Returning to Sport







A guide to our Sports Curriculum

- Maintaining a safe environment
- What sporting activities we will offer
- PE, Core Sport, Other Half & Saturdays
- Changing, hygiene & facilities
- Reviewing what we offer

2020 - 21

Sport & PE at Abingdon



There is a wide range of sport on offer at Abingdon; over 30 different choices at the last count. Our philosophy is to support those who aspire to compete at the highest level, whilst offering opportunity and encouragement to those students who are simply wanting to enjoy their sport and physical activity.

The debate, which invariably ensues regarding compulsion versus choice, is an inevitable one. Sport at Abingdon is a compulsory part of the curriculum; we do however operate

an options system, which allows pupils to opt for the sport of their choice. We believe that during their time here, the majority of our boys will find a physical activity, which not only challenges them, but also stimulates a lifelong interest.

It is evident to all that due to COVID-19 we need to adapt our sports offering, but what I am confident in saying is that we will still provide exceptional sporting opportunities across many sports. These will not only challenge each boy but will be delivered at an outstanding level by staff who are fully committed to adapting to the present sporting climate.

Peter Bignell

Director of Sport & PE

Maintaining a safe environment

We will ensure that we follow government guidance on safety, cleaning and hygiene before restarting our sporting programme. We will make judgements regarding what physical activities can take place in light of our school specific environment and these decisions will be influenced by sporting National Governing Bodies with whom we work closely.

Our ultimate aim is to provide a high quality sporting offering that makes as many activities available as possible to all students. We will continue to provide a positive, choice driven sporting programme that will engage, motivate and inspire our boys.



What sporting opportunities will we offer?

We have worked hard to provide as near to a 'normal' Michaelmas Term sporting programme as we can, however some adaptations are needed to ensure we can offer the fullest programme as possible from the first day in September.

In order to do this we have followed some guiding principles:

- We will deliver as many lessons as possible outside.
- We will deliver as many lessons as possible in small groups utilising more than one teacher per group.
- We will, where possible, designate equipment to year group bubbles.



Physical Education

In Years 1st through 5th, the boys will follow a set PE programme which looks to focus on developing their fundamental movement skills, knowledge of how the body works and adapts to exercise, sporting literacy such as leadership, teamwork and strategies to outwit opponents as well as aquatic activities.

We have altered the planned rotation of activities to allow for those activities that can be taught outside to be delivered in the Michaelmas Term.

The annual programme for each year group is detailed at the end of this booklet.

Core Sport

The Core Sport programme is where the more 'traditional' sports occur and from the 3rd year upwards we provide boys with the opportunity to choose their activities for each term. They must ensure that they comply with the schools sporting commitments policy when making their choices but we strongly believe that the range of activities and the style of offering allows each boy to both experience a range of sports as well as pursue a high level of performance if desired.

Boys attend these lessons in 'Year Group Bubbles' and we are asking that boys go directly to their lesson location rather than heading to the Sports Centre first.

We have altered the planned curriculum of activities to allow for those that can be taught outside to be delivered in the Michaelmas Term. This means that within the rackets option for Years 3, 4 & 5 that the table tennis option has now become tennis whilst the health related exercise option in Year 4, 5 and the 6th Form will be delivered outside rather than in the Fitness Suite.

The annual programme for each year group is detailed at the end of this booklet.







Other Half Sport

The Other Half Sporting programme is where those sports not offered within the Core Sport curriculum are available for boys to try and develop their skills. It also allows Core Sports to provide more team specific training as well as out of season preparation opportunities. The Other Half sessions are offered during lunchtimes and in Period 8 and it is common that multiple sports are occurring at the same time.



One of the key benefits of the Other Half Sporting programme is it allows boys from different year groups to interact and not only challenge themselves physically but also through leadership and coaching opportunities.

We will provide a wide range of sporting opportunities throughout the week although some alterations are required to ensure year group bubbles are maintained as well as appropriate numbers in any one given space. In some cases this means there are more sessions available in a week whilst others unfortunately it does mean slightly less.

