

<u>Time:</u>	<u>Venue:</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Before School: (7.45am- 8.25am)	Sports Hall	Year 7 Netball	Year 7 Hockey	Year 8 Netball (Astro) Year 9 Netball (Sports Hall)	'Netball Select' (Year 10 and above invited pupils only)	Year 10, 11 and Sixth Form Hockey
	Astro					
	Dance Studio	Strength and Conditioning- (Year 9 and above)	Taekwondo- External Coach (Paid Club) <i>Please see Miss Greenslade if interested in joining</i>	Intermediate Dance (Yr 10 and above)	Year 9 Dance Squad	
	Other				Running Club (meet 7.30am at reception)	
Lunchtime: (1.50- 2.25pm, unless stated)	Sports Hall	Year 10 -13 Netball 1.15- 1.50- Lower Squad 1.50- 2.25- Upper Squad	Badminton (All)	Gymnastics Club (All) Hockey Goal Keeping (1.15- 1.50pm)	Year 9 Netball 1.15- 1.50- Lower Squad 1.50- 2.25- Upper Squad	Year 7 Netball Netball Shooting Club (1.15- 1.50pm)
	Astro	Year 9 Hockey	Year 8 Hockey	Year 7 Hockey	Year 8 Netball	Year 7- 10 Football
	Dance Studio	Year 7 Dance	Taekwondo- External Coach (Paid Club) <i>Please see Miss Greenslade if interested in joining</i>	Yoga- External Coach (Paid Club) <i>Please see Miss Greenslade if interested in joining</i>	Kickboxing- External coach (Paid Club) <i>Please see Miss Greenslade if interested in joining</i>	Year 8 Dance Indoor Rowing (All)
	Swimming pool	Yr 7&8 Swimming (Squad 1.15- 2.00pm)	'Waterpolo Select' (Squad 1.15- 2.00pm)	Yr 9 and above Swimming (Squad 1.15- 2.00pm)	Recreational Swimming (All)	Recreational Swimming (All)
After School: (3.45- 5.15pm for afterschool clubs, unless stated) Fixture times will vary and end times can be seen on the School Sports Website	Sports Hall		Trampolining Club (All)	Year 8 & 9 'Hockey Select' (invited pupils only)		Cricket (All)
	Astro		Fixtures (See School Sports Website)			
	Dance Studio				Fencing- External Coach (Paid Club) <i>Please see Miss Greenslade if interested in joining</i>	
	Swimming pool	Waterpolo Training (Yr9 & 10)	Senior Waterpolo (Yr11 and Sixth Form) 5.00pm start		Waterpolo Training (Yr7&8)	
	External venue		Senior Football @ Trailfinders Sports Ground			

Fixtures may occur any evening after school and may also occasionally be on weekends. For all fixtures and team selections please visit our School Sports

Website: www.nhehssport.com

Please ensure you bring a water bottle to both sports clubs and fixtures.