

The Norwood School PE Department Extra Curricular Program 2019 -20 Healthy Schools

| Day | Activity | Time | Venue | Staff |
|-----------|--|---------------|-----------------------|--------------------------------------|
| Monday | Individual Basketball Practise | 6:50 - 7:20 | Sports Hall | Coach Asmerom |
| | Basketball Team practise Basketball Academy | 7:20 – 8:20 | Sports Hall | Coach Lucio |
| | Homework Club year 7, 8 & 9 mixed | 15:00 – 16:00 | P14 | Coach Asmerom |
| | Basketball practise year 8 & 9 girls | 16:00 – 17:30 | Sports Hall | Coach Asmerom |
| | Badminton Club all years | 15:00 – 16:00 | Sports Hall | Miss Douglas |
| | Football practise all years | 15:00 – 16:00 | Virgo fields | Mr Grant, Waro, Lemmie, Tomlinson |
| Tuesday | Individual Basketball Practise | 6:50 - 7:20 | Sports Hall | Coach Asmerom |
| | Team practise year 8 & 9 boys | 7:20 – 8:20 | Sports Hall | Coach Asmerom |
| | Basketball year 10 & 11 Girls | 15:00 – 16:00 | Sports Hall | Coach Lucio |
| | 6 th form and upper school Basketball | 16:00 - 18:00 | Sports Hall | Coach Lucio |
| | Table Tennis club all years | 15:00 – 16:00 | Gym | Mr Skelly |
| | Boxing Fitness Club - Girls | 15:30 – 16:30 | Fitness Suite | Mr Morgan |
| Wednesday | Individual Basketball Practise | 6:50 - 7:20 | Sports Hall | Coach Asmerom |
| | Basketball practise year 7 boys | 7:20 – 8:20 | Sports Hall | Coach Asmerom |
| | Homework Club year 7, 8 & 9 mixed | 15:00 – 16:00 | P14 | Coach Asmerom |
| | Football training open session | 15:00 – 16:00 | Virgo Field | Mr Kientsch |
| | Handball club | 15:00 – 16:00 | Sports Hall | Miss Douglas |
| | Netball Club year 7 girls | 15:00 – 16:00 | Playground | Miss Ebrahim |
| | Weight training club – upper school | 15:00 – 16:00 | Fitness Suite | Mr Lemmie |
| | Basketball Academy Game | 15:00 - 18:00 | Thornton Heath Centre | Coach Lucio / Asmerom |
| Thursday | Individual Basketball Practise | 6:50 - 7:20 | Sports Hall | Coach Asmerom |
| | Team practise year 8 & 9 boys | 7:20 – 8:20 | Sports Hall | Coach Asmerom |
| | Basketball practise year 8 & 9 girls | 15:00 – 16:30 | Sports Hall | Coach Asmerom |
| | Basketball practise year 7 and year 6 mixed | 16:30 – 18:00 | Sports Hall | Coach Lucio / Asmerom |
| | Football practise year 9 & 10 boys | 15:00 – 16:00 | Virgo Field | Mr Tomlinson / Mr Grant |
| | Trampolining Club | 15:00 – 16:00 | Gym | Mrs Dennis |
| Friday | Basketball practise year Basketball Academy | 6:30 – 8:20 | Sports Hall | Coach Lucio |
| | Basketball practise year 7 girls | 15:00 – 16:00 | Sport Hall | Coach Asmerom |
| | Boxing Fitness Club - boys | 15:30 – 16:30 | Fitness Suite | Mr Morgan |