

Highdown School - Physical Education Department



Girls

Timetable of Extra Curricular Activities - Terms 3+4

	Lunch	After School
Monday	Beginners Swimming – All Years Indoor Football – Years 7-9	Team Swimming – All Years (When there are no staff meetings)
Tuesday	Girls Fitness Suite – Years 9-13	Girls Netball – Years 9-11 (Y7 Netball matches after half term)
Wednesday		Hockey – Years 7-8 (Y10 Netball matches before half term) (Y9 Netball matches after half term)
Thursday	Badminton – Years 8-13 Girls Fitness Suite – Years 9-13	Netball – Years 7-8 (Y11 Netball matches before half term) (Y8 Netball matches after half-term)
Friday	Basketball Club – All Years (Reading Rockets External Coach)	