



SUMMER TERM 2024

The Appleton School Physical Education Extra-Curricular Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School 7:40-8:15am		Hurdles (LJO)	High Jump (HDA)	Middle Distance Running (SJR)	
Lunch Time	Yr 7 Basketball (HDA)	All Years Girls Basketball (ZHE/EPE) Shot (SJR)	Yr 8 Basketball (SJR)	Yr 9 Basketball (AMA)	Senior Basketball (MCA/TK)
After School 3-4pm	Year 7-10 Rounders (JS/ KSB/ CL)	<u>Yr 7-11 Athletics</u> Javelin Discus Shot Long/ Triple Jump Track running (ZHE, LJO, EPE, NAB, JS, CL, HDA, SJR, AMA)	<u>Yr 7 Athletics</u> High Jump All Throws Long/ Triple Jump Track running Hurdles (ZHE, LJO, EPE, KSB, HDA, SJR, AMA, MCA)	<u>Yr 7-11 Athletics</u> High Jump All Throws Long/ Triple Jump Track running Hurdles (ZHE, LJO, EPE, NAB, CL, SJR, MCA, AMA) Year 7-9 Cricket (HDA/ TK)	Yr 7-11 Badminton (TK) Yr 7-11 Cricket (AMA/ MCA) Yr 8-10 Hammer throws (SJR)

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