



Physical Education Programme of activities - Autumn term 1 2024

Day	Lunch time 1:00pm – 1:30pm	After school 3:10pm – 4:15pm
Monday	Rec Football (Astro) Basketball (Sports Hall)	Teen Gym (14-16 year olds only) - £2.75 per session, with booking required in advance. Click HERE to book or for more info, email community@testbourne.school
Tuesday	Rec Football (Astro)	Boys' Football Years 9, 10 & 11 (Astro) Badminton All Years (Sports Hall)
Wednesday	Rec Football (Astro)	Boys' Football Years 7 & 8 (Astro) Netball All Years (Courts + Sports Hall)
Thursday	Rec Football (Astro) Table Tennis (Gym)	Girls' Football All Years (Astro) Trampolining (Gym) - sign up required, please email j.smith@testbourne.school
Friday	Rec Football (Astro)	Staff Sport