



PORT·REGIS

Example Sport and PE Timetable

In the Prep School

All pupils in the Prep school have an hour of games or PE each day, with matches against other schools on Tuesdays for the Lower School and Wednesdays and Saturdays for Middle and Upper School. Over the course of a term, we also participate in regional and national competitions such as IAPS and Wessex Regions.

AUTUMN

YEAR	DETAILS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Years 3&4 Lower School	Girls & Boys	Football / Rugby	Hockey / Football	Forest School	X-C / Gymnastics / Swimming	Hockey / Rugby		
Years 5&6 Middle School	Girls	Hockey	Football / Netball	Hockey Match or Games Session	X-C,Swimming, Gymnastic	Hockey	Hockey Match	
	Boys	Rugby	Football	Rugby Match or Games Session	X-C,Swimming, Gymnastics	Rugby/ Football	Rugby Match	
Years 7&8 Upper School	Girls	Netball	Hockey	Hockey Matches	X-C,Swimming, Gymnastics	Hockey	Hockey Match	
	Boys	Rugby	Football	Football / Rugby Match	X-C,Swimming, Gymnastics	Rugby / Football	Football / Rugby Match	
Additional Clubs (before or after school)	Girls and Boys	Gymnastics Girls' Football	Gymnastics Yoga Swim Squad	Gymnastics	Gymnastics Netball Swim Squad	Gymnastics	Gymnastics Swim Squad	Gymnastics

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SPRING

YEAR	DETAILS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Years 3&4 Lower School	Girls & Boys	Netball / Hockey	Netball /Hockey matches	Forest School	Swimming / Gymnastics	Netball / Hockey		
Years 5&6 Middle School	Girls	Netball	Football	Netball Matches	Multi-sports	Netball	Netball Matches	
	Boys	Hockey	Football	Hockey Matches	Multi-sports	Hockey	Hockey Matches	
Years 7&8 Upper School	Girls	Football	Netball	Netball Matches	Multi-sports	Netball	Netball Matches	
	Boys	Football	Hockey	Hockey Matches	Multi-sports	Hockey	Hockey Matches	
Additional Clubs (before or after school)	Girls and Boys	Gymnastics Girls' Football Yoga	Gymnastics Swim Squad (by invitation)	Gymnastics	Gymnastics Netball Swim Squad (by invitation)	Gymnastics Football Dance	Gymnastics Swim Squad (by invitation)	Gymnastics

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SUMMER

YEAR	DETAILS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Years 3&4 Lower School	Girls & Boys	Tennis	Cricket /Matches	Forest School	Athletics	Cricket		
Years 5&6 Middle School	Girls	Tennis	Cricket	Matches	Athletics	Cricket	Cricket Matches	
	Boys	Tennis	Cricket	Matched	Athletics	Cricket	Cricket Matches	
Years 7&8 Upper School	Girls	Cricket	Tennis	Matches	Athletics	Cricket	Cricket Matches	
	Boys	Cricket	Tennis	Matches	Athletics	Cricket	Cricket Matches	
Additional Clubs (before or after school)	Girls and Boys	Gymnastics Girls' Football	Gymnastics	Gymnastics	Gymnastics Netball	Gymnastics	Gymnastics Swim Squad (by invitation)	Gymnastics

In the Pre-Prep

In Nursery and Reception, all pupils have swimming and gymnastics lessons once a week with carefulness and movement lessons every day. In year 1 & 2, swimming and gymnastics lessons continue along with carefulness and the addition of a 45-minute PE lesson which follows the major sports of the lower school (football, netball, hockey, tag rugby, cricket, tennis, athletics). We also have plenty of friendly competitions and matches each term for Years 1&2 which the children love to be part of!