

PE DEPARTMENT CLUBS/TRAINING	LUNCH TIME/AMSER CINIO	AFTER SCHOOL/AR OL YSGOL
Dydd Llun/Monday	Netball – Yr 7 (CJ) 12.35- 1.05pm  Rugby yr 8 (GR) 12.35- 1.05pm	Netball – Yr 8-13 SportsHall/Judo Hall (LJ/CJ) 3.25-5PM  LIDL Football astro (Coached by Year12/13 ) 3.25-4.45pm
Dydd Mawrth/Tuesday	Year 7 Hockey – ½ astro 12.35- 1.05 CJ  <i>Gymnastics( Boys) 12.35-1.05 CT – after ½ term</i>	Hockey astro – 4 - 5.30pm (CAHC) (from 19 <sup>th</sup> Sept – Oct ½ term)  Senior Rugby (GR) 3.25-4.45pm
Dydd Mercher/Wednesday	Rugby Yr 10 (GR) 12.35-1.05pm  Yr 9 Football Training (CT) 12.35- 1.05 SH	Matches
Dydd Iau/Thursday	Gymnastics (Girls) 12.35-1.05 CJ - [UP TO HALF TERM OCT]  Year 7 + 8 Football (Astro + SH) 12.35- 1.05	Hockey – Yr 8-13 (CJ/ND/JM) 3.25-4.45pm  Rugby Yr 9 & Yr 7 (GR) 12.35- 1.05 pm
Dydd Gwener/Friday	Basketball – Sports Hall (AYP) 12.35- 1.05  Dance (ambassadors) Judo Hall 12.35- 1.05	Girls Football – Astro/SH (AYP) 3.25-4.45 pm
		