

Autumn Sports Practices

	Lunchtime	After School
MON	Y7 Netball EML (SH)	Y7&8 Rugby MXB (Field)
MON	Y7 Football DMR (Gym)	
TUES	Y10/11 Netball SEW (SH)	Y9&10 Rugby MXB (Field)
TUES	Tchoukball EML (Gym)	
WEDS	Y8 Netball SEW (SH) GCSE PE Trampolining MXB (Gym)	Meetings Night
THURS	Volleyball MXB (SH)	Rugby fixtures night
THURS	Table Tennis DMR (SH)	Girls' Football EML (Field)
FRI	Y9 Netball SEW (SH) Y8-10 Basketball DMR (Gym)	Badminton DMR (SH)

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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!

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