

# Sport Pembrokeshire

## Chwaraeon Sir Benfro



<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
<b><u>Breakfast club</u></b>		<i>Badminton</i> School Gym (GD) <b>Sport Pembrokeshire</b>		<i>Badminton</i> School Gym (GD) <b>Sport Pembrokeshire</b>	<b>Girls Club</b> All activities School Gym (GD) <b>Sport Pembrokeshire</b>
<b><u>Mentor Time</u></b>		<b>LRC group</b> School Gym (GD) <b>Sport Pembrokeshire</b>		<b>LRC group</b> School Gym (GD) <b>Sport Pembrokeshire</b>	
<b><u>Break 1</u></b>	<i>All years Football</i> Astro Turf (GD) <b>Sport Pembrokeshire</b>	<i>All years Football</i> Astro Turf (JD) <b>Sport Pembrokeshire</b>	<i>All years Football</i> Astro Turf (JD) <b>Sport Pembrokeshire</b>	<i>All years Football</i> Astro Turf (GD) <b>Sport Pembrokeshire</b>	<i>All years Basketball</i> School Gym (GD) <b>Sport Pembrokeshire</b>
<b><u>Break 2</u></b>	<i>Girls Football</i> Astro Turf (SO) <b>Sport Pembrokeshire</b>	<i>All years Football</i> Astro Turf (GD) <b>Sport Pembrokeshire</b>	<i>All years Football</i> Astro Turf (SO) <b>Sport Pembrokeshire</b>  <i>Circus skills all years</i> School Gym (GD) <b>Sport Pembrokeshire</b>	<i>All years Football</i> Astro Turf (JD) <b>Sport Pembrokeshire</b>	<b>Enrichment sessions</b> Leisure Centre <b>Sport Pembrokeshire</b> (GD, JD, CB, CM) <b>Squash/Tennis</b> <b>Football/Basketball</b> <b>Swimming</b> <b>Fitness suite</b> <b>Street Dance</b>
<b><u>After school P.E.</u></b>	Senior Hockey Junior Netball Fitness Years 7&8 Girls Rugby	<b>SCHOOL FIXTURES</b> Junior Hockey GCSE Revision 7&9 Football	<b>SCHOOL FIXTURES</b>	<b>STAFF MEETINGS</b>	
<b><u>After school Sport Pembs</u></b>	<i>Girls Cricket</i> Astro Turf (SO) <b>Sport Pembrokeshire</b>	<i>Gymnastics for all</i> School Gym (GD) <b>Sport Pembrokeshire</b>	<i>Year 7-9 Rollerblading</i> Sports Hall (SO) <i>Boxing for all</i> School Gym (CM) <b>Sport Pembrokeshire</b>	<i>Dance for all</i> School Gym (GD) <b>Sport Pembrokeshire</b>	

### Monday-Thursday

Breakfast club: 8.15-8.45

Break 1: 11.15-11.45am

Break 2: 1.45-2.15pm

After school: 3.15-4pm

### Friday Only

Break 1: 11-11.30am

Break 2: 1.30-2.00pm

Enrichment: 2.00-3.15pm