

| DATE | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|--|--|
| MORNING CLUBS (7:45 – 8:25AM) FULL PE KIT | | | | | |
| SEPT - OCT | YR 10 FOOTBALL DJE | ALL YEARS NETBALL GIRLS JRU / OMI / LSM | YR 7 FOOTBALL FRA | YR 8 FOOTBALL DJE | ALL YEARS BASKETBALL BOYS DJE |
| LUNCHTIME (TRAINERS MUST BE WORN) | | | | | |
| SEPT - OCT | LUNCHTIME SPORT CLUBS | ALL YEARS BADMINTON CLUB SPO | LUNCHTIME SPORT CLUBS (SPORTS HALL) LNC USE ONLY (GYM) | LUNCHTIME SPORT CLUBS | LUNCHTIME SPORT CLUBS (SPORTS HALL) LNC USE ONLY (GYM) |
| AFTER SCHOOL (3:15 – 4:15 PM) FULL PE KIT REQUIRED | | | | | |
| SEPT - OCT | YR 8 FOOTBALL TRAINING DJE | YR 10 RUGBY TRAINING JMR | YR 7 FOOTBALL TRAINING FRA | PARA SPORTS GYM NWE | KS3 BASKETBALL With Worthing Thunder |
| | YR 10/11 NETBALL SIXTH FORM NETBALL JRU | PARA SPORT GYM NWE | KS3 GIRLS RUGBY MCH | YR 9 FOOTBALL DAT | |
| | U14 BASKETBALL LSM | KS3 NETBALL LSM / SLU / OMI | U16 GIRLS FOOTBALL JCO | KS3 GYM TRAMPOLINING SPO | |
| | BASKETBALL TEAM TRAINING GYM Worthing Thunder | | | | |
| FIXTURES | YR 7 BOYS FOOTBALL FRA | YEAR 9 BOYS FOOTBALL DAT | YR 10 BOYS RUGBY JMR | YR 8 BOYS FOOTBALL DJE | |
| | | U16 GIRLS FOOTBALL JCO | U14 BASKETBALL LSM SIXTH FORM NETBALL JRU | YR 10 / 11 GIRLS NETBALL JCO / JRU | |



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|--|---|---|--|---|--|
| MORNING CLUBS (7:45 – 8:25AM) FULL PE KIT | | | | | |
| NOV - DEC | YR 10 FOOTBALL DJE | ALL YEARS NETBALL GIRLS JRU / OMI / LSM | YR 7 FOOTBALL FRA | YR 8 FOOTBALL DJE | ALL YEARS BASKETBALL BOYS DJE |
| LUNCHTIME (TRAINERS MUST BE WORN) : SPORTS HALL & GYM | | | | | |
| NOV - DEC | LUNCHTIME SPORT CLUBS | ALL YEARS BADMINTON CLUB SPO | LUNCHTIME SPORT CLUBS (SPORTS HALL) LNC USE ONLY (GYM) | LUNCHTIME SPORT CLUBS | LUNCHTIME SPORT CLUBS (SPORTS HALL) LNC USE ONLY (GYM) |
| AFTER SCHOOL (3:15 – 4:15 PM) FULL PE KIT REQUIRED | | | | | |
| NOV - DEC | YR 10/11 NETBALL JRU | YR 10 RUGBY TRAINING JMR | YR 7 GIRLS BASKETBALL OMI | PARA SPORTS GYM NWE | YR 7/8 BASKETBALL With Worthing Thunder |
| | SIXTH FORM NETBALL JRU | PARA SPORT GYM NWE | KS3 BOYS RUGBY JMR / DAT/ FRA | Yr 7 GIRLS FOOTBALL LSM | |
| | YR 9/10 BASKETBALL With Worthing Thunder | KS3 GIRLS NETBALL LSM / SLU / OMI | KS3 GIRLS RUGBY MCH | KS3 GYM TRAMPOLINING SPO | |
| FIXTURES | YR 7 BOYS BASKETBALL DAT | YEAR 9 BOYS BASKETBALL DAT | YR 10 BOYS BASKETBALL DJE | YR 8 / 11 BOYS BASKETBALL FRA / JMR | |
| | | YR 7 GIRLS FOOTBALL LSM | U16 GIRLS BASKETBALL LSM SIXTH FORM NETBALL JRU | YR 8 / 9 GIRLS NETBALL SLU / OMI | |



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