We have removed a few sports from our offering for the time being such as climbing & judo due to the nature of the sport or the facility restraints; however these are constantly under review and when we believe these sports can be reinstated we will do so immediately.

The full list of the Michaelmas Term sports on offer are detailed at the end of this booklet.

Saturday Sport

We firmly believe in a full inclusive Saturday sport programme and although at present we are not able to offer a traditional fixture programme against other schools we will be running internal competitions across all age groups every Saturday.

We will initially offer both a rugby & cricket programme that alternates weekly so boys get the opportunity to participate in both sports. We will also explore other sporting opportunities such as tennis, badminton, swimming and athletics.

Our focus will be on providing a competitive physical opportunity for the boys in pre-arranged teams and matches following each sport's national governing body guidance.

Boys will sign up for the Saturday programme in the first week of term after which they will be allocated to a team with fixtures starting on Saturday 19th September. We will publish team sheets with details to parents and boys on a weekly basis via the SOCS system.

We appreciate that the lack of competitive school fixtures will come as a disappointment to many and it is our intention to implement our planned competitive fixture programme as soon as possible. Please be aware that although some sporting National Governing Bodies roadmaps enable competitive grassroots sport to be played we are also ensuring that we meet the Department for Educations guidance which at present does not permit this.







How will boys change for sport?

We will operate a "one way changing" process where on days when boys are exercising, and only on those days, pupils may wear sports kit. Boys will go directly to their teaching location rather than to the Sports Centre first and only go to the Sports Centre if they require the changing rooms or their lesson is in one of the indoor spaces. Boys will be required to sanitise their hands on arrival at their teaching location using the dispensers provided before starting to exercise.

For hygiene reasons, pupils MUST bring in a change of t-shirt and a change of socks. We recommend that they bring these in a small plastic bag to not only reduce the number of school bags in the Sports Centre at any one time but also aid with storage when dirty or wet when placed back in the school bag after use.

Boys will have the option of changing back in their year group bubble location or in the Sports Centre changing rooms. When accessing the indoor changing spaces we will use and manage a one way system and mark up designated changing spaces. We have also installed an additional temporary changing space outside the Sports Centre by the means of an enclosed marquee.

When swimming boys will be allocated a changing room on entry to the Sports Centre and this will allow them to change not only within their year group bubble but also with an acceptable amount of social distancing. These changing rooms will be washed down prior to the next group being admitted.

Where a sporting offering could be carried out without a boy changing i.e Pilates, yoga, shooting, & some individual skill work then we would employ a "no change" policy.

How will equipment be cleaned?

We have implemented a thorough equipment management procedure that is based on the following guiding principles:

- Where possible keep equipment to specific year group bubbles.
- All equipment to be cleaned with an appropriate anti-bacterial substance after use.
- o No equipment can be stored without undergoing appropriate cleaning.
- Only staff may enter the equipment storage space.

We have set up designated storage and cleaning stations for equipment outside the Sports Centre to aid with the cleaning process and in addition to this all members of PE Staff will have mobile hand gel and cleaning wipes to move around with so that cleaning of equipment can be carried out as required during a sporting activity.

We will create a cleaning culture within the department which all boys will be introduced to during their first sports lesson.







Indoor and Outdoor Sports Facilities?

We have a vast range of facilities across the main site, Tilsley Park, the Boat House and Cox's Fields that are both indoor and outdoor and it is our intention to use as many of these as possible in the delivery of the sporting programme.

As many lessons as possible will be in outdoor locations although where students need to access an indoor space this will be controlled by three measures:

- Only using indoor spaces that provide adequate space.
- Utilising a one way system into and out of the space.
- o Limiting the number of active participants at any one time.

Are there any Sporting Facilities you will not be using?

Yes. At this point in time we do not feel that some of our indoor spaces provide enough space to carry out physical activity in a safe, socially distanced manner. These are:

Fitness Suite

o Ergo Suite

Climbing Wall

This does not necessarily mean that boys will not be able to participate in these sports as where we can safely move equipment to a larger or outdoor space we will.

