

SPORTS TRAINING & CLUBS

HALF TERM 2

1 November to 8 December 2023

MONDAY				
Time	Activity	Age Group	Location	Changing Room
Pre School 07:30-08:15	Swimming*	Yr 8-10	Swimming Pool	Swimming Pool
Break 11:40-12:10	Badminton	KS3 Squads	Sports Hall	8
	Fives	Yr 9	Fives Court	n/a
Lunchtime 13:25-14:15	Basketball	Yr 7 & 8	Sports Hall	8
	Fives	Yr 10	Fives Court	n/a
	Hockey - Penalty Corners	Yr 11	Astro	4, 5
	Recreational Gym	Yr 9 & 10	Gym	8, 9, 10
	Rugby Squad S&C	Yr 11	Gym	8, 9, 10
After School 15:45-17:00	Handball	Yr 8 & 10	Sports Hall	8
	Hockey Squad	Yr 10	Astro	4, 5
	Recreational Gym	Yr 11-13	Gym	9, 10
	Rugby	Yr 8	Pitches	2, 3
	Rugby	Yr 9	Pitches	1
	Senior Rugby Squad S&C	Yr 12 & 13	Gym	9, 10
After School 15:45-17:30	Rowing	Yr 9, 11 & 13	Ergs	8
After School 17:00-18:00	Rowing Squad S&C	TBC*	Gym	9, 10

*Swimming - selected students only

*Rowing Squad S&C - age groups advised via rowing comms

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TUESDAY				
Time	Activity	Age Group	Location	Changing Room
Break 11:40-12:10	Badminton	Yr 7 & 8	Sports Hall	8
	Fives	Yr 10	Fives Court	n/a
Lunchtime 13:25-14:15	Basketball	Yr 11 & 12	Sports Hall	8
	Fives	Yr 8	Fives Court	n/a
	Hockey - Penalty Corners	Yr 10	Astro	4, 5
	Recreational Gym	Yr 9 & 10	Gym	8, 9, 10
	Rugby Squad S&C	Yr 10	Gym	8, 9, 10
After School 15:45-17:00	Hockey Squad	Yr 11-13	Astro	4, 5
	Recreational Gym	Yr 11-13	Gym	9, 10
	Rugby	Yr 12-13	Pitches	2, 3
	Y11 GCSE PE	Yr 11	Sports Hall/Queens Hall	8
After School 15:45-17:30	Rowing	Yr 9, 10, 12 & 13	Ergs	8
After School 17:00-18:00	Rowing Squad S&C	TBC*	Gym	9, 10

*Rowing Squad S&C - age groups advised via rowing comms

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WEDNESDAY				
Time	Activity	Age Group	Location	Changing Room
Pre School 07:30-08:30	Rowing S&C	Yr 11-13	Gym	9, 10
Break 11:40-12:10	Badminton	Yr 11	Sports Hall	8
	Fives	Yr 12	Fives Court	n/a
Lunchtime 13:25-14:15	Basketball	Yr 9 & 10	Sports Hall	8
	Fives	Yr 11	Fives Court	n/a
	Hockey - Penalty Corners	Yr 8, 12 & 13	Astro	4, 5
	Recreational Gym	Yr 11-13	Gym	8, 9, 10
	Senior Rugby Squad S&C	Yr 11F, 12 & 13	Gym	8, 9, 10
After School 15:45-17:00	*DART Karate	Yr 7-13	Sports Hall	8
	Fencing	Yr 8	Sports Hall	8
	Hockey Squad	Yr 9	Astro	1, 4, 5
	Recreational Gym	Yr 9 & 10	Gym	9, 10
	Rugby	Yr 7	Astro	1, 2, 3
	Rugby Squad S&C	Yr 10 & 11B	Gym	9, 10
After School 15:45-17:30	Rowing	Yr 10-11	Ergs	8

*DART Karate is run by an external company - for all enquiries, please visit www.dart-selfdefence.com

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THURSDAY				
Time	Activity	Age Group	Location	Changing Room
Break 11:40-12:10	Badminton	KS4/5 Squads	Sports Hall	8
	Fives	Yr 11	Fives Court	n/a
Lunchtime 13:25-14:15	Cross Country	Yr 7-13	Pitches	4
	Fives (coaching)	Yr 7	Fives Court	n/a
	Hockey - Penalty Corners	Yr 9	Astro	5
	Hockey Squad S&C	Yr 9	Gym	9, 10
	Multi Activity	Yr 7 & 8	Sports Hall	8
	Recreational Gym	Yr 11-13	Gym	9, 10
After School 15:45-17:00	Fencing	Yr 9-13	Sports Hall	8
	Fives (coaching)	Yr 8 & 9	Fives Court	8
	Hockey	Yr 7 & 8	Astro	4, 5
	Recreational Gym	Yr 9 & 10	Gym	9, 10
	Rugby	Yr 10	Pitches	2
	Rugby	Yr 11	Pitches	3
	Rugby Squad S&C	Yr 9	Gym	9, 10
	Squash*	KS3	WS&RC	WS&RC
After School 15:45-17:30	Rowing	Yr 9-11	Ergs	8
After School 17:00-18:00	Rowing Squad S&C	TBC*	Gym	9, 10

*Squash - selected students only

*Rowing Squad S&C - age groups advised via rowing comms

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FRIDAY				
Time	Activity	Age Group	Location	Changing Room
Break 11:40-12:10	Badminton	Yr 9 & 10	Sports Hall	8
	Fives	Yr 8	Fives Court	n/a
Lunchtime 13:25-14:15	Fives	Yr 12	Fives Court	n/a
	Hockey Squad S&C	Yr 11-13	Gym	9, 10
	Multi Activity	Yr 9 & 10	Sports Hall	8
	Recreational Gym	Yr 9-13	Gym	9, 10
	Rugby	Yr 10-13	Pitches	2, 3
After School 15:45-17:00	Cricket	Yr 7	Sports Hall	8
After School 15:45-17:30	Rowing	Yr 9, 10 & 12	Ergs	8

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SATURDAY

Activity	Age Group
Rowing @ Longridge 08:00-16:00	TBC*

SUNDAY

Activity	Age Group
Rowing @ Longridge 10:00-16:00	TBC*

*Rowing age groups will be advised via rowing comms