

NOVEMBER-DECEMBER SPORTS

PRACTICE ROTA

	8.10-8.30am	Lunchtime	After School
MON		Y7 Netball (SH) EML	Teacher Training/Meetings Night
MON		Y7 Football (Gym) DMR	
TUES		Y8 Netball (SH) SEW	Y8/9 Rugby (Field) MXB
WEDS		Y10/11 Netball (SH) SEW	GCSE PE Trampolining (Gym) MXB
THURS	Fitness (FR) DMR	Table Tennis(SH) DMR	Y7 Rugby (Field) RIY/MXB
THURS		Volleyball (SH) MXB	Girls' Football (Field) EML
THURS		Girls' Cricket (Gym) SEW	Y8/9 Basketball (SH/Gym) DMR
FRI	Fitness (FR) DMR	Y9'A'&'B' Netball (SH) SEW	Y7&8 Badminton (Week A) DMR
FRI		Y7 Basketball (Gym) DMR/EML	Y9-11 Badminton (Week B) DMR

This is the sports practice rota for November- December. Lunchtime practices either start at 12.20pm and finish at 12.50pm or 12.35pm and finish around 1.05pm. After school practices start at 3.25pm and typically finish at 4.30pm depending on the light available. Before school practices at 8.10am. Thursday's Y8/9 basketball will take place when Mr Randall has no matches on that day. He will inform all of this on the daily student bulletin.

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!