



Winter Term

COOPERATION – LEADERSHIP – RESILIENCE

Lower School Extra -Curricular Timetable



After School (3.20pm – 4.20pm)	
MON	<ul style="list-style-type: none"> ➤ Badminton (7/8/9/10/11) (£) – Sports Hall – EXT/DSY ➤ Lower School Boys’ Football Training (8/9) – 3G/Field – AJS/EXT ➤ Gymnastics (7/8/9/10/11) (£) – Gym – EXT
TUE	<ul style="list-style-type: none"> ➤ Table Tennis (7/8/9/10/11) – Main Hall – CEE ➤ Boys’ Football Training & Fixtures (7) – 3G/Field – SBS/AJS/GBN ➤ Lower School Dance (7/8/9) – Dance Studio – NHR/AWS ➤ Netball Training (9) – Courts – RLR/AJP
WED	<ul style="list-style-type: none"> ➤ Taekwondo (7/8/9/10/11) (£) – Main Hall – EXT ➤ Alternative Sports (7/8/9/10/11) (£) – Sports Hall – EXT ➤ Lower School Boys’ Rugby Training (7/8/9) – Field – IRE/BML/ERL ➤ Tennis (7/8/9) (£) – Courts – EXT
THU	<ul style="list-style-type: none"> ➤ Indoor Cricket (7/8/9/10/11) – Sports Hall – AOR ➤ Lower School Netball Training (7/8) – Courts – HMS/HSY ➤ Girls’ Rugby Training (7/8/9/10/11) – Field – ERL ➤ Trampolining (7/8/9) – Gym - AJP
FRI	<ul style="list-style-type: none"> ➤ Lower School (7/8/9) Basketball (£) – Sports Hall – EXT ➤ Fitness (7/8/9/10/11) (£) – Fitness Suite – EXT ➤ Volleyball (7/8/9/10/11)– Gym – TRN ➤ Lower & Upper Girls’ Football Training (7/8/9/10/11) – Field – SOE/HHN/EXT

Staff Codes

- SOE – Mr Osbourne
- RLR – Mrs Lancaster
- HMS - Mrs Mills
- BML – Mr Marshall
- NHR – Mrs Harper
- HSY – Mrs Shirley
- AJP – Miss Jupp
- IRE – Mr Rice
- TRN – Mr Robinson
- AJS – Mr Samuels
- HHN – Ms Hartshorn
- CEE - Mr Elvidge
- ERL – Mr Ravenhill
- AOR – Mr Oliver
- SBS – Mr Browes
- GBN – Mr Bolton
- DSY – Mr Shawley
- AWS – Miss Waters
- EXT – External coach



Winter Term

COOPERATION – LEADERSHIP – RESILIENCE

Upper School Extra -Curricular Timetable



After School (3.20pm – 4.20pm)

MON	<ul style="list-style-type: none"> ➤ Badminton (£) – Sports Hall – EXT ➤ Gymnastics (7/8/9/10/11) – Gym – EXT
TUE	<ul style="list-style-type: none"> ➤ Table Tennis (7/8/9/10/11) – Main Hall – CEE ➤ Upper School Netball Training and Fixtures (9/10/11) – RLR/AJP ➤ Upper School Football/Rugby/Netball Academy Strength & Conditioning Boys/Girls (10/11) – S&C suite – TRN - Invite only ➤ Upper School Boys’ Rugby Training (10/11) – Field – IRE/BML/ERL
WED	<ul style="list-style-type: none"> ➤ Upper School Football/Rugby/Netball Academy Strength & Conditioning Boys/Girls (10/11) – S&C suite – TRN - Invite only ➤ Upper School Dance (10/11) - Dance Studio – NHR/AWS ➤ Taekwondo (7/8/9/10/11) (£) – Main Hall – EXT ➤ Alternative sports (7/8/9/10/11) (£) – Sports Hall – EXT ➤ Upper School (10/11) Boys’ Football Training – 3G/Field – AJS/SOE/EXT/GBN
THU	<ul style="list-style-type: none"> ➤ Upper School Football/Rugby/Netball Academy Strength & Conditioning Boys/Girls (10/11) – S&C suite – TRN - Invite only ➤ Indoor Cricket (7/8/9/10/11) – Sports Hall – AOR ➤ Girls’ Rugby Training (7/8/9/10/11) – Field – ERL
FRI	<ul style="list-style-type: none"> ➤ Fitness (7/8/9/10/11) (£) – Fitness Suite – EXT ➤ Volleyball (7/8/9/10/11)– Gym – TRN ➤ Upper School (10/11) Girls’ Football Training – Field – SOE/HHN/EXT

Staff Codes

- SOE – Mr Osbourne
- RLR – Mrs Lancaster
- HMS - Mrs Mills
- BML – Mr Marshall
- NHR – Mrs Harper
- HSY – Mrs Shirley
- AJP – Miss Jupp
- IRE – Mr Rice
- TRN – Mr Robinson
- AJS – Mr Samuels
- HHN – Ms Hartshorn
- CEE - Mr Elvidge
- ERL – Mr Ravenhill
- AOR – Mr Oliver
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- DSY – Mr Shawley
- AWS – Miss Waters
- EXT – External coach