

# Returning to Sport



ABINGDON



## 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

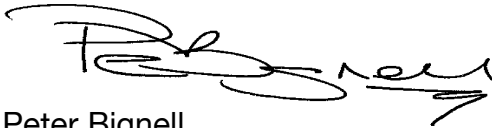


There is a wide range of sport on offer at Abingdon; over 30 different choices at the last count. Our philosophy is to support those who aspire to compete at the highest level, whilst offering opportunity and encouragement to those students who are simply wanting to enjoy their sport and physical activity.

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 5<sup>th</sup>, 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 3<sup>rd</sup> 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 6<sup>th</sup> 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 19<sup>th</sup> 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 Education's 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.
- 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.
- 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
- 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		P	
	A FRI 2 & B FRI 2					
Date						
11th Sept	Movement		Invasion		Swim Test	
18th Sept	Invasion		Swim Test		Movement	
25th Sept	Swim Test		Movement		Invasion	
2nd Oct	Swimming	Pool	Gymnastics - Movement		SAQ	MUSA
9th Oct						
16th Oct						
Half Term						
6th Nov	Swimming	Pool	Gymnastics - Movement		SAQ	Sports Hall
13th Nov						
20th Nov						
27th Nov	Gymnastics - Movement	Studio	SAQ		Sports Hall	Swimming
4th Dec						
11th Dec						
Christmas Holidays						
8th Jan	Road Relay					
15th Jan	Gymnastics - Movement	Studio	SAQ		Sports Hall	Swimming
22nd Jan						
29th Jan						
5th Feb	SAQ	S/H	Swimming		Pool	Gymnastics Studio
12th Feb						
19th March						
26th March	Half Term					
26th Feb	SAQ	Sports Hall	Swimming		Pool	Gymnastics - Movement
5th March						
12th March						
19th March						
26th March						
Easter Holidays						
23rd April	Athletics					Lower Field
30th April						
7th May						
14th May						
21st May						
28th May	Half Term					
11th June	Athletics					Lower Field
18th June						
25th June						
2nd July						
9th July						

## 2nd Year PE Programme

C		H		J		
A THURS 2 & B THURS 2						
Date						
10th Sept	Leadership, Movement & Co-Ordination Challenges					
17th Sept						
24th Sept	Swimming	Pool	Gymnastics - Flight	Sports Hall	SAQ / Invasion Games	
1st Oct						MUSA
8th Oct						
15th Oct						
Half Term						
5th Nov	Swimming	Pool	Gymnastics - Flight	Studio	SAQ / Invasion Games	
12th Nov						Sports Hall
19th Nov						
26th Nov	Gymnastics - Flight	Studio	SAQ / Invasion Games	Sports Hall	Swimming	
3rd Dec						Pool
10th Dec						
Christmas Holidays						
7th Jan	Road Relay					
14th Jan	Gymnastics - Flight	Studio	SAQ / Invasion Games	Sports Hall	Swimming	
21st Jan						Pool
28th Jan						
4th Feb	SAQ / Invasion Games	S/H	Swimming	Pool	Gymnastics - Flight	
11th Feb						Studio
Half Term						
25th Feb	SAQ / Invasion Games	Sports Hall	Swimming	Pool	Gymnastics - Flight	
4th March						Studio
11th March						
18th March						
25th March						
Easter Holidays						
22nd April	Athletics				Lower Field	
29th April						
6th May						
13th May						
20th May						
27th May						
Half Term						
10th June	Athletics				Lower Field	
17th June						
24th June						
1st July						
8th July						

## 3rd Year PE Programme

3M PE1			3M PE2		3M PE3	
A TUES 1 & B MON 1						
Week Beginning						
7th Sept	Speed Agility Quickness	MUSA	Invasion Tactics & Strategy	Waste Court	Swimming	Pool
14th Sept						
21st Sept						
28th Sep						
5th Oct						
12th Oct						
Half Term						
2nd Nov	Swimming	Pool	Health Related Exercise	Fitness Suite	Speed Agility Quickness	Sports Hall
9th Nov						
16th Nov						
23rd Nov						
30th Nov						
7th Dec						
Christmas Holidays						
4th Jan	Health Related Exercise	Fitness Suite	Swimming	Pool	Invasion Tactics & Strategy	Sports Hall
11th Jan						
18th Jan						
25th Jan						
1st Feb						
8th Feb						
Half Term						
22nd Feb	Invasion Tactics & Strategy	Sport's Hall	Spdd Agility Quickness	MUSA	Health Related Exercise	Fitness Suite
1st March						
8th March						
15th March						
22nd March						
Easter Holidays						
19th April	Athletics					Lower Field
26th April						
3rd May						
10th May						
17th May						
24th May						
Half Term						
7th June	Athletics					Lower Field
14th June						
21st June						
28th June						
5th July						

