

# After School Practices September - December 2025 (3.00pm – 4.30pm)

	Year 7	Year 8	Year 9	Year 10	Year 11
Monday	Mountain Biking Rugby Badminton	Mountain Biking Badminton	Mountain Biking Football Badminton	Mountain Biking	Mountain Biking
Tuesday	Football Running Club	Football Running Club	Running Club	Running Club	Running Club
Wednesday	Rugby Fitness Suite	Fitness Suite	Fitness Suite	Rugby Badminton	Rugby Badminton
Thursday	Fitness Suite	Fitness Suite	Fitness Suite	Football	
Friday	Basketball*	Rugby Basketball*	Rugby Basketball*	Fitness Suite Basketball*	Fitness Suite Basketball*

Basketball takes place on alternate weeks for Years 7-9 (KS3) & Years 10-11 (KS4)

\*Week one – KS3 (commencing 08/09/25) \*Week two – KS4 (commencing 15/09/25)