

Students should bring their PE kit on the appropriate days and meet in the PE department once changed. After School Clubs run from 3.05-4.15pm.

Physical Education Extra-curricular Programme : Autumn 2025

All activities 3.05-4.15pm.

DAY	SAND ASTRO	FIELD	3G ASTRO	SPORTS HALL	4G	FITNESS SUITE / Other
MONDAY		Boys Rugby (All years) Mr Thomas & Mr Brookes / Mr Tuck Yr 8 Boys Football Mr Whiteman (rotate facilities)	Yr 7/8 Girls Football (Varndean Galaxy Academy)	Basketball Yr 7 & 8 Boys & girls all years Mr Jupp / Mr Whiteman	Yr 10 Boys Football Mr Clarke	
TUESDAY	Girls Football Strength and Conditioning All years Varndean Galaxy Academy (7.30-8.30am)		Interschool Football See separate timetable Varndean Galaxy Academy	Boys Basketball Yr 9-11 S Jupp / Mr Whiteman / Mr Thomas	Yr 9 Boys Football Mr Brookes	Yr 10/11 Fitness Mr Tuck Yr 7/8/9/10/11 Netball Miss Chamberlain / Miss O'Callaghan / Miss Simmonds Miss Johnson
WEDNESDAY	Mixed Hockey Mr Thomas	Yr 7 Boys Football Mr Tuck (rotate facilities)		Badminton / Table Tennis Mr Brookes	Year 9/10/11 Girls Football Galaxy / Varndean Football Academy (3.15-4.15) rotate facilities	
THURSDAY		Girls Rugby (all years) Mr Brookes / Mr Thomas	Football Leadership (all years on rotation) Invite only . See Mr Thomas for more info	Volleyball ($\frac{2}{3}$ sports hall) Mr Brookes / Miss Simmonds/ Mr Thomas Trampolining Miss Chamberlain / Mr Clarke	Inter school Football Varndean Galaxy Academy	Fitness Club Miss Johnson / Miss O'Callaghan
FRIDAY				GCSE/ V Cert Catch up Mr Thomas V Cert Exam Prep		Girls Fitness Miss Simmonds (Start date TBC)

Boys Football Yr 7 SWH
Yr 8 WBR
Yr 9 TCC
Yr 10 SGT
Yr 11 SGT

Girls Football Yr 7 CST
Yr 8 SWH
Yr 9 FOC
Yr 10 /11 TCC

Boys Hockey CST
Girls Hockey RAC

Netball
Yr 7 MJO
Yr 8 FOC
Yr 9 RAC
Yr 10/11 ASI

Boys Rugby Yr 7 CST
Yr 8 WBR
Yr 9 WBR
Yr 10/11 CST

Boys Basketball CST
Girls Basketball CST / MJO / WBR

Table Tennis CST

Cross Country CST

Swimming CST