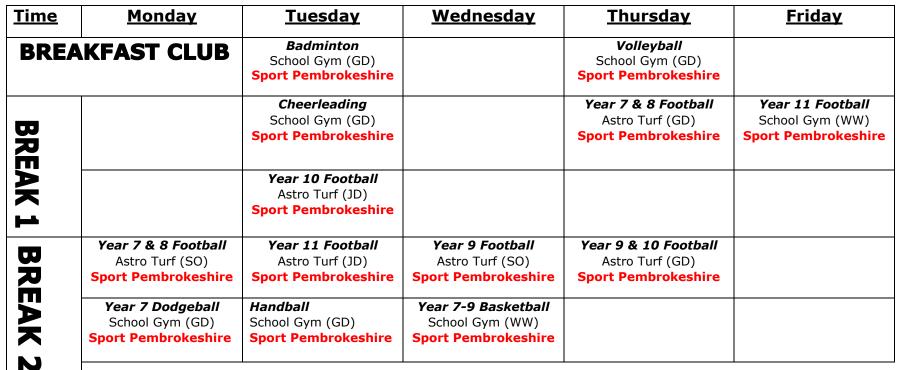
Sport Pembrokeshire AUTUMN 2019

Chwaraeon Sir Benfro







Monday-Thursday

Breakfast club: 8.15-8.45

Break 1: 11.15-11.45am

Break 2: 1.45-2.15pm

After school: 3.15-4pm

Pupils attending lunchtime clubs to eat food at break time

AFTER

Year 7 Rugby Boys	SCHOOL FIXTURES	SCHOOL FIXTURES	STAFF MEETINGS	Enrichment
Senior Hockey	Boys & Girls	Boys & Girls		Sport Pembrokeshire
Junior Netball	Various Sports	Various Sports		(WW, CB, KW)
Year 8 & 9 Football	Year 7 Football			
	Senior Netball			Activities Include
	Junior Hockey			
Girls football	Girls Gymnastics	Year 7-9	Show Group	Squash
Astro Turf (SO)	School Gym (GD)	Rollerblading	Performance Team	Football
Sport Pembrokeshire	Sport Pembrokeshire	Sports Hall (SO)	School gym (GD)	Swimming
		Sport Pembrokeshire	Sport Pembrokeshire	Fitness suite
	Outer Reef Surf Club			Street Dance
	Sport Pembrokeshire			

Friday Only

Break 1: 11-11 30am

Break 2: 1.30-2.00pm

Enrichment: 2.00-3.15pm

Changing rooms will be locked during this period