

Chalfonts Community College PE Department Extra-Curricular Timetable Term 1 (September to December 2018)

	Before School		Lunch				After School		
	Fitness Suite 7:45 to 8:30	Fitness Class 8am until 8:30 onwards (Basketball Gym)	Gym	Muga	Hall	BTEC Intervention	Gym	Muga	Field
Mon	Fitness Club Mr Fawcett/ Mr Woods	Aerobic Blitz Miss Keitch	Year 7 Basketball Mr Woods & Mr Howard	Power league Year 11/6 th Form - Mr Marek	KS3 Dodgeball Miss Ridgers		Hip-Hop/ Street Dance Miss Noble / Macie Webb	Year 7 Football Trial (From 17 th September to 1 st October) Mr Howard	Year 8 Football Trial (from 17 th to 1 st October) Mr Charge KS3 Rugby Mr Holland
Tues	Fitness Club Mr James/ Mr Woods	½ Hour of Power (Jumping/ Power Exercises) Mr Fawcett	Year 8 Basketball Mr Woods + Mr Charge	Power league Mr Grogan Year 9 League	Table Tennis All Years Miss Wingfield	Lab 1 Miss Keitch		All Years Girls Football Miss Noble	
Wed	Fitness Club Mr Woods	24- 8 Exercises 24 minutes. Mr Howard	Inclusive Sports Miss Keitch/ Mrs Jones/ Mrs Beck	Power league Mr Gomme year 7 League		LAB 1 Miss Noble		Netball All Years FNR/NBL/KTC	
Thu	Fitness Club (Students and staff - All years) Mr James/ Mr Woods	Abs Blast (30 Minute Abs Class) Mr Fawcett	KS4/5 Basketball Mr Woods and Mr Fawcett	Power league Mr Puni Year 10 League	KS3 Dodgeball Mr Marek	Lab 1 Miss Keitch	Cheerleading Mrs Court All Year Groups (from October half term)	COUCH TO 5K MR Michie/ Miss Fenner (FIELD/ GYM)	
Fri	Fitness Club Mr James/ Mr Woods	Yoga (Stretching and relaxation) Mr Fawcett	Girls Basketball shooting Mr Woods & Miss Keitch	Power league Mr Charge Year 8 League	KS4 Dodgeball Mrs Byrne				

Before School clubs can be done in PE Kit/ Fitness wear. Towels/ deodorant must be brought. It will be first come, first serve for the fitness suite

Afterschool Clubs from 3:05 until 4pm. Meet at the PE changing rooms. Students must arrange transport home.

Powerleague- Trainers must be worn. You must be prompt to the pitches to increase game time.