

Sport Pembrokeshire

Chwaraeon Sir Benfro



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast club		<i>Badminton</i> 7&8 School gym (GD)		<i>Badminton</i> 9-11 School gym (GD)	<i>Morning stretch</i> All years School gym (GD)
Mentor		LRC		LRC	
Break 1a Year 7&8	<i>Football</i> Astro Turf (GD) S.P.	<i>Football</i> Astro Turf (GD) S.P.	<i>Football</i> Astro Turf (GD) S.P.	<i>Football</i> Astro Turf (GD) S.P.	<i>Football</i> Astro Turf (GD) S.P.
Break 1b Year 9,10,11	<i>Football</i> Astro Turf (GD) S.P.	<i>Football</i> Astro Turf (GD) S.P.	<i>Football</i> Astro Turf (GD) S.P.	<i>Football</i> Astro Turf (GD) S.P.	<i>Football</i> Astro Turf (GD) S.P.
Break 2a Year 7&8	<i>Football</i> Astro Turf (GD) S.P.	<i>Football</i> Astro Turf (GD) S.P.	<i>Football</i> Astro Turf (GD) S.P.	<i>Football</i> Astro Turf (GD) S.P.	ENRICHMENT All years Meet in the hall at 2pm
After school Clubs 3.15 - 4.15pm * Please see GD (Georgia Davies) for a surfing letter Starting 14 th Sept. Sign up & additional fees required. 3.15 - 6.15pm	<i>Football</i> <i>Rugby</i> <i>Hockey</i> <i>Netball</i> (7&8) All P.E. Staff	<i>Football</i> <i>Rugby</i> <i>Hockey</i> <i>Netball</i> (9,10,11) All P.E. Staff <i>Surfing *</i> All years Reception (Outer Reef) (starting 14/09)	<i>Boxing</i> All years Astro Turf (CM) S.P. <i>Girls multisport</i> All years Field (SO) S.P.	<i>Girls rugby TBC</i> WRU	<i>Street Dance (KW)</i> <i>Football (CM)</i> <i>Tennis (CB)</i> <i>Parkour</i> <i>Swim/Gym (LC)*</i> *For swim/gym please contact the Leisure Centre and book & pay with them directly prior to the Friday session 01437 776660
4 - 4.30pm			<i>Staff fitness club</i> <i>All welcome</i> School gym (GD)		



Monday-Thursday

Breakfast club 8.15 - 8.45

Break 1a 11.15 - 11.45

Break 1b 12.15 - 12.45

Break 2a 1.45 - 2.15

Break 2b 2.45 - 3.15

Friday Only

Break 1a 11 - 11.30

Break 1b 12 - 12.30

Enrichment: 2.00 - 3.00pm