

| Half Term 1 | | | | | | Half Term 2 | | | | | | | |
|------------------|------------------|-------|-------|------------------|------------------|------------------|------------------|---------------|-------|------------------|------------------|---------------|-----|
| | Boys | Staff | Time | Girls | Staff | | Boys | Staff | Time | Girls | Staff | | |
| Monday | Year 7 Rugby | JCO | PM | Year 7 Netball | All Female Staff | Monday | Year 7 Rugby | JCO | PM | Year 7 Netball | All Female Staff | | |
| | Year 8 Rugby | WBR | | Year 8 Netball | | | Year 8 Rugby | WBR | | Year 8 Netball | | | |
| | Year 9 Rugby | JCO | | Year 9 Netball | | | Year 9 Rugby | JCO | | Year 9 Netball | | | |
| | Year 10 Rugby | WBR | | Year 10 Netball | | | Year 10 Rugby | WBR | | Year 10 Netball | | | |
| | Fitness Suite | BCR | | Fitness Suite | BCR | | Fitness Suite | BCR | | Fitness Suite | BCR | | |
| Tuesday | Basketball | WBR | Lunch | Basketball | WBR | Tuesday | Basketball | WBR | Lunch | Basketball | WBR | | |
| | *GCSE compulsory | | | *GCSE compulsory | | | *GCSE compulsory | | | *GCSE compulsory | | | |
| Wednesday | <i>Fixtures</i> | | PM | <i>Fixtures</i> | | Wednesday | <i>Fixtures</i> | | PM | <i>Fixtures</i> | | | |
| | | | | | | | | | | | | | |
| | Fitness Suite | PSA | | Lunch | Fitness Suite | | PSA | Fitness Suite | | PSA | Lunch | Fitness Suite | PSA |
| Thursday | Badminton | WBR | Lunch | Badminton | WBR | Thursday | Badminton | WBR | Lunch | Badminton | WBR | | |
| | *GCSE compulsory | | | *GCSE compulsory | | | *GCSE compulsory | | | *GCSE compulsory | | | |
| | | | | PM | Neon Club | | | | | PM | Neon Club | | |
| Friday | Table Tennis | JCO | Lunch | Table Tennis | JCO | Friday | Table Tennis | JCO | Lunch | Table Tennis | JCO | | |
| | *GCSE compulsory | | | *GCSE compulsory | | | *GCSE compulsory | | | *GCSE compulsory | | | |
| | Fitness Suite | SPA | | Lunch | Fitness Suite | | SPA | Fitness Suite | | SPA | Lunch | Fitness Suite | SPA |

| Half Term 3 | | | | | | Half Term 4 | | | | | | | |
|------------------|----------------------------------|-----------|-------|----------------------------------|------------------------------|------------------|----------------------|------------------|-------|----------------------|------------------|---------------|---------------|
| | Boys | Staff | Time | Girls | Staff | | Boys | Staff | Time | Girls | Staff | | |
| Monday | Year 7 Football | JCO | PM | Year 7 Football | PSA | Monday | Year 7 Football | JCO | PM | Year 7 Football | PSA | | |
| | Year 8 Football | KST | | Year 8 Football | Plus Norwich | | Year 8 Football | Plus Norwich | | | | | |
| | Year 9 Football | JCO | | Year 9 Football | | | Year 9 Football | | | | | | |
| | Year 10 Football | KST | | Year 10 Football | | | Year 10 Football | | | | | | |
| | Fitness Suite | BCR | | Fitness Suite | BCR | | Fitness Suite | BCR | | Fitness Suite | BCR | | |
| | GCSE / BTEC Level 2 Intervention | NHU | | GCSE / BTEC level 2 Intervention | NHU | | | | | | | | |
| | Dance East | | | Dance East | | | | | | | | | |
| Tuesday | Basketball | KST | Lunch | Basketball | KST | Tuesday | Basketball | WBR | Lunch | Basketball | WBR | | |
| | *GCSE Compulsory | | | *GCSE Compulsory | | | *GCSE Compulsory | | | *GCSE Compulsory | | | |
| | JUDO | | | JUDO | | | | | | | | | |
| Wednesday | <i>Fixtures</i> | | PM | <i>Fixtures</i> | | Wednesday | <i>Fixtures</i> | | PM | <i>Fixtures</i> | | | |
| | | | | | | | | | | | | | |
| | Handball | PSA | | Lunch | Handball | | PSA | Fitness Suite | | PSA | Lunch | Fitness Suite | PSA |
| | *GCSE Compulsory | | | *GCSE Compulsory | | | | | | | | | |
| Thursday | Trampoline (KS4) | NHU / SPA | | Trampoline (KS4) | NHU / SPA | Thursday | Trampoline (KS3) | GBA / NHU | PM | Trampoline (KS3) | GBA / NHU | | |
| | *Compulsory for GCSE | | | *Compulsory for GCSE | | | *Compulsory for GCSE | | | *Compulsory for GCSE | | | |
| | | | | | | | | | | | | | |
| | Rowing | JCO | AM | Rowing | JCO | | | | | PM | Rugby Training | WBR | |
| | Badminton | GBA | Lunch | Badminton | GBA | | Athletics (Trials) | PSA / ANO | PM | Athletics (Trials) | PSA / ANO | | |
| | | | | Netball (Year 7 Only) | PSA | | | | | | | | |
| Friday | 5 A Side football | JCO | Lunch | 5 A Side football | JCO | Friday | Table Tennis | JCO | Lunch | Table Tennis | JCO | | |
| | | | | | | | | *GCSE compulsory | | | *GCSE compulsory | | |
| | BTEC / GCSE Intervention L11 | SPA | | | BTEC / GCSE intervention L11 | | SPA | | | Fitness Suite | SPA | Lunch | Fitness Suite |
| | Badminton (GCSE) | NHU | PM | Badminton (GCSE) | NHU | | | | | | | | |

