

## PE Extracurricular and 3G Lunchtime Rota 2025/26

| <b>Sitting</b>        | <b>Mon</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Tue</b>                                                                     | <b>Wed</b>                                                                       | <b>Thu</b>                                   | <b>Fri</b>                                                                                                        |
|-----------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------|-------------------------------------------------------------------------------------------------------------------|
| <b>1<sup>st</sup></b> | Y7/8 Badminton - FH/DG<br>(Sports Hall)<br><br>Y9/10/11 Gym - SBa<br>(Gym)<br><br>KS3 dance - AYa<br>(studio)                                                                                                                                                                                                                                                                                                                                                                                                                                   | GCSE Badminton - AK<br>(Sports Hall)<br><br>Y8/9 Girls Only Gym - SHu<br>(Gym) | Y7/8 Netball - FH<br>(Sports Hall)<br><br><i>GCSE PE Support - DG<br/>(Rm75)</i> | GCSE Badminton - DG<br>(Sports Hall)         | <i>GCSE PE Support - DG<br/>(Rm75)</i><br><br>Y9/10 Netball - SSm<br>(Sports Hall)<br><br>Y7/Y8 Gym - AK<br>(Gym) |
|                       | <i>3G F'ball - Y7</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <i>3G F'ball - Y9</i>                                                          | <i>3G F'ball - Girls Only</i>                                                    | <i>3G F'ball - Y10/11</i>                    | <i>3G F'ball - Y9</i>                                                                                             |
| <b>2<sup>nd</sup></b> | Y9 Badminton - FH/DG<br>(Sports Hall)<br><br>3G - Y10/11                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | GCSE Badminton - AK<br>(Sports Hall)                                           | <i>GCSE PE Support - DG<br/>(Rm75)</i>                                           | <i>GCSE Badminton - DG<br/>(Sports Hall)</i> | <i>GCSE PE Support - DG<br/>(Rm75)</i>                                                                            |
|                       | <i>3G F'ball - Y10/11</i>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <i>3G F'ball - Y8</i>                                                          | <i>3G F'ball - Y10/11</i>                                                        | <i>3G F'ball - Y8</i>                        | <i>3G F'ball - Y7</i>                                                                                             |
| <b>Afterschool</b>    | Fixtures<br>(All PE Staff)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | Y7/8 Netball Team Practice - FH<br>(Sports Hall)<br><br>Fixtures               | <i>Boxing Club - TBC</i><br><br><i>Staff Training</i>                            | Fixtures<br>(All PE Staff)                   | <i>Y7 Flag American Football - TBC</i><br><br>Fixtures<br>(All PE Staff)                                          |
| <b>Notes</b>          | <p style="text-align: center;">No kit needed for Dance club - blazers and shoes will be removed.</p> <p style="text-align: center;">For ALL other clubs, students must change into PE kit at the start of lunch and back into their uniform afterwards, unless asked to do otherwise.</p> <p style="text-align: center;">Please note, fixtures WILL take priority over afterschool clubs due to the number of teams and volume of fixtures in relation to the small number of staff in the PE Department. Thank you for your understanding.</p> |                                                                                |                                                                                  |                                              |                                                                                                                   |

### Lunchtime Wholeschool 3G Football Rules:

- Football boots must be worn - no metal studs are allowed
- Shin pads must be worn by all players - these cannot be micro shin pads and need to be secure so that they don't fall out
- Football will be organised so that there are no more than 22 players (11 a-side) on the full pitch at any one time, or no more than 14 players (7 a-side) on one third of the pitch at any one time
- Any injuries must be reported to the member of staff on duty.
- If any dangerous play occurs then the player involved will be asked to leave the pitch and return to school