

Day	Before school	KS3 Lunch	KS4 Lunch	After school
Monday		Yr 7 Rugby Skills (3G) ●	Yr 10 Rugby Skills (3G) ●	Basketball (SH) ● ● Yr 11 Rugby (3G) ● Yr 9 & Senior Hockey (3G) ● ●
Tuesday	Yr 7 Rugby Training (SH) ●	Yr 8 Rugby Skills (3G) ● Football (5x60) ●	Yr 11 MAT Rugby Skills (3G) ● Football (5x60) ●	All Years Netball (MA/SH) ● All Year Girls Football (3G)(5x60) ● Yr 7 & 9 Rugby (FD) ●
Wednesday				Yr 7&8 Hockey (3G) ● ● Senior Rugby & development Fixtures ● Yr 8 Rugby Training ●
Thursday		Dodgeball (Week 2 only) (5x60) ● ● Yr 9 Rugby Skills (3G) ●	Badminton (SH) (5x60) ● ●	Badminton (SH) ● ● Yr 10 Rugby Training (3G) ●
Friday		Girls Rugby Skills (3G) ●		KS3 Basketball (SH) ● Football Training (3G) ● ●