

Extra Curricular 2025/2026 Autumn Term

	Monday	Tuesday	Wednesday	Thursday	Friday
1					
2					
3					
Lunchtime	Badminton Recreational (BD) Strength and conditioning Years 9-13* (Girls) IMM	Futsal Boys (MXM) Strength and conditioning Years 9-13* (Boys) MAB Hockey - Tactical Work	Futsal - Girls (HNH) Strength and conditioning Years 9-13* (Boys) MXM	Strength and conditioning Year 7 and 8* (Boys) MAB Rugby - Tactical Work Netball - Tactical work	Badminton Recreational- (HNH) Body Pump (KS4) 6 th form leaders
4					
5					
After School 3.30-4.45pm	Gymnastics - IMM Football Years 7 Boys (MXM/HT) Rugby Years 9/10 (MAB +Coaches)	Football Years 8 Boys (HT/JH/MXM) Hockey Years 7/8 (IMM/DD)	Hockey Years 9-11 (IMM/DD/HNH) Netball 7 & 8 Junior (JMT) Rugby Years 7/8 (MRM +Coaches) Football Years 9/10 + Small Group Sessions (HT/JH)	Football Girls All Years (HT/JH) Netball 9,10 & 11 -Senior (JMT)	

***Strength and Conditioning Sessions are only for team players in Rugby/Football/Netball/Hockey**