

Clubs – Before School/Lunch

Afterschool 3.10-4.10pm

Tuesday	Wednesday	Thursday
MORNING - Breakfast Burn – <u>ANY</u> morning of the week – <u>before</u> school on the CrossFit equipment!		
		Thursday Lunchtime Club – Sports Hall Badminton/Basketball – no kit required!
Dodgeball – Mixed - All Years	Astro Hockey – Mixed – All Years	Boys Rugby – All Years - Field
		
Astro Football – Mixed – All Years	CrossFit Gym – Mixed – All Years	Badminton - Mixed – All Years
		
Girls Rugby – All Years – Field		Cross Country – Mixed – All Years
		

After School Clubs Half Term 1

When does it take place?

Tuesdays, Wednesdays and Thursdays Afterschool

What Time does it take place?

3.10-4.10pm

Where do I need to go?

Meet the PE teachers in the Sports Centre Foyer

What do I need to bring?

Gryphon PE/Sports Kit for the Sport you choose

Hockey – Trainers (Astro), Shin Pads and Gum Shields

Rugby – Boots (Field) and Gum Shields

Dodgeball – Trainers + PE Kit (Sports hall)

Cross Fit - Trainers + PE Kit (Strength + Conditioning Suite)

Badminton – Trainers + PE Kit

Cross Country – Trainers + PE Kit

What happens at the end of the club?

You need to get picked up from School or arrange to get home as there are no buses