Will boys be transported to 'off site' sports facilities?

Yes. However we will minimise the need to transport boys by using as many onsite and walkable facilities as possible. When required the wider school policy on traveling on coaches and minibuses will be adopted. This includes the wearing of face masks, which pupils must provide.

When will the sporting offering be reviewed?

We believe the planned annual sports offering is appropriate and has enough flexibility to cope with alterations to the health and safety needs of the school community.

We will of course be consistently reviewing the government and relevant sporting national governing body guidance as well as our own working practices. Any significant changes to our own sporting offering will be communicated at the earliest opportunity.







Physical Education Programme

1st Year PE Programme

G M A FRI 2 & B FRI 2

11th Sept 18th S	Date						
25th Sept 2nd Oct 9th Oct 16th Nov 13th Nov 20th Nov 27th Nov 4th Dec 11th	11th Sept	Movem en	t	Invasion		Swim Tes	st
2nd Oct 9th Oct 16th	18th Sept	Invasion		Swim Te	st	Movemer	nt
9th Oct 16th Oct 16th Oct 16th Oct 16th Oct 16th Nov 20th Nov 20th Nov 20th Nov 21th Nov 4th Dec 11th Dec Christmas Holidays Skimming	25th Sept	Swim Tes	t	Moveme	nt	Invasion	
9th Oct 16th Oct 16th Oct 16th Oct 16th Oct 16th Nov 20th Nov 20th Nov 20th Nov 21th Nov 4th Dec 11th Dec Christmas Holidays Skimming	2nd Oct			Gymnastics	S		∀
## Add Part Feb Feb	9th Oct	Swimming	8	-	Toc =	SAQ	IUS,
6th Nov 13th Nov 20th Nov 27th Nov 4th Dec 11th Dec Christmas Holidays 8th Jan 15th Jan 22nd Jan Movement SAQ Gymnastics By SAQ Gymnastics SAQ Movement SAQ Swimming Gymnastics Gymnastics Movement SAQ Half Term SAQ Half Term SAQ Half Term Th May 14th May 14th May 12th March 15th March 15	16th Oct		_	Movement	2.		Σ
13th Nov 20th Nov 27th Nov 27t			На	alf Term			
27th Nov 27th Nov 4th Dec 11th Dec Christmas Holidays Christmas Holidays SAQ	6th Nov			Gymnastics	0		s
27th Nov 27th Nov 4th Dec 11th Dec Christmas Holidays Christmas Holidays SAQ	13th Nov	Swimming	8	-	indi	SAQ	Dort
4th Dec 11th Dec Movement SAQ	20th Nov		_	Movement	s		3
Christmas Holidays 8th Jan 15th Jan 22nd Jan 29th Jan 5th Feb 12th Feb 12th Feb 12th Feb 12th March 12th March 19th Marc	27th Nov	Gymnastics	0		s		
Christmas Holidays 8th Jan 15th Jan 22nd Jan 29th Jan 5th Feb 12th Feb 12th Feb 12th Feb 12th March 12th March 19th Marc	4th Dec	-	ig	SAQ	al F	Swimming	8
8th Jan Road Relay 15th Jan Gymnastics SAQ S	11th Dec	Movement	25		2 -		-
15th Jan 22nd Jan 29th Jan Shaq 29th Jan 29th Ja							
22nd Jan 29th Jan Sth Feb 12th Feb 12th Feb 12th Feb 12th Feb 12th March 19th				Koad Kei	зу		
29th Jan 5th Feb 12th Feb 12th Feb 26th Feb 5th March 19th March 1	1	Gymnastics	읉		£ =		_
Sth Feb 12th Feb 12th Feb 12th Feb SAQ Swimming Gymnastics Gymnast	1	-	ž	SAQ	g H	Swimming	Po
12th Feb Half Term 26th Feb 55th March 12th May 14th May 14th May 12th May 14th May 14th May 12th May 14th May	1	Movement	٠,		٠,		
Half Term 26th Feb 5th March 12th May 14th May 12th May 1	1	SAQ	Ξ	Swimming	00	Gymnastics	ig o
26th Feb 5th March 12th March 12th March 12th March 12th March 16th March 26th March 26th March 27th May 28th May 14th May 12th M	12th Feb		on.		۵.		š
5th March 12th March 19th March 19th March 26th March 26th March 30th April 30th April 7th May 14th May 12th Ma			Ha	alf Term			
12th March 19th March 19th March 26th March 26th March 22srd April 30th April 7th May 14th May 12th May 21st May 28th May Half Term 11th June 18th June 25th June 2nd July Athletics	1		_				
Easter Holidays 23rd April 30th April 7th May 14th May 21st May 28th May Half Term 11th June 18th June 25th June 2nd July	1		모		_	Gymnastics	<u>.e</u>
Easter Holidays 23rd April 30th April 7th May 14th May 21st May 28th May Half Term 11th June 18th June 25th June 2nd July	1		orts	Swimming	ĕ		ğ
Easter Holidays 23rd April 30th April 7th May 14th May 21st May 28th May Half Term 11th June 18th June 25th June Athletics	1		Spo			Movement	O1
23rd April 30th April 7th May 14th May 21st May 28th May Half Term 11th June 18th June 25th June Athletics	26th March						
30th April 7th May 14th May 21st May 28th May Half Term 11th June 18th June 25th June Athletics		E	aste	er Holidays			
7th May 14th May 21st May 22st May 28th May Half Term 11th June 18th June 25th June Athletics							
28th May Half Term 11th June 18th June 25th June Athletics							eld
28th May Half Term 11th June 18th June 25th June Athletics				Athletics			Œ
28th May Half Term 11th June 18th June 25th June Athletics	1 ')We
Half Term 11th June 18th June 25th June Athletics							
11th June 18th June 25th June Athletics	28th May						
18th June 25th June Athletics to 2nd July			Ha	alf Term			
18th June 25th June 27th June Athletics 30th July 9th July	1						ъ
25th June Athletics 2nd July 9th July	1						Fie
2nd July 9th July	1			Athletics			ē
9th July							Low
	9th July						

