



# FCC PE Department

## Winter Term Extra-Curricular Timetable

### 7<sup>th</sup> January - 5<sup>th</sup> April 2019










Who: All welcome

Where: PE Department

Equipment: Normal PE kit

Cost: Free

|  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  |
|--|---|--|---|---|---|
| <b>Lunchtime</b><br><b>12.30-1.00</b><br>(appropriate footwear, and no food or drink on the astro) | <b>Football</b> on the Astro- <u>own ball</u> must be provided and <u>appropriate footwear</u> worn (Football/rugby boots). |  |   |   |   |
| <b>Afterschool</b><br><b>3.00-4.00</b><br><b>(FCC PE kit)</b>                                      | <b>Staff Meetings</b>   | <b>Rugby</b><br><b>Years 7/8/9</b><br>JRs/GDa<br>      | <b>Rackets Club</b><br><b>All Years</b><br>Badminton & Squash<br>BPh<br> | <b>Basketball</b><br><b>All Years</b><br>JRs/BH<br>  | <b>Fitness Club</b><br><b>All Years</b><br>Meeting all your Health & Fitness needs (Stamina, Strength, Flexibility, Toning, Stress Relieve)<br>HRo<br> |
|  |   | <b>Rugby fixtures</b><br><b>Year 9</b><br>JRs/GDa<br> | <b>Trampolining</b><br><b>All Years</b><br>VF<br>                        | <b>Football</b><br><b>Yr 7+ Girls</b><br>GDa/LCo<br> |   |
|  |   | <b>Netball Fixtures</b><br><b>Year 7/8/9</b><br>HBi/HRo  | <b>Netball Fixtures</b><br><b>Year 10</b><br>HRo  | <b>Netball</b><br><b>Year 7/8</b><br>HRo/HBi  |   |
|  |   |  |   | <b>Football fixtures</b><br><b>Year 7</b><br>GDa  |   |