



CARDINAL NEWMAN  
CATHOLIC SCHOOL

# Physical Education

## Extra-Curricular Activities

### Winter 2024/25

<b>MONDAY</b>	Fitness suite—(After school—4.30pm)
<b>TUESDAY</b>	Girls Football (After school - 4.30pm) Fitness Suite (After school - 4.30pm) Badminton (Lunch)
<b>WEDNESDAY</b>	Boys Football (After school - 4.30pm) Netball (Yrs 7-9) (After school - 4.30pm) Basketball (Lunch)
<b>THURSDAY</b>	Hockey (After school - 4.30pm) Rugby (After school - 4.30pm) Netball (Yrs 10 & 6th form) (After school - 4.30pm) Volleyball (Lunch—After half term)
<b>FRIDAY</b>	Weight Training KS4—(Lunch) Trampolining/Gymnastics (After school - 4.30pm) Academic Intervention B013 (3:10-4:30)