2nd Year PE Programme

C H J

	Α	THU	JRS 2 & B TH	IURS	2	
Date						
10th Sept			dership, Mov			
17th Sept		Co-t	Ordination Ch	laner	iges	
24th Sept				밀	SAQ /	4
1st Oct	Swimming	00	Gymnastics	rts	Invasion	IUS,
8th Oct		-	- Flight	Sports	Games	Σ
15th Oct				V,		
		Ha	alf Term			
5th Nov			Gymnastics	.0	SAQ/	S.
12th Nov	Swimming	<u> </u>	- Flight	Studio	Invasion	port
19th Nov			- I ligit	Š	Games	S
26th Nov	Compactice	.0	SAQ /	S		
3rd Dec	Gymnastics - Flight	Studio	Invasion	Port	Swimming	Pool
10th Dec	Friight	Ś	Games	Ś		
	Chr	ristn	nas Holidays			
7th Jan		_	Road Rela	ay		
14th Jan	Gymnastics	<u>.</u>	SAQ /	ts_		_
21st Jan	- Flight	Studic	Invasion	Por E	Swimming	Poo
28th jan		S	Games	S		
4th Feb	SAQ / Invasion	H/S	Swimming	loo	Gymnastics	ipn
11th Feb	Games			ď	- Flight	Stu
		Ha	alf Term			
25th Feb		_				
4th March	SAQ /	모		-	Gymnastics	<u>i</u>
11th March		ports Hal	Swimming	Poo	- Flight	Studi
18th March	Games	Spc				S
25th March						
20.14.11	E	aste	er Holidays			
22nd April						
29th April						ield
6th May			Athletics			ower Field
13th May						owe
20th May						-
27th May						
		Ha	alf Term			
10th June						Р
17th June						Fiel
24th June			Athletics			Lower Field
1st July						Lov
8th July						

