



The Appleton School Physical Education Extra-Curricular Timetable

April-May 2026	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 7:40-8:15am		Hurdles (SJR/EPE)	APPS Training (Invite only) (HAD/EPE)	High Jump (HDA)	PE Briefing (All Staff)
Lunch Time	Athletics Throws (HDA/MI/GSU)	Athletics Throws (HDA/MI)	Athletics Throws (SJR/MCA)	Athletics Throws (SJR/EPE)	Athletics Throws (SJR/TK) Practice makes Progress (KSB)
After School 3-4pm	Year 8-10 Hammer (AS/SJR) High Jump (JS) Practice makes progress (EPE/MCA)	Year 7-11 Athletics Javelin Discus Shot Long/ Triple Jump Track running (SJR, EPE, NAB, JS, MCA, CW, TK, HDA, KSB, GSU)	Hurdles (KSB) Years 7-9 Cricket (CW/MCA/GSU)	Year 7-11 Athletics High Jump All Throws Long/ Triple Jump Track running Hurdles (SJR, EPE, NAB, JS, MCA, CW, TK, HDA, KSB, GSU)	Yr 7-11 Badminton (TK) APPS Training (Invite only) (HDA/EPE) Practice makes Progress (IMO)

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