3N PE1			3N PE2			3N PE3		
A WED 1 & B WED 2								
Week Beginning								
7th Sept	Speed Agility Quickness	MUSA	Invasion Tactics & Strategy	Waste Court	Swimming	Pool		
14th Sept								
21st Sept								
28th Sep								
5th Oct								
12th Oct								
Half Term								
2nd Nov	Swimming	Pool	Health Related Exercise	Fitness Suite	Speed Agility Quickness	Sports Hall		
9th Nov								
16th Nov								
23rd Nov								
30th Nov								
7th Dec								
Christmas Holidays								
4th Jan	Health Related Exercise	Fitness Suite	Swimming	Pool	Invasion Tactics & Strategy	Sports Hall		
11th Jan								
18th Jan								
25th Jan								
1st Feb								
8th Feb								
Half Term								
22nd Feb	Invasion Tactics & Strategy	Sports Hall	Spedd Agility Quickness	MUSA	Health Related Exercise	Fitness Suite		
1st March								
8th March								
15th March								
22nd March								
Easter Holidays								
19th April	Athletics						Lower Field	
26th April								
3rd May								
10th May								
17th May								
24th May								
Half Term								
7th June	Athletics						Lower Field	
14th June								
21st June								
28th June								
5th July								

3 PE1		3 PE2		3 PE3	
A FRI 1 & B WED 1					
Week Beginning					
7th Sept	Speed Agility Quickness	MUSA	Invasion Tactics & Strategy	Waste Court	Swimming  Pool
14th Sept					
21st Sept					
28th Sep					
5th Oct					
12th Oct					
Half Term					
2nd Nov	Swimming	Pool	Health Related Exercise	Fitness Suite	Speed Agility Quickness
9th Nov					
16th Nov					
23rd Nov					
30th Nov					
7th Dec					
Christmas Holidays					
4th Jan	Health Related Exercise	Fitness Suite	Swimming	Pool	Invasion Tactics & Strategy
11th Jan					
18th Jan					
25th Jan					
1st Feb					
8th Feb					
Half Term					
22nd Feb	Invasion Tactics & Strategy	Sports Hall	Spdd Agility Quickness	MUSA	Health Related Exercise
1st March					
8th March					
15th March					
22nd March					
Easter Holidays					
19th April	Athletics				Lower Field
26th April					
3rd May					
10th May					
17th May					
24th May					
Half Term					
7th June	Athletics				Lower Field
14th June					
21st June					
28th June					
5th July					

## 4th Year PE Programme

4S PE34S PE4					4D PE14D PE2					4S PE34S PE4					4R PE14R PE2					4R PE34R PE4				
A MONDAY 1					A MONDAY 2					A WEDNESDAY 2					A WEDNESDAY 4					B MONDAY 2				
Week Beginning					Week Beginning					Week Beginning					Week Beginning					Week Beginning				
7th Sept	Health Related Exercise	Waste Court	Water Polo	Pool	7th Sept	Health Related Exercise	Waste Court	Water Polo	Pool	7th Sept	Health Related Exercise	Waste Court	Water Polo	Pool	7th Sept	Health Related Exercise	Waste Court	Water Polo	Pool	7th Sept	Health Related Exercise	Waste Court	Water Polo	Pool
14th Sept					14th Sept					14th Sept					14th Sept					14th Sept				
21st Sept					21st Sept					21st Sept					21st Sept					21st Sept				
28th Sep					28th Sep					28th Sep					28th Sep					28th Sep				
5th Oct					5th Oct					5th Oct					5th Oct					5th Oct				
12th Oct					12th Oct					12th Oct					12th Oct					12th Oct				
Half Term					Half Term					Half Term					Half Term					Half Term				
2nd Nov	Health Related Exercise	Fitness Suite	Water Polo	Pool	2nd Nov	Health Related Exercise	Fitness Suite	Water Polo	Pool	2nd Nov	Health Related Exercise	Fitness Suite	Water Polo	Pool	2nd Nov	Health Related Exercise	Fitness Suite	Water Polo	Pool	2nd Nov	Health Related Exercise	Fitness Suite	Water Polo	Pool
9th Nov					9th Nov					9th Nov					9th Nov					9th Nov				
16th Nov					16th Nov					16th Nov					16th Nov					16th Nov				
23rd Nov					23rd Nov					23rd Nov					23rd Nov					23rd Nov				
30th Nov					30th Nov					30th Nov					30th Nov					30th Nov				
7th Dec					7th Dec					7th Dec					7th Dec					7th Dec				
Christmas Holidays					Christmas Holidays					Christmas Holidays					Christmas Holidays					Christmas Holidays				
4th Jan	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite	4th Jan	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite	4th Jan	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite	4th Jan	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite	4th Jan	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite
11th Jan					11th Jan					11th Jan					11th Jan					11th Jan				
18th Jan					18th Jan					18th Jan					18th Jan					18th Jan				
25th Jan					25th Jan					25th Jan					25th Jan					25th Jan				
1st Feb					1st Feb					1st Feb					1st Feb					1st Feb				
8th Feb					8th Feb					8th Feb					8th Feb					8th Feb				
Half Term					Half Term					Half Term					Half Term					Half Term				
22nd Feb	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite	22nd Feb	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite	22nd Feb	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite	22nd Feb	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite	22nd Feb	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite
1st March					1st March					1st March					1st March					1st March				
8th March					8th March					8th March					8th March					8th March				
15th March					15th March					15th March					15th March					15th March				
22nd March					22nd March					22nd March					22nd March					22nd March				
Easter Holidays					Easter Holidays					Easter Holidays					Easter Holidays					Easter Holidays				
19th April	Water Polo	Pool	Volleyball	Waste Court	19th April	Water Polo	Pool	Volleyball	Waste Court	19th April	Water Polo	Pool	Volleyball	Waste Court	19th April	Water Polo	Pool	Volleyball	Waste Court	19th April	Water Polo	Pool	Volleyball	Waste Court
26th April					26th April					26th April					26th April					26th April				
3rd May					3rd May					3rd May					3rd May					3rd May				
10th May					10th May					10th May					10th May					10th May				
17th May					17th May					17th May					17th May					17th May				
24th May					24th May					24th May					24th May					24th May				
Half Term					Half Term					Half Term					Half Term					Half Term				
7th June	Water Polo	Pool	Volleyball	Waste Court	7th June	Water Polo	Pool	Volleyball	Waste Court	7th June	Water Polo	Pool	Volleyball	Waste Court	7th June	Water Polo	Pool	Volleyball	Waste Court	7th June	Water Polo	Pool	Volleyball	Waste Court
14th June					14th June					14th June					14th June					14th June				
21st June					21st June					21st June					21st June					21st June				
28th June					28th June					28th June					28th June					28th June				
5th July					5th July					5th July					5th July					5th July				

