

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BEFORE SCHOOL					
		Senior Lax fitness 0715! JF			Year 8 Lax stick skills 0800 MUGA (JF and PGS)
LUNCH TIME					
Sports Hall		Year 7 Basketball (DLR)			
Old gym					DEPARTMENT MEETING
MUGA		Year 7 Lax Stick (LJS)	Year 7 Netball (LAC)		
Field					PE DETENTION
AFTER SCHOOL					
Sports Hall					
Field	Senior Lacrosse (JF) Senior Rugby (NDH) Year 11 Lacrosse (IP) Year 11 Rugby (RD)	MEETINGS Year 9 Rugby (RD)	Year 8 Lacrosse (PGS) Year 8 Rugby (DJE,RD) Year 10 Lacrosse (JF)	Year 10 Rugby Year 9 Lacrosse (LAC) Senior Rugby (NDH) Senior Lacrosse (JF)	Year 7 Lacrosse (LJS + JF) Year 7 Rugby (ADM)

Programme will be run subject to NGB guidelines laid out at the time. Currently the RFU have designated rugby to be at stage C non-contact training and intra club matches, max of 20 players training together. Lacrosse are currently at phase 4 maximum of 30 participants per playing or training group including coaches Links to information relating to NGB roadmaps are below:

RFU Return to Rugby Road Map Infographic

<https://www.englandrugby.com/dxdam/bb/bb42cab-9918-4663-a22f-16a5decda744/RUGBY%20RESTART%20ROAD%20MAP%20FINAL%202020-01.jpg>

Detailed RFU Return to Rugby Road Map

<https://www.englandrugby.com/dxdam/4e/4ea1c5df-660c-4770-b6e3-df599b2f78a8/Return%20to%20Rugby%20release%20-%20V1.pdf>

Roadmap back to Lacrosse Activity

<https://www.englandlacrosse.co.uk/roadmap-back-to-lacrosse>