



CHASE HIGH SCHOOL
AMBITION - RESILIENCE - KINDNESS

CHASE HIGH PE DEPARTMENT EXTRA-CURRICULAR TIMETABLE

1st HALF AUTUMN TERM 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Before School 7.30am-8.10am	Basketball All years girls IMA & STH Cross country All years boys & girls PCO	Rugby All years boys & girls AST & EPK Badminton All years SBI Basketball Year 11 boys PCO	Basketball Year 9 & 10 boys AST	Cross country All years boys & girls JGY & EPK Basketball Year 7 & 8 boys SBI & JGY	SDA (Invite only) IMA
Lunchtime 1.25pm-1.50pm	Basketball All years PCO	Basketball All years PCO Football All year 11 Chelsea Coaches	Basketball All years PCO	Basketball All years PCO	Badminton All years SBI
After School 3.15pm – 4.15pm	Basketball Year 9 boys and girls Invite only Southend Scorpions MDA Chelsea Football Year 10 and 11 Boys and girls	Rugby Year 9 & 10 boys PCO & AST Basketball All years girls EPK & IMA/STH	Rugby Year 7 & 8 boys JGY & SBI Basketball Year 10 & 11 boys PCO & AST Rugby All years girls STH/ IMA	Netball All years girls IMA/STH & EPK Basketball Year 7 & 8 boys JGY & SBI Football Year 9, 10 & 11 boys PCO & MDA	Football All years girls IMA Football Year 7 & 8 boys JGY, SBI, MDA & OAA Basketball Year 9, 10 & 11 boys PCO & AST