



# Richard Lander School

## Extra- Curricular PE and Sports Programme – March – April 2021

	Boys		Girls		Mixed	
<b>Monday</b>	Year 11 Boys Football	<ul style="list-style-type: none"> <li>• both week A and B</li> <li>• On the field so boots will be needed</li> <li>• Changing rooms will be available for students to change</li> </ul>	Year 11 Games Activities	<ul style="list-style-type: none"> <li>• Both week A &amp; B</li> <li>• Changing rooms will be available for students to change</li> </ul>	Year 11 Indoor Sports	<ul style="list-style-type: none"> <li>• Meet in the Sportshall</li> <li>• Changing rooms will be available for students to change</li> <li>• A range of indoor sports will be available.</li> </ul>
			Year 7 and 8 Girls Football	<ul style="list-style-type: none"> <li>• Both week A and B</li> <li>• On the astro.</li> <li>• Changing spaces will be available for students to change</li> </ul>		
<b>Tuesday</b>	Year 8 Boys Football	<ul style="list-style-type: none"> <li>• both week A and B</li> <li>• On the field so boots are needed, shin pads recommended.</li> <li>• Changing rooms will be available for students to change</li> </ul>	Year 8 Girls Hockey	<ul style="list-style-type: none"> <li>• Both week A and B</li> <li>• On the astroturf so appropriate kit and protective gear will be needed</li> <li>• Changing rooms will be available for students to change</li> </ul>	Year 10 Indoor Sports	<ul style="list-style-type: none"> <li>• Meet in the Sportshall</li> <li>• No changing facilities will be available so students will participate in the clothes they've worn to school that day.</li> <li>• A range of indoor sports will be available.</li> </ul>
<b>Wednesday</b>	Year 7 Boys Football	<ul style="list-style-type: none"> <li>• both week A and B</li> <li>• On the field so boots are needed, shin pads recommended.</li> <li>• Changing rooms will be available for students to change</li> </ul>	Year 7 Girls Hockey	<ul style="list-style-type: none"> <li>• Both week A and B</li> <li>• On the astroturf so appropriate kit and protective gear will be needed</li> </ul> Changing rooms will be available for students to change	Year 9 Indoor Sports	<ul style="list-style-type: none"> <li>• Meet in the Sportshall</li> <li>• No changing facilities will be available so students will participate in the clothes they've worn to school that day.</li> <li>• A range of indoor sports will be available.</li> </ul>
<b>Thursday</b>	Year 10 Boys Football	<ul style="list-style-type: none"> <li>• both week A and B</li> <li>• On the field so boots are needed, shin pads recommended.</li> <li>• Changing rooms will be available for students to change</li> </ul>	Year 10 Games Activities	<ul style="list-style-type: none"> <li>• Both week A &amp; B</li> <li>• This will most probably be outside so appropriate kit will be needed.</li> <li>• Changing rooms will be available for students to change</li> </ul>	Year 8 Indoor Sports	<ul style="list-style-type: none"> <li>• Meet in the Sportshall</li> <li>• No changing facilities will be available so students will participate in the clothes they've worn to school that day.</li> <li>• A range of indoor sports will be available.</li> </ul>
<b>Friday</b>	Year 9 Boys Football	<ul style="list-style-type: none"> <li>• both week A and B</li> <li>• On the field so boots are needed, shin pads recommended.</li> <li>• Changing rooms will be available for students to change</li> </ul>	Year 9 Girls Hockey	<ul style="list-style-type: none"> <li>• Both week A and B</li> <li>• On the astroturf so appropriate kit and protective gear will be needed</li> <li>• Changing rooms will be available for students to change</li> </ul>	Year 7 Indoor Sports	<ul style="list-style-type: none"> <li>• Meet in the Sportshall</li> <li>• No changing facilities will be available so students will participate in the clothes they've worn to school that day.</li> <li>• A range of indoor sports will be available.</li> </ul>

At this present time, we have no fixtures arranged against other local schools. We know our students will be disappointed with this but we would like to assure you that we will only be adding this to our extra-curricular provision when we can ensure student safety.



**LEARNING COMMUNITY FOOTBALL AND HOCKEY**  
**WILL TAKE PLACE FROM 25<sup>TH</sup> MARCH – 31<sup>ST</sup> MARCH**

