



St Albans RC High School PE Extra Curricular Timetable

	Monday	Tuesday	Wednesday	Thursday	Friday
3.10-4.10PM	Rugby Yr9 & 10 (RHB) Weightlifting (Lunchtime) Wk A – Yr11 Wk B –Yr10	Basketball Yr7-11 (YSL)	Netball Yr 7 & 8 (SP) Netball Yr 9 & 10 (IT) Rugby Yr7&8 (RHB,KJ, TC)	Dance Yr7-13 (YSL) Football Yr7-9 (RHB & FAW leaders)	

*Subject to change. Please check the PE Office Notice board for updates and follow the PE Twitter account [@StAlbansPE](https://twitter.com/StAlbansPE)

RHB- Mr Barber

KJ – Mr Jones

SP – Miss Parker

IT – Miss Thomissen TC – Tony Clark

Football Leaders –J Christensen, H Wren, E Sanford, J Grout, A Thomas, J Rippon, J Colcombe

YSL – Shay Taylor