| Half Term 5 | | | | | | Half Term 6 | | | | | | | |
|------------------|-------------------|--------------|-------|-------------------|---------------|------------------|------------------|---------------|-------|------------------|-----------|---------------|---------------|
| | Boys | Staff | Time | Girls | Staff | | Boys | Staff | Time | Girls | Staff | | |
| Monday | Year 7 Athletics | ALL (No WBR) | PM | Year 7 Athletics | ALL (No WBR) | Monday | Rounders | GBA | | Rounders | GBA | | |
| | Year 8 Athletics | | | Year 8 Athletics | | | | | | | | | |
| | Year 9 Athletics | | | Year 9 Athletics | | | | | | | | | |
| | Year 10 Athletics | | | Year 10 Athletics | | | | | | | | | |
| | Fitness Suite | BCR | | Fitness Suite | BCR | | Fitness Suite | BCR | | Fitness Suite | BCR | | |
| Tuesday | Basketball | WBR | Lunch | Basketball | WBR | Tuesday | Basketball | WBR | Lunch | Basketball | WBR | | |
| | *Compulsory GCSE | | | *Compulsory GCSE | | | *Compulsory GCSE | | | *Compulsory GCSE | | | |
| Wednesday | <i>Fixtures</i> | | PM | <i>Fixtures</i> | | Wednesday | <i>Fixtures</i> | | PM | <i>Fixtures</i> | | | |
| | | | | | | | | | | | | | |
| | Fitness Suite | PSA | | Lunch | Fitness Suite | | PSA | Fitness Suite | | PSA | Lunch | Fitness Suite | PSA |
| Thursday | Quick Cricket | WBR | PM | Quick Cricket | WBR | Thursday | Gymnastics | NHU | PM | Gymnastics | NHU | | |
| | | | | | | | | | | | | | |
| | | | | | | | | | | Quick Cricket | WBR | PM | Quick Cricket |
| | | | | Neon Club | | | | | | PM | Neon Club | | |
| | | | | | | | | | | | | | |
| | Badminton | WBR | Lunch | Badminton | WBR | | Badminton | WBR | Lunch | Badminton | WBR | | |
| Friday | Table Tennis | JCO | Lunch | Table Tennis | JCO | Friday | Table Tennis | JCO | Lunch | Table Tennis | JCO | | |
| | *GCSE compulsory | | | *GCSE compulsory | | | *GCSE compulsory | | | *GCSE compulsory | | | |
| | Fitness Suite | SPA | | Lunch | Fitness Suite | | SPA | Fitness Suite | | SPA | Lunch | Fitness Suite | SPA |