

Sport & Physical Education Enrichment Activities Autumn Term 2022

Lunchtime

*Tennis lessons will take priority during lunchtimes due to facilities and lighting

Monday	Tuesday	Wednesday	Thursday	Friday
Senior Netball Squad (due to choir clash in evening) (IV - UVI) 12:15 - 13:00 Mrs Rastall, Miss Cheng	RPM (Year IV- UVI) Cardio Suite 12:15 - 13:00 Mrs Rastall	Lacrosse Club Year I - IV 12:15 - 13:00 Mrs Broadway	Year I-III Netball Club 12:15 - 13:00 Miss Bale	Recreational Hockey & Drag Flick Practice All years 12:15 - 13:00 Astro Miss Hagan
	Open Running Club 12:15 - 13:00 Meet Pau at Cloisters (Pau LVI)	Lacrosse + Hockey Goal Keeping Club (All years) 12:15 - 13:00 Ms Kilburn, Miss Hagan	RPM (Year IV- UVI) Cardio Suite 12:15 - 13:00 Mrs Rastall	Open Fitness 12:10 - 13:00 Sports Hall Mr Alpine Eales
	Open Swimming 12.25 - 13:10 Miss Whittle		Open Running Club 12:15 -13:00 Meet Pau at Cloisters (Pau LVI)	Netball Shooting Club (open to all) 12:15-13:00 Miss Bale & Miss Cheng
	Cricket Club 12.25 - 13:00 Miss Tyler		Swimming improvers 12.20pm - 1.00pm Miss Whittle	Football Club Open to all Astro 12:15 - 13:00 Mr Aston

After Lessons (16:50 - 17:50) - “Performance Hour - Open to all”

Monday	Tuesday	Wednesday	Thursday	Friday
Netball Training (Year I-IV) Front courts	Hockey Training (Year I-UVI) Astro	Badminton Club (Year I-UVI)	Swimming Club (Year I - UVI) Open to all Miss Whittle and Mr Allison	Vertical House Meetings 17:00 -17.45
			Lifeguard Course (continued from last year) 16:50- 19:30 Miss Whittle	
			Lacrosse Squad Training Years I - UVI	

Evening (After 17:55)

Monday	Tuesday	Wednesday	Thursday	Friday
	QM Mavericks Netball Club home matches (Year V-UVI) Mrs Rastall, Miss Cheng, Miss Bale - invite (away matches any night of the week)		Lifeguard course (continued from last year) Miss Whittle	Open Netball Club (Year IV - UVI) 19:30 - 20:30 Miss Bale
			York Hockey U16 Club training 19:00 - 20:30 - Please see Mrs. Rastall	
			Omnikin Club All Welcome 19:45 - 20:35 Sports Hall Mr Alpine Eales	

Plus Saturday morning Swimming 7.15am-8.15am (open to all) Miss Whittle. Please email Miss Whittle by 5pm Friday if attending.