3rd Year PE Programme

	3M PE1		3M PE2		3M PE	3
Week Begin	nina	ΑΙ	OESTOND	IVIC	N I	
7th Sept	IIIIg					
14th Sept				Ĭ		
21st Sept	Speed	SA	Invasion	Waste Cour		~
28th Sep	Agility	MUSA	Tactics &	te	Swimming	90
5th Oct	Quickness	-	Stratergy	Va:		
12th Oct				>		
		Hal	f Term			
2nd Nov						
9th Nov			11 111.	ij	6	=
16th Nov		0	Health	Fitness Suite	Speed	Sports Hal
23rd Nov	Swimming	ē	Related	ess	Agility	£
30th Nov			Exercise	Ē	Quickness	ğ
7th Dec				ш		٠.
	Chri	stm	as Holidays			
4th Jan		0 1				
11th Jan	Health	Fitness Suite			Invasion	π
18th Jan	Related	Š	c	ō	Tactics &	Sports Hall
25th Jan		es	Swimming	Pool		T,
1st Feb	Exercise	Æ			Stratergy	Sp
8th Feb						
		Hal	f Term			
22nd Feb		=				ite
1st March	Invasion	문	Spped	Ā	Health	Su
8th March	Tactics &	T S	Agility	2	Related	55
15th March	Stratergy	Sports	Quickness	2	Exercise	itness Suite
22nd March		01				ш
	Ea	ster	Holidays			
19th April						
26th April						ower Field
3rd May			Athletics			Ξ
10th May			Atmetics			ve
17th May						P
24th May						
		Hal	f Term			
7th June						0
14th June						E.
21st June			Athletics			er
28th June						Lower Field
5th July						

	3N PE1		3N PE2		3N PE3	3
		ΑV	VED 1 & B	WE	D 2	
Week Begini	ning					
7th Sept				+		
14th Sept	Speed	-	Invasion	ž		
21st Sept	Agility	JS.	Tactics &	Ü	Swimming	00
28th Sep	Quickness	Ξ	Stratergy	Waste Cour	Swiiiiiiiii	ă
5th Oct	Quickless		StraterBy	≩		
12th Oct						
		Hal	f Term			
2nd Nov				a)		
9th Nov			Health	ŧ	Speed	rc
16th Nov	Swimming	00	Related	s S	Agility	Sports Hal
23rd Nov	Swiiiiiiiiii	2		Jes		ţ
30th Nov			Exercise	Fitness Suite	Quickness	S
7th Dec						
Christmas Holidays						
4th Jan				_		_
11th Jan		ite				=
18th Jan	Health	Fitness Suite		-	Invasion	Sports Hal
25th Jan	Related	255	Swimming	Poo	Tactics &	ţ
1st Feb	Exercise	ij			Stratergy	Š
8th Feb		ш				
		Hal	f Term			
22nd Feb		=				<u>.</u>
1st March	Invasion	꾸	Spped	Ą	Health	J
8th March	Tactics &	rts H	Agility	¶.	Related	000
8th March 15th March	Tactics & Stratergy	Sports Hal		MUSA	Related Exercise	itness
8th March		Sports	Agility	MUS		Fitness
8th March 15th March	Stratergy		Agility	MUS		Fitness
8th March 15th March	Stratergy		Agility Quickness	MUS		Fitness
8th March 15th March 22nd March	Stratergy		Agility Quickness	MUS		
8th March 15th March 22nd March 19th April	Stratergy		Agility Quickness Holidays	MUS		Field Fitness Suite
8th March 15th March 22nd March 19th April 26th April	Stratergy		Agility Quickness	MUS		
8th March 15th March 22nd March 19th April 26th April 3rd May	Stratergy		Agility Quickness Holidays	MUS		Lower Field
8th March 15th March 22nd March 19th April 26th April 3rd May 10th May	Stratergy		Agility Quickness Holidays	NA MAS		
8th March 15th March 22nd March 19th April 26th April 3rd May 10th May 17th May 24th May	Stratergy	ster	Agility Quickness Holidays	NAME OF THE PROPERTY OF THE PR		
8th March 15th March 22nd March 19th April 26th April 3rd May 10th May 17th May 24th May 7th June	Stratergy	ster	Agility Quickness Holidays Athletics	NAME OF THE PROPERTY OF THE PR		Lower Field
8th March 15th March 22nd March 19th April 26th April 3rd May 10th May 17th May 24th May 7th June 14th June	Stratergy	ster	Agility Quickness Holidays Athletics	MUS		Diver Field
8th March 15th March 22nd March 19th April 26th April 3rd May 10th May 17th May 24th May 7th June 14th June 21st June	Stratergy	ster	Agility Quickness Holidays Athletics	MUS		Diver Field
8th March 15th March 22nd March 19th April 26th April 3rd May 10th May 17th May 24th May 7th June 14th June	Stratergy	ster	Agility Quickness Holidays Athletics	NOW NO STATE OF THE STATE OF TH		

