

## YEAR 7 TRAINING. (STARTING WEDNESDAY 7th SEPTEMBER 2022)

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7.45a.m. Morning.</b>		CROSS-COUNTRY (RC/LG/RP)	B/BALL (RC)	CROSS-COUNTRY (RC/BB/LG)	
		GAMES CHANGING ROOMS  HOUSE PE KIT VEST SPIKES /TRAINERS	SPORTSHALL CHANGING ROOMS  HOUSE PE KIT	GAMES CHANGING ROOMS  HOUSE PE KIT SPIKES /TRAINERS	
<b>1.00p.m. Lunchtime.</b>					<b>ALL YRS BREAKTIME B- BALL in Uniform with TRAINERS If been to practice in the week</b>  <b>FOOTBALL (RC/RP)</b>  GAMES CHANGING ROOM HOUSE GAMES KIT
	B/BALL (RC)	CROSS COUNTRY- CONTRACT BUS BOYS (BB)		CROSS COUNTRY- CONTRACT BUS BOYS (LP)	
	SPORTSHALL CHANGING ROOMS	FOOTBALL (RC/KF)			
	HOUSE PE KIT (HOUSE VEST)	GAMES CHANGING ROOMS HOUSE GAMES (RUGBY SHIRT) KIT			
<b>3.30 After- School.</b>	<b>F I</b>	<b>X T</b>	<b>U R</b>	<b>E S</b>	

