



ABINGDON

SCHOOL POLICY ON BOYS' SPORTING COMMITMENTS

1. Abingdon School subscribes to the fact that regular exercise has short and long term benefits to health and well-being. Documented benefits include reduced stress, stronger bones, improved sleep, lowering the risk of coronary artery disease, and maintenance of a healthy weight. As such, all boys, except those exempted on medical grounds, must take changed exercise as part of the organised school sports programme at least twice a week during term time.
2. Boys will be encouraged, through their sports activities, to learn the merits and disciplines of teamwork and sportsmanship, and to develop individual fitness and physical skills.
3. A healthy spirit of competitiveness is promoted among the boys, and they will be encouraged to take pride in representing the school in sporting events.
4. The School has a strong tradition of competing against other Schools in inter-school fixtures. It is the aim of the School, not only to maintain this tradition, but to strengthen it. It is therefore understood that ALL pupils are to be available to participate in inter-school fixtures when required to do so. The majority of these fixtures take place on a Saturday.
5. In order to encourage versatility, no boy should be encouraged to concentrate exclusively on the same sporting activity in all three terms of a school year. An element of specialization is deemed to be acceptable on entering the Sixth Form, but this will be done on invitation from the Second Master and the Director of Sport and PE.
6. Boys are encouraged to approach the teachers in charge of their sport, and the Director of Sport and P.E. to discuss their long term ambitions and individual aspirations. This allows the staff concerned to be pro-active in their development.
7. Sports are placed into two categories:
 - i. **Core** – All pupils in the Middle School must select one of the Core options. There are two compulsory sessions each week as part of the timetabled programme. Pupils who are representing the School in fixtures are also expected to train on a Wednesday afternoon.
 - ii. **Optional** – In addition to their compulsory commitments, pupils have the opportunity to participate in a wide range of other sporting activities as laid down in the Other Half programme.

In the Upper School, pupils must do a minimum of two changed sessions per week, but these may be chosen from either the Core or the Optional Programme, or a combination of the two.

The Lower School will participate in an organised programme of sporting activities as arranged by the Sport and PE Department and the Lower School Housemaster.

Sports allocations are arranged by the Director of Sport and P.E. in consultation with the teachers in charge of individual sports.

8. The sporting options for each term are:

<u>Michaelmas</u>	Core:	Badminton, Cross-country, Rugby, Squash, Swimming, Health Related Exercise
	Optional:	Fencing, Hockey, Karate, Kayaking, Rowing, Sailing
<u>Lent</u>	Core:	Badminton, Cross-country, Football, Hockey, Rowing, Squash, Swimming
	Optional:	Athletics, Fencing, Karate, Rugby Sevens, Sailing
<u>Summer</u>	Core:	Athletics, Cricket, Rowing, Tennis, Waterpolo
	Optional:	Fencing, Karate, Kayaking, Sailing, Swimming, Softball, Squash, Volleyball