

Extra Curricular 2025/2026 Autumn Term

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	<p>Badminton Recreational (BD)</p> <p>Strength and conditioning</p> <p>Years 9-13* (Girls) IMM</p>	<p>Futsal Boys (MXM)</p> <p>Strength and conditioning</p> <p>Years 9-13* (Boys) MAB</p> <p>Hockey – Tactical Work (IMM)</p>	<p>Futsal – Girls (HNH)</p> <p>Strength and conditioning</p> <p>Years 9-13* (Boys) MXM</p>	<p>Strength and conditioning</p> <p>Year 7 and 8* (Boys) MAB</p> <p>Rugby – Tactical Work (SJ)</p> <p>Netball – Tactical work (JMT)</p>	<p>Badminton Recreational– (HNH)</p> <p>Body Pump (KS4)</p>
<p>After School</p> <p>3.30-4.45pm</p>	<p>Gymnastics – IMM</p> <p>Football</p> <p>Years 7-8 Boys (MAB/MXM/HT)</p>	<p>Football</p> <p>Years 9-10 Boys (MXM/HT/JH)</p> <p>Hockey Years 7/8 (IMM/DD)</p> <p>Rugby Years 7-9 (MRM/MAB)</p>	<p>Hockey</p> <p>Years 9-11 (IMM/DD/HNH)</p> <p>Netball</p> <p>7 & 8 Junior (JMT)</p>	<p>Football Girls</p> <p>All Years (HT/HNH/JH)</p> <p>Netball</p> <p>9,10 & 11 -Senior (JMT)</p>	

Coaches

BD – Ben (Badminton and Tennis)

HT -Hayden (Football)

DD – Debs (Hockey)

JH – John Halpin (Football)

***Strength and conditioning sessions are only for team players in Rugby/Football/Netball/Hockey for tactical work at lunchtime again this is only for team players and invitations will go out via SPOND when these sessions are on,**