

KS4	Performance 1 10a – LHA/REN 10b – JBC 11a – PHN 11b - JBC	Performance 2 10a – BHE 10b – REN 11a – LHA 11b - LHA	Recreational 1 10a – ACH 10b – BHE 11a – REN 11b - REN	Recreational 2 10a – JBC 10b – ACH/MAL 11a – JBC 11b - BHE	Health & wellbeing 10a – MAL 10b – FAL/CTH 11a – BHE 11b – ACH/FAL
Term 3 Only lesson of the week	Fitness Indoor and outdoor	Tchoukball Outdoor	Handball Outdoor	Football Outdoor (recommended to have football boots and shin pads)	Boot camp Indoor
<p>*Subject to change due to weather conditions</p> <p>*Indoor kit – KSA polo, black shorts/bottoms/leggings/skort</p> <p>*Outdoor kit – KSA polo, black shorts/bottoms/leggings/skort, hoodie (KSA or plain black), KSA wet weather jacket (optional), rugby shirt (optional)</p> <p>*Water bottle recommended</p> <p>*Any medication as required e.g., inhaler</p>					