|------------|---------------|---------------|
|                             | Activity                                  | Age Group  | Location      | Changing Room |
| Break<br>11:40-12:10        | Badminton                                 | KS3 Squads | Sports Hall   | 9, 10         |
|                             | Fives                                     | Yr 9       | Fives Court   | n/a           |
|                             |   |            |               |               |
|                             | Recreational Gym                          | Yr 9 & 10  | Gym           | 9, 10         |
|                             | Rugby Squad S&C                           | Yr 11      | Gym           | 2, 3          |
| Lunchtime<br>13:25-14:15    | Hockey - Penalty Corners                  | Yr 11      | Astro         | 4, 5          |
|                             | Basketball                                | Yr 7 & 8   | Sports Hall   | 9, 10         |
|                             | Fives                                     | Yr 10      | Fives Court   | n/a           |
|                             |   |            |               |               |
|                             | Recreational Gym                          | Yr 11-13   | Gym           | 9, 10         |
|                             | Senior Rugby Squad S&C                    | Yr 12 & 13 | Gym           | 9, 10         |
|                             | Rugby                                     | Yr 8       | Pitches       | 2, 3          |
| After School                | Rugby                                     | Yr 9       | Pitches       | 1             |
| 15:45-17:00                 | Handball                                  | Yr 7-10    | Sports Hall   | 8             |
|                             | Hockey Squad                              | Yr 9 & 10  | Astro         | 4, 5          |
|                             | Stroke Development Swimming (invite only) | Yr 8-10    | Swimming Pool | SP            |
|                             | Rowing                                    | TBC*       | Ergs/Water    | 8             |
|                             |   |            |               |               |
| After School<br>17:00-18:00 | Rowing Ergs                               | TBC*       | Ergs          | 8             |
|                             | Rowing Squad S&C                          | TBC*       | Gym           | 9, 10         |
|                             |   |            |               |               |

<sup>\*</sup>Rowing age groups/locations will be advised via rowing comms

| TUESDAY                     |                          |            |                            |               |
|-----------------------------|--------------------------|------------|----------------------------|---------------|
| Time                        | Activity                 | Age Group  | Location                   | Changing Room |
| Break                       | Badminton                | Yr 7 & 8   | Sports Hall                | 9, 10         |
| 11:40-12:10                 | Fives                    | Yr 10      | Fives Court                | n/a           |
|                             | Recreational Gym         | Yr 9 & 10  | Gym                        | 9, 10         |
|                             | Rugby Squad S&C          | Yr 10      | Gym                        | 2, 3          |
| Lunchtime<br>13:25-14:15    | Hockey - Penalty Corners | Yr 10      | Astro                      | 4, 5          |
|                             | Basketball               | Yr 11 & 12 | Sports Hall                | 9, 10         |
|                             | Fives                    | Yr 8       | Fives Court                | n/a           |
|                             |                          |            |                            |               |
|                             | Recreational Gym         | Yr 11-13   | Gym                        | 9, 10         |
|                             | Rugby                    | Yr 12 & 13 | Pitches                    | 2, 3          |
| After School                | Rugby Squad S&C          | Yr 9       | Gym                        | 9, 10         |
| 15:45-17:00                 | Y11 GCSE PE              | Yr 11      | Sports Hall/Queens<br>Hall | 8             |
|                             | Hockey Squad             | Yr 11-13   | Astro                      | 4, 5          |
|                             | Rowing                   | TBC*       | Ergs/Water                 | 8             |
|                             |                          |            |                            |               |
| After School<br>17:00-18:00 | Rowing Ergs              | TBC*       | Ergs                       | 8             |
|                             | Rowing Squad S&C         | TBC*       | Gym                        | 9, 10         |
|                             |                          |            |                            |               |

