

## Secondary School Sports Schedule for the week

|             | DAYS                                                                                                                                                                     |                                                                                                                                                                          |                                                                                                                                         |                                                                                                                                                                            |                                                                                                                                                                           |
|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Period      | Monday                                                                                                                                                                   | Tuesday                                                                                                                                                                  | Wednesday                                                                                                                               | Thursday                                                                                                                                                                   | Friday                                                                                                                                                                    |
| Short Break | <b>Football / Basketball / Ayo Board &amp; Seed</b><br>                                 | <b>Chess / Football / Basketball</b><br>                                               | <b>Ludo / Whot / Table Tennis</b><br>                | <b>Chess / Football / Basketball</b><br>                                                | <b>Football / Basketball / Ayo Board &amp; Seed</b><br>                                |
| Long Break  | <b>Volleyball or Basketball or Badminton / Table Tennis</b><br><b>Junior Girls</b><br> | <b>Volleyball or Basketball or Badminton / Table Tennis</b><br><b>Junior Boys</b><br> | <b>Ludo / Snake &amp; Ladder / Whot / Chess</b><br> | <b>Volleyball or Basketball or Badminton / Table Tennis</b><br><b>Senior Girls</b><br> | <b>Volleyball or Basketball or Badminton / Table Tennis</b><br><b>Senior Boys</b><br> |

For the senior school all sporting activities have been arranged in the order in which all students will participant actively. However there are days in which the classes are not indicated such days, the sport official (P.H.E teacher) decides on which class will use the sporting area. At the end of the training session there will be inter- competition among all student. There is a saying “all work and no play makes Jack a dull boy” these sporting activities put together, provides the student with an alternative means of acquiring knowledge which in the future might become a career.