

Richard Lander School - PE and School Sport

Lunchtime Clubs – Autumn Term 2025



Key Stage 3

Key Stage 4

	Key Stage	Timings	Lunch arrangements	Activity/Facility	Changing & Meet	Staff Member
Monday	3	1.15-1.57	Students should have lunch at 1pm	Netball/Courts	No changing, meet in the Changing Rooms	NTO, LCK, LST
				Basketball/Sports Hall Year 8 Only	No changing, meet in the Sports Hall.	JWI
				HRF – Group 2&3 Girls Only	No changing, meet in the HRF room	EHU
				Dodgeball/Gym Year 7 Only	No changing, meet in the Gym	HAN
Tuesday	4	1.03 – 1.45	Students should have lunch at 1.45	Basketball/Sports Hall Year 10 Only	No changing, meet in the Sports Hall.	RPR
				Mixed Hockey/Astro.	No changing, meet in the Gymnasium	NST
				HRF – Group 2&3 Boys Only	No changing, meet in the HRF room	JWI
Wednesday	3	1.15-1.57	Students should have lunch at 1pm	Basketball/Sports Hall Year 9 Only	No changing, meet in the Sports Hall.	JWI (A) NST (B)
				Bench Ball Year 7 Girls Only	No changing, meet in the Gym	LST
Thursday	3	1.15-1.57	Students should have lunch at 1pm	Girls Active Group 2 & 3 Girls Only	No changing, meet in the Gym	LCK
				Girls Football/Astro.	No changing, meet at the Astro.	NTO/RPR
				HRF – Group 3 Boys Only	No changing, meet in the HRF Room	NST
				Basketball/Sports Hall Year 7 Only	No changing, meet in the Sports Hall.	HAN
Friday	4	1.03 – 1.45	Students should have lunch at 1.45	Girls Football/Astro.	No changing, meet at the Astro.	NTO/EHU
				Basketball/Sports Hall Year 11 Only	No changing, meet in the Sports Hall.	JWI
				Dodgeball/Gym Year 10 Only	No changing, meet in the Gym	NST

Clubs are open to both boys and girls unless otherwise stated.

Students must be on the register for the club should they wish to attend.



	Year Group	Timings	Activity	Facility	Staff Member
Monday	Years 10 & 11	3.15 – 4.15	Netball	Sports hall	LST
	Years 7, 8 & 9	3.15 – 4.15	Girls Football	Astro/Fields	RPR, HAN, THA, NTO
Tuesday	Years 7, 8, 9 and 10	3.15 – 4.15	Rugby	Fields	RPR, JWI, NST, JBR, RJE, HNA
	Year 8 & 9	3.15 – 4.15	Netball	Sports Hall/Courts	NTO/EHU
Wednesday	Years 7-11 (Competition only)	3.15 – 4.15	Gymnastics	Gymnasium	EHU
	Year 7	3.15 – 4.15	Netball	Sports Hall/Courts	LCK/LST
Thursday	Years 7-11	3.15 – 6 (Depending on venue and travel)	Rugby & Netball Fixtures	School Fields/Courts	All PE staff
Friday	Years 7-11 (Invite only)	3.15 – 4.15	Performance Netball	Sports Hall/Courts	NTO
	Years 8-11 (Competition only)	3.15 – 4.15	Trampolining	Gymnasium	EHU

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