



Nidderdale High School

A MOORLANDS LEARNING TRUST ACADEMY

## Extracurricular PE Timetable 2025

	Lunchtime 12:40 – 13:10		After school 15:20 – 16:20	
	Sports Hall	PE		
Monday	KS3 football (RG)	Table Tennis (OB)	Girls football (OB) Netball (vw)	Rugby (RG)
Tuesday	Dodgeball (PC)	Squash (VW)		
Wednesday	Benchball (VW)	Badminton (OB)/ Squash (RG)	GCSE revision (JK) Gymnastics (VW)	Table Tennis (BM/RG) Running club (HT)
Thursday	Gymnastics (JK)	Dodgeball (RG)	KS3 & KS4 Football (OB)	Squash (JK)
Friday	KS4 football (OB)	Squash (VW)		

# Lunchtime club expectations

- **Be ready** – eat your lunch before and wait patiently for staff to let you in at 12:40. **Please wear clean trainers.** Students without clean footwear will not be able to participate.
- **Be respectful** – Remember, PE staff are facilitating physical activity during lunchtime for your benefit. Be respectful and kind by complying and making the right choices throughout. When lunchtime club ends, return equipment and exit the sports hall as soon as possible. Spectating is not permitted.
- **Be safe** – keep yourself and others safe by following instructions.

\*Please note that bike club has a maximum number therefore, to run it safely this might need to be run on a rotation basis.

\*Boots will be required for Football & Rugby afterschool, including shinpads for football and gumshields for rugby.