



Extracurricular

FIND YOUR TRIBE!

15:30 - 16:30

SuAS Sports #belong



Extracurricular

Monday	Tuesday	Wednesday	Thursday	Friday
Netball (LST, EHA, SHU) Yr9-11 – Courts	Hockey (GWN) – Astro (all years) Netball (LST,EHA,SHU) Yr7-8 Courts	Sixth Form Sports	Football (yr9) (ABE, RBA) – Astro	Basketball (MJB, RMU) – Sports Hall (8,9, 10)
Football Yr7- Astro; Yr8 Field; girls Field (RBA, ABE, PXT)	Badminton Sports Hall Week A (Yr7 & 8) Week B (Yr 9-11)		Gymnastics (GWN) – Gym (all years)	Table Tennis (PXT) – Gym Week A (Yr9-11) Week B (Yr7&8)
Trampolining (GWN) – Sports Hall Week A (Yr7&8) Week B (Yr9-11)			Basketball (RMU) – Sports Hall (Yr7)	
	Rugby (MRA, RMU) – field (all years) evening			

Equipment:

Football on Field –
Boots

Football/hockey on
Astro –
moulds/astros/
trainers

Hockey – shin pads,
gum shield

Rugby – gum shield

Football matches –
shin pads

Autumn Timetable – 3:30-4:30