

5x60 Timetable



The 5x60 timetable is delivered by the Vale of Glamorgan Council's Sports and Play Development Team. The activities are delivered during extra-curricular time, are free to participate in and everyone is welcome. For more information about the scheme please contact school or sports development on 01446 704820 or e-mail

astevens@valeofglamorgan.gov.uk



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1:20-1:50pm NO PE KIT REQUIRED. TRAINERS MUST BE WORN	Football All years (Tony-Colcot Sports Centre)	Badminton All years (Tony-Colcot Sports Centre)		Dance - Holly All years (School Gym)	Dodgeball All years (Tony-Colcot Sports Centre)
3:00-4:00pm FULL PE KIT REQUIRED	Football All Years (Tony-Colcot Sports Centre) Karate – Barry Kyokushin All years (School Gym)		Dance – Motion Control Dance All years (School Gym)		