

Cardinal Wiseman PE Extra Curricular

Day	Venue	Time	Year(s)	Sport
Monday	Sports Hall Sports Hall Fitness suite Eden	After School LUNCH 7.45- 8.30 3.20- 3.40	7-11 Boys & Girls Year 7 Mixed KS4 and sixth form Girls 7,8,9,10,11	Basketball Dodge ball Fitness Football
Tuesday	Bonkers/Eden J217 Sports hall Fitness Suite	After School Lunch After School 7.45- 8.30	Boys Key Stage 3 and 4 Year 7 KS3 and KS4 Girls KS4 and Sixth Form	Football Table Tennis Variety of sports Fitness
Wednesday	Fitness Suite Eden/Bonkers J217 Sports hall	After School After School LUNCH 3:40 to 4:40	7-11 Boys & Girls Boys KS3 and KS4 Year 8 Year 11, 12 &13	Rowing and fitness Rugby Table tennis Netball
Thursday	Sports Hall Fitness Suite J217 Fitness suite Playground Eden/bonkers	After School After School LUNCH 7 45 – 8 30 After school After school	KS4 Mixed 7-11 Boys & Girls KS4 KS4 and sixth form Girls KS3 Sixth form	Basketball Rowing & Fitness Table Tennis Fitness Netball Variety
Friday	Eden & Fitness suite Inter house J217	After School After School LUNCH	Y10 & 11 Boys Rotations of years Year 9	Fitness & Football Variety Table Tennis