

	Lunchtime	After School
MON	Y7 Netball (SH) NAE	Y10/11 Rugby (Field)MXB
MON	Y9-11 Basketball (Gym) DMR	
TUES	Fitness (FR) DMR	Gymnastics (Gym) NAE
TUES	Volleyball (SH) MXB	Y9 Rugby (Field) MXB
TUES	Girls' Cricket (Gym) SEW	Y8/9 Football (Field) TW
WEDS	Dance (Gym) NAE	
WEDS	Y8 Netball (SH) SEW	
THURS	Y9 Netball (SH) SEW	Trampolining (Gym) NAE
THURS	Y7 Basketball (Gym) DMR	Y7/8 Rugby (Field) RIY
		Girls' Rugby (Field) MXB
FRI	Y8 Basketball (Gym) DMR Y10 Netball (SH) SEW	Y9-11 Badminton (Wk B) DMR Y7&8 Badminton (Wk A) DMR

This is autumn sports practice rota. It is subject to change and a new version will be displayed.

Lunchtime practices start at 12.20pm and finish around 12.50pm. After school practices start at 3.25pm and typically finish at 4.30pm depending on the light available.

Students are expected to wear appropriate kit and to make sure that they eat after their lunch time practice or at break.

Remember that these practices should be fun and previous experience is not needed. They can also be a preparation for performance for the school team. Some practices you will be expected to show a degree of commitment. Good luck and enjoy yourselves!

