



Physical Education Programme of Activities Spring 2024

Day	Lunch 1:00pm – 1:30pm	After school 3:10pm – 4:15pm
Monday	Table Tennis	Teen Gym* (Year 10 & 11) PE ELKS
Tuesday		Girls Rugby (All Years) GUMSHIELD REQUIRED Field Badminton – Sportshall
Wednesday	Netball Warm-up (For match players Year 7&8)	Boys Rugby (Year 7&8) GUMSHIELD REQUIRED Field Netball Fixtures Courts / Sportshall
Thursday	Advanced Trampolining (invite only) Gym Girls Cricket SPH	Boys Rugby (Year 9 - 11) GUMSHIELD REQUIRED Field Netball (All years) Courts Girls Football (All Years) Astro Trampolining (All Years)** Gym
Friday	Sports Leaders (invite only)	Basketball (Year 9-11) Sportshall Staff Sport

Lunch clubs: uniform can be worn with correct footwear

After school clubs: PE kit must be worn

*Teen Gym Price - £2.75 a session Contact community@testbourne.school ** Must sign up as numbers will be limited, sign up [here](#) or email Mr Smith