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| 体育社团课活动 | | | | | |
|  | 周一 | 周二 | 周三 | 周四 | 周五 |
| 篮球 |  |  | √ |  |  |
| 乒乓球 |  |  | √ |  |  |
| 排球 |  |  | √ |  |  |
| 羽毛球 |  |  | √ |  |  |
| 体操 |  |  | √ |  |  |
| 极限飞盘 |  |  | √ |  |  |
| 备注：社团活动在第二周开始，时间为14:20-15:20 | | | | | |