	3 PE1		3 PE2		3 PE3	
		Α	FRI 1 & B V	VE	1	
Week Begin	ning					
7th Sept						
14th Sept	Speed		Invasion	Ž		
21st Sept		SA	Tactics &	ŭ	C	000
28th Sep	Agility	MUSA		ste	Swimming	2
5th Oct	Quickness	П	Stratergy	Waste Cour		
12th Oct						
		Hal	f Term			
2nd Nov				01		
9th Nov			Health	ij	Speed	70
16th Nov	c	₽		Fitness Suite		ports Hal
23rd Nov	Swimming	Poo	Related	es	Agility	ŧ
30th Nov			Exercise	Ŧ	Quickness	Sp
7th Dec				ш		
	Chris	stm	as Holidays			
4th Jan		aı				
11th Jan	Health	Fitness Suite			Invasion	ro
18th Jan	Related	SS	Swimming	000	Tactics &	Sports Hal
25th Jan		les	Swiinining	ď		Į,
1st Feb	Exercise	#			Stratergy	Sp
8th Feb						
		Ha	f Term			
22nd Feb		=				Fitness Suite
1st March	Invasion	모	Spped	Ä	Health	Su
8th March	Tactics &	Ţ,	Agility	Ş	Related	555
15th March	Stratergy	Sports	Quickness	2	Exercise	Ĭ,
22nd March		0,				Œ
	Ea	ster	Holidays			
19th April						
26th April						0
3rd May						Lower Field
10th May			Athletics			ē
17th May						Š
24th May						_
,		Hal	f Term			
7th June						σ
14th June						<u>o</u>
21st June			Athletics			-
28th June						Lower Field
5th July						Lo

