



The Appleton School Physical Education Extra-Curricular Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 7:40-8:15am		Yr 7 & 8 Netball Invite only (LJO/ ZHE)	APP Strength and Conditioning Invite only (AMA)	Yr 7 & 8 Girls Basketball (EPE/ ZHE)	Year 7 Boys Basketball (SJR)
Lunch Time	Yr 7 Basketball (SJR)	All Years Girls Basketball (ZHE/EPE)	Yr 8 Basketball (HDA)	Yr 9 Basketball (SJR)	Senior Basketball (AMA)
After School 3-4pm	All Years Gymnastics (KSB) Year 7 & 8 Netball (JS/ LJO/ ZHE) Year 7 Rugby (AMA) All Years Running Club (SJR)	Year 7-9 Girls Basketball (EPE/ZHE) Year 8 & 9 Rugby (AMA/ HDA)	All Years Trampoline (KSB/ NAB) Year 7 Girls Football (LJO) Year 7 Boys Football (SJR) Year 8 Boys Basketball (HDA)	Year 9-11 Netball (NAB/ JS) All Years Running Club (SJR) Year 8-11 Boys Football (MCA/HDA) Senior Basketball (AMA)	All Years Girls Football (LJO/ EPE) All Years Badminton (TK) APP Strength and Conditioning Invite only (ZHE/ SJR)

When fixtures are scheduled, after school sessions may be cancelled.