



Physical Education Programme of Activities Autumn 1 2022

Day	Lunch 1:00pm – 13:30pm	After school 3:10pm – 4:15pm
Monday		Teen Gym*
Tuesday	Handball (SPH)	Girls Football Years 9-11 (Astro) Badminton All Years (SPH)
Wednesday	Netball Team Preparation (SPH)	Football Years 7 & 8 (Astro) Netball Years 9 – 11 (Courts)
Thursday	Table Tennis (Gym)	Football Year 9 - 11 (Astro) Netball Year 7 & 8 (Courts) Trampolining (Gym) SIGN UP REQUIRED Week 1 7s & 8s Week 2 9-11s
Friday		Staff Sport

Lunch clubs: uniform can be worn with correct footwear

After school clubs: PE kit must be worn

Football After School: Shin pads must be worn

*Teen Gym Price - £2.50 a session Contact community@testbourne.school