



CARDINAL NEWMAN  
CATHOLIC SCHOOL

# Physical Education

## Extra-Curricular Activities

### Winter 2025

<b>MONDAY</b>	<b>Fitness Suit A/S</b> <b>6th Form TBC</b>
<b>TUESDAY</b>	<b><u>Badminton Lunch</u></b> <b>NML</b> <b><u>Girls Football A/S</u></b> <b>OLT/SWN</b> <b><u>Fitness Suit A/S TBC</u></b>
<b>WEDNESDAY</b>	<b><u>Boys Football A/S</u></b> <b>NML/SWN</b> <b><u>Girls Netball A/S</u></b> <b>OLT/HON/CML</b>
<b>THURSDAY</b>	<b><u>Volleyball Lunch</u></b> <b>OLT</b> <b><u>Hockey A/S</u></b> <b>OLT</b> <b><u>Rugby A/S</u></b> <b>NML/SWN/ABK</b> <b><u>Basketball A/S</u></b> <b>ANS</b>
<b>FRIDAY</b>	<b><u>Weight Training/ HYROX—KS4</u></b> <b><u>GCSE Intervention</u></b> <b>NML / CML</b>