Sport Pembrokeshire Chwaraeon Sir Benfro



Extra Curricular activities



	M	T	W	TH	F
BREAKFAST CLUB 8.15-8.45		MultiSport LC sports hall GD		MultiSport LC Sports hall GD	
MENTOR 8.45-9.15		LRC		LRC	
BREAKTIME	Football & Rugby Astro Turf	Football & Rugby Astro Turf	Football & Rugby Astro Turf	Football & Rugby Astro Turf	Football & Rugby Astro Turf
AFTER SCHOOL 3.15-4.15	Y7&8 Football DR/GG Hockey SD Rugby Boys	Y7&8 Girls Rugby AD/RF Y9-6th	Y7&8 Netball SD LC hall	Y9&10 Girls Rugby RF Badminton &	Street Dance Football Parkour Tennis/Squash
FRIDAY ENRICHMENT 2-3.15 Register at 1.45pm in school hall For swim & gym please contact the Leisure Centre to book directly prior to the Friday session 01437776660	AD/RF Y9-6th Netball HM	Football DR/GG Gymnastics & Cheerleading School gym GD	Hockey LH Basketball	Volleyball LC half CB Y9-6th Girls SPin	Rollerblading Swimming* Gym GD
TRY A NEW SPORT! CEISIO CHWARAEON NEWYDD!	Ma				