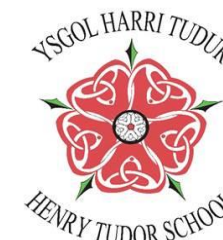


SPORT EXTRA CURRICULAR TIMETABLE

Sport Pembrokeshire
Chwaraeon Sir Benfro



AUTUMN	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast club		Multi-Sports Sports Hall (GD)		Multi-Sports Sports Hall (GD)	
Mentor		LRC		LRC	
Break 1a Year 7&8	Football & Rugby skills Astro Turf	Football & Rugby skills Astro Turf	Football & Rugby skills Astro Turf	Football & Rugby skills Astro Turf	Football & Rugby skills Astro Turf
Break 1b Year 9,10,11	Football & Rugby skills Astro Turf	Football & Rugby skills Astro Turf	Football & Rugby skills Astro Turf	Football & Rugby skills Astro Turf	Football & Rugby skills Astro Turf
Break 2a Year 7&8	Football & Rugby skills Astro Turf	Football & Rugby skills Astro Turf	Football & Rugby skills Astro Turf	Football & Rugby skills Astro Turf	ENRICHMENT All years Meet in the hall at 1.45pm to register
After school Clubs 3.15 -4.15pm	Football/Pêl droed Y7&8 Hockey/Hoci Y7&8 Rugby/ Rygbi Y9-6 th Form Netball/Pêl-Rwyd Y9-6 th Form	Rugby/Rygbi Y7&8 Netball/Pêl-Rwyd Y7&8 Football/Pêl droed Y9-6 th Form Hockey/Hoci Y9-6 th Form Surfing & Paddleboard Surfio & Padlfwrdd Outer Reef Surf School (PLEASE COME TO P.E. FOR A LETTER)	Basketball/Pêl-Fasged All years School Gym Gymnastics & Cheerleading Gymnasteg a Codi Hwyl All years Sports Hall	Girls Rugby/Rygbi'r Merched All years Top Field Badminton All years Sports Hall Rollerblading/Llafnrolio All years Sports Hall	Street Dance Football Tennis / Squash Parkour Swim/Gym* *For swim/gym please contact the Leisure Centre and book directly prior to the Friday session 01437 776660

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