

BHS Extracurricular Sport and Exercise Timetable

	MONDAY				
	Games Hall	Gym	Fitness Suite	Astro	Grass Pitches
Lunch		S1-3 Dance 5A Lunch	S2+3 Open Gym 5A Lunch S4-6 Girls Only Open Gym 5B Lunch		
After-School	S1-6 Badminton 4-5.30pm		S5-6 Open Gym 4-5pm		S1-6 Girls Rugby 4-5pm
	TUESDAY				
	Games Hall	Gym	Fitness Suite	Astro	Pitches
Lunch			S2+3 Open Gym 5A Lunch		
After-School			S5-6 Open Gym 4-5pm	S1-2 Hockey 4-5pm	S1-2 Boys Rugby 4-5pm
	WEDNESDAY				
	Games Hall	Gym	Fitness Suite	Astro	Pitches
Lunch			S2+3 Open Gym 5A Lunch S4-6 Open Gym 5B Lunch		S1-2 Boys Football 4-5pm
After-School	S1-2 Netball 4-5.30pm		S5-6 Open Gym 4-5pm	S3-6 Hockey 4-5pm	S1-3 Boys Rugby 6.30-8pm (Duns RFC)
	THURSDAY				
	Games Hall	Gym	Fitness Suite	Astro	Pitches
Lunch			S2+3 Open Gym 5A Lunch S4-6 Open Gym 5B Lunch		
After-School	S3-6 Netball 4-6pm		S5-6 Open Gym 4-5pm		S1-2 Girls Football 4-5pm

5A lunch - lunch for S1-3

5B lunch - lunch for S4-6

House Events run during 5A and 5B throughout the year

S1 will gain access to Open Gym once they have completed a Fitness Suite Induction during their PE/HWB lesson.