<sup>\*</sup>Rowing age groups/locations will be advised via rowing comms

| WEDNESDAY                   |                          |                 |             |                      |  |
|-----------------------------|--------------------------|-----------------|-------------|----------------------|--|
| Time                        | Activity                 | Age Group       | Location    | <b>Changing Room</b> |  |
| Pre School<br>07:30-08:30   | Rowing S&C               | TBC*            | Gym         | 9, 10                |  |
|                             |                          |                 |             |                      |  |
| Break                       | Badminton                | Yr 11           | Sports Hall | 9, 10                |  |
| 11:40-12:10                 | Fives                    | Yr 12           | Fives Court | n/a                  |  |
|                             |                          |                 |             |                      |  |
|                             | Recreational Gym         | Yr 11-13        | Gym         | 9, 10                |  |
|                             | Senior Rugby Squad S&C   | Yr 11F, 12 & 13 | Gym         | 2, 3                 |  |
| Lunchtime<br>13:25-14:15    | Hockey - Penalty Corners | Yr 8, 12 & 13   | Astro       | 4, 5                 |  |
|                             | Basketball               | Yr 9 & 10       | Sports Hall | 9, 10                |  |
|                             | Fives                    | Yr 11           | Fives Court | n/a                  |  |
|                             |                          |                 |             |                      |  |
| After School<br>15:45-17:00 | Recreational Gym         | Yr 9 & 10       | Gym         | 9, 10                |  |
|                             | Rugby Squad S&C          | Yr 10 & 11B     | Gym         | 9, 10                |  |
|                             | Rugby                    | Yr 7            | Pitches     | 1, 2, 3              |  |
|                             | Fencing                  | Yr 8            | Sports Hall | 8                    |  |
|                             | Rowing                   | TBC*            | Ergs/Water  | 8                    |  |
|                             | DART Karate**            | Yr 7-13         | Sports Hall | 8                    |  |
|                             |                          |                 |             |                      |  |

\*Rowing age groups/locations will be advised via rowing comms

<sup>\*\*</sup>DART Karate is run by an external company - for all enquiries, please visit www.dart-selfdefence.com

| THURSDAY                          |  |                       |                           |                        |
|-----------------------------------|--|-----------------------|---------------------------|------------------------|
| Time<br>Pre-School<br>07:30-08:30 | Activity Swimming (invite only)            | Age Group<br>Yr 9-12  | Location<br>Swimming Pool | Changing Room<br>9, 10 |
| Break<br>11:40-12:10              | Badminton<br>Fives                         | KS4/5 Squads<br>Yr 11 | Sports Hall Fives Court   | 9, 10<br>n/a           |
|                                   | Recreational Gym  Hockey - Penalty Corners | Yr 11-13<br>Yr 9      | Gym                       | 9, 10<br>5             |
| Lunchtime<br>13:25-14:15          | Rugby Squad S&C  Multi Activity            | Yr 9<br>Yr 7-10       | Gym<br>Sports Hall        | 2, 3<br>9, 10          |
|                                   | Fives (coaching)  Cross Country            | Yr 7<br>Yr 7-13       | Fives Court Pitches       | n/a                    |
|                                   | Recreational Gym                           | Yr 9 & 10             | Gym                       | 9, 10                  |
| _                                 | Rugby                                      | Yr 10<br>Yr 11        | Pitches<br>Pitches        | 3                      |
| After School<br>15:45-17:00       | Hockey Fives (coaching)                    | Yr 7 & 8<br>Yr 8 & 9  | Astro<br>Fives Court      | 4, 5<br>8              |
|                                   | Rowing                                     | TBC*                  | Ergs/Water Sports Hall    | 8                      |
| After School<br>17:00-18:00       | Rowing Squad S&C                           | TBC*                  | Gym                       | 9, 10                  |

<sup>\*</sup>Rowing age groups/locations will be advised via rowing comms

| FRIDAY                      |                                      |           |             |                      |
|-----------------------------|--------------------------------------|-----------|-------------|----------------------|
| Time                        | Activity                             | Age Group | Location    | <b>Changing Room</b> |
| Pre School<br>07:30-08:30   | Cricket S&C Seniors                  | 11-13     | Gym         | 9, 10                |
|                             |                                      |           |             |                      |
| Break                       | Badminton                            | Yr 9 & 10 | Sports Hall | 9, 10                |
| 11:40-12:10                 | Fives                                | Yr 8      | Fives Court | n/a                  |
|                             |                                      |           |             |                      |
| Lunchtime<br>13:25-14:15    | Recreational Gym                     | Yr 9-13   | Gym         | 9, 10                |
|                             | Hockey Squad S&C                     | Yr 9      | Gym         | 9, 10                |
|                             | Hockey Squad S&C                     | Yr 11-13  | Gym         | 9, 10                |
|                             | Cricket (invite only)                | Yr 8      | Sports Hall | 9, 10                |
|                             | Fives                                | Yr 12     | Fives Court | n/a                  |
|                             | Rugby                                | Yr 10-13  | Pitches     | 2, 3                 |
|                             |                                      |           |             |                      |
| After School<br>15:45-17:00 | Cricket Training Squad (invite only) | Yr 7      | Sports Hall |                      |
|                             |                                      |           |             |                      |