

# Sport Pembrokeshire

## Chwaraeon Sir Benfro

AUTUMN 2019



Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST CLUB</b>		<b>Badminton</b> School Gym (GD) <b>Sport Pembrokeshire</b>		<b>Badminton</b> School Gym (GD) <b>Sport Pembrokeshire</b>	
<b>BREAK 1</b>				<b>Year 9 &amp; 10 Football</b> Astro Turf (GD) <b>Sport Pembrokeshire</b>	
		<b>Year 10 Football</b> Astro Turf (JD) <b>Sport Pembrokeshire</b>			
<b>BREAK 2</b>	<b>Year 7 &amp; 8 Football</b> Astro Turf (SO) <b>Sport Pembrokeshire</b>	<b>Year 11 Football</b> Astro Turf (JD)  <b>Dance all years</b> School Gym (GD) <b>Sport Pembrokeshire</b>	<b>Year 9 Football</b> Astro Turf (SO) <b>Sport Pembrokeshire</b>		
			<b>Year 7-9 Basketball</b> School Gym (WW) <b>Sport Pembrokeshire</b>		
	<b>Pupils attending lunchtime clubs to eat food at break time</b>				
<b>AFTER SCHOOL</b>	<b>Year 7 Rugby Boys</b> <b>Senior Hockey</b> <b>Junior Netball</b> <b>Year 8 &amp; 9 Football</b>	<b>SCHOOL FIXTURES</b> Boys & Girls Various Sports <b>Year 7 Football</b> <b>Senior Netball</b> <b>Junior Hockey</b>	<b>SCHOOL FIXTURES</b> Boys & Girls Various Sports	<b>STAFF MEETINGS</b>	<b>Enrichment</b> <b>Sport Pembrokeshire</b> (WW, CB, KW)  <b>Activities Include</b>
	<b>Girls football</b> Astro Turf (SO) <b>Sport Pembrokeshire</b>	<b>Girls Gymnastics</b> School Gym (GD) <b>Sport Pembrokeshire</b>	<b>Year 7-9</b> <b>Rollerblading</b> Sports Hall (SO) <b>Sport Pembrokeshire</b>	<b>Dance all years</b> School Gym (GD) <b>Sport Pembrokeshire</b>	<b>Squash</b> <b>Football</b> <b>Swimming</b> <b>Fitness suite</b> <b>Street Dance</b>
<b>Changing rooms will be locked during this period</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