4th Year PE Programme

4S PE3 4S PE4 A MONDAY 1 Week Beginning	4D PE1 4DPE2 A MONDAY 2 Week Beginning	4S PE3 4S PE4 A WEDNESDAY 2 Week Beginning	4R PE1 4R PE2 A WEDNESDAY 4 Week Beginning	4R PE3 4R PE4 B MONDAY 2 Week Beginning
7th Sept 14th Sept 21st Sept 28th Sep 5th Oct 12th Oct 1	7th Sept 14th Sept 12th Sept 28th Sep 5th Oct 12th Oct 12th Oct	7th Sept 14th Sept 21st Sept 28th Sep 5th Oct 12th Oct 28th Sep 12th Oct 28th Oct 2	7th Sept 14th Sept 23th Sept 28th Sep 5th Oct 12th Oct	7th Sept 14th Sept 12th Sept 28th Sep 5th Oct 12th Oct 12th Oct 12th Oct
Half Term	Half Term	Half Term	Half Term	Half Term
2nd Nov 9th Nov 16th Nov 23rd Nov 30th Nov 7th Dec Health Say Water Polo 8 Exercise 5 Exercise 5	2nd Nov 9th Nov 16th Nov 23rd Nov 30th Nov 7th Dec Water Polo 8	2nd Nov 9th Nov 16th Nov 23rd Nov 30th Nov 7th Dec Health Water Polo 8 Exercise 5 The Dec	2nd Nov 9th Nov 16th Nov 23rd Nov 30th Nov 7th Dec Health 2 Water Polo 8 Exercise 5 4	2hd Nov 9th Nov 16th Nov 23rd Nov 30th Nov 7th Dec Health Water Polo 8 Exercise 5
Christmas Holidays	Christmas Holidays	Christmas Holidays	Christmas Holidays	Christmas Holidays
4th Jan 11th Jan 18th Jan 25th Jan 1st Feb 8th Feb	4th Jan 11th Jan 18th Jan 25th Jan 1st Feb 25th Feb 26th Feb 27th Jan 25th Feb 27th Jan 25th Feb 27th Jan 25th Jan 25th Feb 25th Jan 25th Feb	4th Jan 11th Jan 18th Jan 25th Jan 1st Feb 8th Feb	4th Jan 11th Jan 18th Jan 25th Jan 1st Feb Sth Feb	4th Jan 11th Jan 18th Jan 25th Jan 1st feb 8th Feb
Half Term	Half Term	Half Term	Half Term	Half Term
22nd Feb 1st March 1st March 1st March 22nd March 22nd March 22nd March 22nd March 22nd Feb T Health 5 Related 5 Exercise 2	22nd Feb 1st March 8th March 15th March 22nd March 22nd March	22nd Feb 1st March 8th March 15th March 22nd March 22nd March	22nd Feb 1st March 1sth March 1sth March 22nd March 22nd March	22nd Feb 1st March 8th March 15th March 22nd March 22nd March
Easter Holidays	Easter Holidays	Easter Holidays	Easter Holidays	Easter Holidays
19th April 28th April 3rd May 10th May 17th May 24th May Half Term	19th April 26th April 3rd May 10th May 17th May 24th May Half Term	19th April 26th April 3rd May 10th May 11th May 24th May Half Term	19th April 26th April 3rd May 10th May 17th May 24th May Half Term	19th April 26th April 3rd May 10th May 17th May 24th May Half Term
	7th June #		7th June #	7th June #
7th June 14th June 21st June Water Polo 2 Volleyball 2 Sth June 5th July	14th June 21st June 28th June 5th July Water Polo	7th June 14th June 21st June 28th June 5th July	14th June 21st June 28th June 5th July Water Polo 8 Volleyball 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	14th June 21st June 28th June 5th July Water Polo 8 Water Polo 8 Wolleyball 9 Sign