## 5th Year PE Programme

5S PE35S PE4				5R PE35R PE4				5R PE5R PE15R PE2				5S PE15S PE25D PE1			
A TUESDAY 1				B TUESDAY 1				B TUESDAY 2				B FRIDAY 1			
Week Beginning				Week Beginning				Week Beginning				Week Beginning			
7th Sept	Health Related Exercise	Waste Court	Handball	7th Sept	Health Related Exercise	Waste Court	Handball	7th Sept	Health Related Exercise	Waste Court	Handball	7th Sept	Health Related Exercise	Waste Court	Handball
14th Sept				14th Sept				14th Sept				14th Sept			
21st Sept				21st Sept				21st Sept				21st Sept			
28th Sep				28th Sep				28th Sep				28th Sep			
5th Oct				5th Oct				5th Oct				5th Oct			
12th Oct				12th Oct				12th Oct				12th Oct			
Half Term				Half Term				Half Term				Half Term			
2nd Nov	Health Related Exercise	Handball	MUSA	2nd Nov	Health Related Exercise	Handball	MUSA	2nd Nov	Health Related Exercise	Handball	Life Saving	2nd Nov	Health Related Exercise	Handball	Life Saving
9th Nov				9th Nov				9th Nov				9th Nov			
16th Nov				16th Nov				16th Nov				16th Nov			
23rd Nov				23rd Nov				23rd Nov				23rd Nov			
30th Nov				30th Nov				30th Nov				30th Nov			
7th Dec				7th Dec				7th Dec				7th Dec			
Christmas Holidays				Christmas Holidays				Christmas Holidays				Christmas Holidays			
4th Jan	Life Saving	Pool	Health Related Exercise	4th Jan	Life Saving	Pool	Health Related Exercise	4th Jan	Life Saving	Pool	Health Related Exercise	4th Jan	Life Saving	Pool	Health Related Exercise
11th Jan				11th Jan				11th Jan				11th Jan			
18th Jan				18th Jan				18th Jan				18th Jan			
25th Jan				25th Jan				25th Jan				25th Jan			
1st Feb				1st Feb				1st Feb				1st Feb			
8th Feb				8th Feb				8th Feb				8th Feb			
Half Term				Half Term				Half Term				Half Term			
22nd Feb	Handball	Sports Hall	Life Saving	22nd Feb	Handball	Sports Hall	Life Saving	22nd Feb	Handball	Sports Hall	Life Saving	22nd Feb	Handball	Sports Hall	Life Saving
1st March				1st March				1st March				1st March			
8th March				8th March				8th March				8th March			
15th March				15th March				15th March				15th March			
22nd March				22nd March				22nd March				22nd March			
Easter Holidays				Easter Holidays				Easter Holidays				Easter Holidays			
19th April	Handball	Sports Hall	Life Saving	19th April	Handball	Sports Hall	Life Saving	19th April	Handball	Sports Hall	Life Saving	19th April	Handball	Sports Hall	Life Saving
26th April				26th April				26th April				26th April			
3rd May				3rd May				3rd May				3rd May			



# Core Sport Programme

## 1<sup>st</sup> Year

Michaelmas	Lent	Summer
Rugby	Hockey	Cricket

## 2<sup>nd</sup> Year

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 1<sup>st</sup> Year are taught hockey whilst in the 2<sup>nd</sup> Year they have a choice between hockey & football.

## 3<sup>rd</sup> Year

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

## 4<sup>th</sup> 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 *

## 5<sup>th</sup> 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 *

## 6<sup>th</sup> 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
- Karate
- Kayaking
- Pilates
- Rowing
- Rugby
- Sailing
- Shooting
- Strength & Conditioning
- Squash
- Swimming
- 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.



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