



The Bromfords School and Sixth Form College
PE Department Extra Curricular Clubs
January 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING 7:30 - 8:15am		<u>Trampolining Club</u> (RCL) <u>Year 7 Basketball</u> (KFO)	<u>U14 & U16 Essex Cup</u> <u>Netball</u> (CHU)	Trampolining Club (KFO)	<u>SNR Basketball</u> (KFO)
LUNCHTIME 1:15 - 1:50pm			Year 8 Netball (CHU)	<u>Year 9 Basketball</u> (SRU)	<u>Snr Basketball</u> (KFO)
AFTER SCHOOL 2.50 - 4:05pm	<u>Meetings</u> <u>Fitness Suite</u> <u>YEAR 7 ONLY</u>	<u>Year 7 & 8 Boys Handball</u> (IMO, MCA, SRU) <u>Strength & Conditioning</u> <u>Girls and boys</u> (CHU)	<u>Years 9 Netball</u> (CHU) <u>Years 10 & 11 Netball</u> (LFI) <u>Fitness Suite</u> <u>YEARS 8/9/10/11</u> <u>Years 7 & 8 Rugby</u> (IMO) <u>SNR Boys Handball (IMO & MCA)</u>	<u>All Girls Handball</u> (CHU & IMO) <u>Gymnastics</u> <u>(SQUAD only)</u> (RCL) <u>Snr Football</u> (KFO)	<u>Year 7 Netball</u> (LFI) <u>Year 7 Football</u> (MCA) <u>Snr Strength & Conditioning</u> (IMO) <u>Year 9/10/11 Boys Basketball</u> (SRU & KFO)