5th Year PE Programme

5S PE3 5S PE4 A TUESDAY 1 Week Beginning	5R PE3 5R PE4 B TUESDAY 1 Week Beginning	5R PE 5R PE1 5R PE2 B TUESDAY 2 Week Beginning	55 PE1 55 PE2 5D PE1 B FRIDAY 1 Week Beginning
7th Sept 14th Sept 21st Sept 2sth Sep 5th Oct 12th Oct	7th Sept 14th Sept 21st Sept 28th Sep 5th Oct 12th Oct	7th Sept 14th Sept 21st Sept 28th Sep 5th Oct 12th Oct	7th Sept 14th Sept 12th Sept 28th Sep 5th Oct 12th Oct
Half Term	Half Term	Half Term	Half Term
2nd Nov Health Related Handball Exercise	2nd Nov Health Related 9th Nov Exercise Handball	2nd Nov Health Related Handball Life Saving	2nd Nov Health Related Handball Life Saving Sth Nov Exercise
16th Nov 23rd Nov 27th Dec Life Saving 8 Related 8 Exercise 5	16th Nov 23rd Nov 30th Nov 7th Dec Health Related Related Exercise	16th Nov 23rd Nov 30th Nov 7th Dec 1	16th Nov 23rd Nov 30th Nov 7th Dec Floring B Health B Handball B Handball B Exercise B Handball B H
Christmas Holidays	Christmas Holidays	Christmas Holidays	Christmas Holidays
4th Jan 11th Jan 18th Jan 25th Jan 1st Feb Health Related Exercise	4th Jan 11th Jan 18th Jan 25th Jan 1st Feb	4th Jan 11th Jan 18th Jan 18th Jan 18th Jan 18th Feb Life Saving 8 Exercise 4 Exercise 4 Exercise 4 Exercise 4 Life Saving 8 Exercise 4	4th Jan 11th
8th Feb Handball Life Saving Half Term	8th Feb Handball Life Saving Half Term	8th Feb Handball Life Saving Health Related Half Term	8th Feb Handball Life Saving Health Related Half Term
22nd Feb 1st March 8th March 1st March 22nd March 22nd March	22nd Feb 1st March 8th March 15th March 22nd March	22nd Feb 1st March 25th March 22nd March 22n	22nd Feb 1st March 25th March 22nd March 22n
Easter Holidays	Easter Holidays	Easter Holidays	Easter Holidays
19th April 26th April 3rd May	19th April 26th April Handball g Life Saving 8 3rd May	19th April Handball 호텔 Life Saving 정 Related 결정 April Handball 장기 Life Saving 정 Exercise	19th April 26th April Handball g tife Saving 8 Related g # 3rd May Exercise

Core Sport Programme

1st Year

Cricket
•

Michaelmas	Lent	Summer	
Rugby	Hockey or Football	Cricket	

Within the Lower School all boys follow a similar curriculum; however the boys are split by ability and taught at a level appropriate to both their prior knowledge and ability. In the Lent Term all boys in the 1st Year are taught hockey whilst in the 2nd Year they have a choice between hockey & football.

3rd Year

Michaelmas	Lent	Summer
Cross Country	Cross Country	Athletics
Rackets	Football	Cricket
Rugby	Hockey	Rowing
Swimming	Rowing	Tennis (Squad)
	Swimming	Tennis (Development) *

4th Year

Michaelmas	Lent	Summer
Cross Country	Cross Country	Athletics
Health Related Exercise *	Football	Cricket
Rackets	Hockey	Rowing
Rugby	Rowing	Tennis (Squad)
Swimming	Swimming	Tennis (Development) *
		Water Polo *

5th Year

Michaelmas	Lent	Summer
Cross Country	Cross Country	Athletics
Health Related Exercise *	Football	Cricket
Rackets	Hockey	Rowing
Rugby	Rackets	Soft Ball *
Swimming	Rowing	Tennis (Squad)
	Swimming	Tennis (Development) *
		Water Polo *

6th Form

Michaelmas	Lent	Summer
Badminton	Badminton	Athletics
Cross Country	Cross Country	Cricket
Health Related Exercise *	Football	Health Related Exercise *
Rowing (Invite Only)	Health Related Exercise *	Rowing
Rugby	Hockey	Tennis (Squad)
Squash	Rowing	Tennis (Development) *
Swimming	Rugby 7's	Volleyball *
	Squash	Water Polo *
	Swimming	

The School firmly believes in sporting versatility and breadth; as such it is the expectation that every boy participates in at least two school representative sports each academic year. Any sports session that is not deemed as 'school representative' will be indicated with an *.

Rackets is an option that covers badminton, squash & tennis / table tennis. A boy selecting this option will be trialed in one or all of the racket disciplines and placed in the sport they are most suited to. They will then follow this sport for the term making technical and game developments in one sport.

Other Half Sports available in Michaelmas Term

- Badminton
- Basketball
- Canoe Polo
- Canoeing
- Cross Country
- Fencing
- Football
- Golf
- Hockey
- o Karate
- Kayaking
- o Pilates
- o Rowing
- Rugby
- o Sailing
- Shooting
- Strength & Conditioning
- o Squash
- Swimming
- o Tennis
- Yoga

The full programme of when these sports will be offered to boys throughout the week will be published during the first week of term and boys will sign up through their tutors.

