

Sport in Lockdown 2.0



ABINGDON



A guide to our Lockdown offering

- PE
- Core Sport
- Other Half

January 2021

Sport & PE at Abingdon



Once again we find ourselves teaching remotely but I am very pleased to say that it has been superb to see all of the students still fully engaged in the sporting offering during the first week. There have already been many Live Zoom HRE classes, some 1-2-1 coaching sessions and personal training programmes developed.

We have taken the decision to offer the vast majority of lessons live but we also feel it is very important that the students get the opportunity to move away from their

screens and exercise outdoors under their own steam where appropriate.

Below we have looked to outline our provision within Physical Education, Core Sport and the Other Half and if any parents have a sporting enquiry I would encourage you to contact either the member of staff directly responsible for that sport or myself; my e-mail is

pete.bignell@abingdon.org.uk.

Peter Bignell

Director of Sport & PE

Physical Education Lessons

All PE lessons (once a week for Years 1/2/3 and once a fortnight for Years 4 & 5) will be delivered live on Zoom and the content will vary dependent on the year group.

Lower School

Here we will look to develop their learning of the Abingdon Movement Skills through a range of circuits and RAMP warm ups. There will be 4 teachers delivering to the entire year group so that boys can receive not only clear demonstrations but also individual feedback.

1st Year Lessons (Friday P2) are hosted in Zoom by myself (Mr Bignell)

2nd Year Lessons (Thursday P2) are hosted in Zoom by Mr Donnelly

Middle School

Here we will focus on mobility, Yoga, Pilates with some educational delivery around muscle groups and other training methodology rather than a live Zoom HRE circuit. I have directed the department to only be on zoom for a maximum 20 minutes of a 55 minutes lesson as we are encouraging students to be off screen and exercise outside when they can in daylight where appropriate.

Boys will continue to be taught in their PE classes by their normal teacher.



Core Sport

All Core Sport lessons (once a week for Years 1&2 and twice a week for Years 4/5/6/7) will be delivered live on Zoom and the content will vary depending on the year group.

Lesson Structure

These lessons will be a HRE style circuit that follows a similar pattern but allow for variance. The fundamental outline will be a RAMP Warm Up followed by exercises focusing on the upper body, lower body and the core combined with some skill elements and an individual challenge task. All sessions will finish with a mobility / cool down to ensure all students are appropriately recovered from the session exertions.

We have found that in a 55 minute lesson we can get through a RAMP warm up and an 8 station circuit twice round, working on 40 seconds work with 20 seconds rest and appropriate cooldown leaving the students circa 5 minutes spare.

For all of these lessons there will be 4 teachers delivering to the entire year group so that boys can receive not only clear demonstrations but also individual feedback.

Clothing & Equipment

Students are required to attend the lessons appropriately dressed so they can exercise but this does not have to be Abingdon school kit.

We also ask them to make sure they have ample space to exercise but all the sessions have been planned that they can occur in a floor space circa 2m square.

We also ask students where possible to have a tennis ball / rolled up ball of socks, a chair and a bottle of water in every lesson so we can challenge them some more.

5th & 6th Form Choice

We have provided choice to the 5th Year & 6th Form to either participate in the live Zoom lessons or follow their own independent training programme.

We feel students in the 5th Year have started to specialise and have previously received all of the fundamentals principles around developing an individualised training programme implementing a RAMP warm up and the wider Abingdon Movement Syllabus.

Those students in the 5th & 6th Form who choose to follow their own training programme will still be required to submit their training data once a week which will be monitored by the PE Department.

Compulsory Live Zoom

Lower School Core Sport (Tuesdays P7) is hosted in Zoom by myself (Mr Bignell)

3rd Year Core Sport (Monday P6 & Thursday P7) is hosted in Zoom by Mr Broadbent

4th Year Core Sport (Tuesday P6 & Friday P7) is hosted in Zoom by Mr Birkbeck

Choice between Live Zoom or Independent Training

5th Year live Zoom lessons (Monday P7 & Friday P6) are hosted in Zoom by Mr Broadbent

5th Year Core Sport (Monday P4 & Friday P4) Independent Training required upload on Fridays

6th Form live Zoom lessons (Monday P4 & Friday P4) are hosted in Zoom by myself (Mr Bignell)

6th Form Core Sport (Monday P4 & Friday P4) Independent Training required upload on Fridays

Other Half

This will be a more holistic approach with a focus on blending year groups together at the end of the school day to allow for leadership opportunities.

Wednesday afternoons, the whole school is off timetable for other half activities we are promoting those students who want to train or exercise seriously do so in the light available ie. 5 or 10 K runs, longer bike rides and they can add their data to the existing Abingdon Strava clubs.

However we are aware this might cater for all of our keen sportsmen so we are also going to offer wider aspects of sport for the students who are keen to learn more; these will range from seminars on nutrition and how to design a training programme, sports podcasting, video analysis, How to become a coach / official all the way to '20 minute meals' where boys cook along live with me to prepare nutritional meals or energy snacks.

On **Tuesday & Thursdays** we will offer to a focused group of students, across all year groups, specific training plans through the use of the TeamBuildr app. Here students log their exercises, set themselves goals and this is tracked and monitored by staff who use the platform to post back advice, congratulate them and also acts as a leader board across the wider group.

On **Mondays & Fridays** we will offer some sport specific clubs where boys can focus on individual technique work under the direction of staff who will set challenges and review videos to improve individual students. We also encourage boys to utilise this time to contact the various Heads of Sport to seek advice and guidance as well as explore the Sport & PE FireFly pages that has a wide range of individual sporting challenges and tasks.



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