

Extra Curricular 2025/2026 Spring Term 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Badminton Recreational (BD) Strength and conditioning Years 9-13* (Girls) IMM	Futsal Boys (MXM) Strength and conditioning Years 7/8 Football* (MAB)	Futsal - Girls (HNH) Strength and conditioning Years 9-13* (Boys) MXW	Strength and conditioning Year 7 and 8 Rugby* MAB Netball - Tactical work	Inclusion Clubs (All years but invitation only) <ul style="list-style-type: none"> • Badminton/Pickleball • S and C • Dodgeball
After School 3.30-4.30pm	Gymnastics - IMM Football Years 7 Boys (MXW/HT) Rugby Years 9/10 (MAB +Coaches)	Football Years 8 Boys (HT/JH/MXW) Hockey Years 7/8 (IMM/DD)	Netball 7 & 8 Junior (JMT) Rugby Years 7/8 Boys Girls Rugby (MRM +Coaches) Hockey Years 9-11 (IMM/DD/HNH) Football Small Group Sessions (HT/JH)	Football Girls All Years (HT) Boys football Year 9 (JH) Netball 9,10 & 11 -Senior (JMT)	

*Strength and Conditioning Sessions are only for team players in Rugby/Football/Netball/Hockey and only players in the squads will receive an invitation to the app