

# Sports Clothing



## A guide to Sports Clothing

- PE & Core Sport Curriculums
- Compulsory v Optional Clothing
- Purchasing Options
- Sizing & Labeling

2021 - 22

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

This brochure is designed to inform you of the sporting clothing you child will require whilst attending Abingdon. All pupils are expected to wear the School sports clothing for both lessons, training and on match day.

You will notice that we have split our sports clothing into two strands compulsory and optional. All of the garments in the compulsory strand will be used within the PE or Core Sport lessons, whilst many of the optional items will be required based on an individual's choice of Core Sport each term.

Peter Bignell

Director of Sport & PE

## PE & Core Sport Programme

In Years 1st through 5th students 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 opponent as well as aquatic activities. The annual programme is published at the start of each year to all students.



The Core Sport programme is where the more 'traditional' sports occur and from the 3<sup>rd</sup> year upwards we provide students 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 every student to both experience a range of sports as well as pursue a high level of performance if desired.

## 2020 – 2021 Core Sport Curriculum Choices

### 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 (Squad)	Rugby 7's	Volleyball *
Swimming (Development)	Squash	Water Polo *
Tennis	Swimming (Squad)	
	Swimming (Development)	

The School firmly believes in sporting versatility and breadth; as such it is the expectation that every student 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 & Table Tennis. A student 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.





## Suppliers – Stevenson’s & Second Hand Uniform Shop (SUS)

There are 2 ways you can purchase your Abingdon School clothing; either through Stevenson’s the schools approved clothing supplier or the Abingdon Second Hand Uniform Shop (SUS) that is based on the main school site. Both are always well stocked with various items of clothing and the SUS extends its offering to items of footwear and equipment such as hockey sticks and tennis rackets.

## Sizing & Labeling

We strongly recommend that where possible you try on clothing before you purchase it to make sure you get the correct size, however the following guidance might also help.

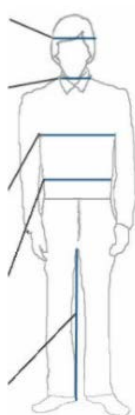
**HEAD**  
MEASURE ROUND THE FULLEST PART OF THE HEAD STARTING AT THE MID FOREHEAD

**COLLAR**  
MEASURE AROUND THE BASE OF NECK INSERTING TWO FINGERS BETWEEN NECK AND TAPE TO ALLOW FOR GROWTH

**CHEST**  
POSITION TAPE CLOSE TO UNDERARMS AND MEASURE CHEST AT FULLEST POINT. SEE BELOW CHART FOR CORRESPONDING BLAZER AND KNITWEAR SIZES.

**WAIST**  
MEASURE NATURAL WAIST LINE. THIS MEASUREMENT (IN INCHES) WILL BE YOUR TROUSER AND SHORTS SIZE.

**TROUSER LENGTH**  
MEASURE THE INSIDE LEG FROM CROTCH TO FLOOR WITHOUT SHOES ON



Age	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Height	97	104	110	116	122	128	134	140	146	152	160	168	174	176
Chest	56	58	60	63	65	70	71	73	75	78	80	83	88	95+
Blazer	61	61	66	71	71	76	76	81	81	86	86	91	97	102+
Knitwear	61	66	71	71	76	76	81	81	84	91	91	97	102	102+
Shirt collar	71	28	30	30	32	32	33	33	34	36	36	37	38	39+
Poloshirts	61	56	61	66	72	76	76	81	86	86	91	91	97/102	107/112
Rugby Jersey	61	61	66	71	76	76	81	81	86	91	97	102	107	107/112
P.E Shorts	51	56	56	61	61	66	66	71	76	81	81	86	86	91

It is vital that you label your child’s clothing as with over 1000 students in the school all with the same sports clothing it is very easy to get things mixed up. If your garments are found on site they will be taken to lost property and if they are named it is very easy for them to be returned to your child.



# What Sports clothing does my child need?

## Lower School – Years 1 and 2

Compulsory	Optional
Abingdon White PE Polo Shirt Abingdon Reversible Rugby Shirt Abingdon Cricket Shirt Abingdon Black Shorts White Socks Abingdon Black Games Socks Trainers Rugby / Football Boots Black Swimming Trunks Abingdon Swim Cap Abingdon Tracksuit Top Abingdon Tracksuit Bottoms Mouth Guard Shin Pads	Base Layers – Black or White only Cricket Whites Abingdon Cricket Sweater Abingdon Athletics Vest Abingdon Baseball Cap Abingdon Holdall Abingdon Boot Bag Abingdon Water Bottle

## Middle School – Years 3 to 5

Compulsory		Optional	
Abingdon White PE Polo Shirt Abingdon Black Shorts White Socks Trainers Black Swimming Trunks Abingdon Swim Cap Abingdon Tracksuit Top Abingdon Tracksuit Bottoms		Base Layers – Black or White only Abingdon Cricket Sweater Abingdon Athletics Vest Abingdon Baseball Cap Abingdon Holdall Abingdon Boot Bag Abingdon Water Bottle	
Dependent on what Core Sports your child chooses they will need the following compulsory clothing in excess of the items listed above			
Rugby	Hockey or Football	Cricket	Rowing
Abingdon Reversible Rugby Shirt Abingdon Black Games Socks Rugby / Football Boots Mouth Guard	Abingdon Pink Games Shirt Abingdon Black Games Socks Hockey Astros / Trainers or Football Boots as appropriate Mouth Guard (Hockey) Shin Pads	Abingdon Cricket Shirt Cricket Whites	Abingdon Rowing Suit Abingdon Rowing Splash Top  NB: The Splash Top is required by all boys only once they start competitive racing

## Sixth Form

Dependant on what Core Sports your child chooses they will need the following compulsory clothing:

Rugby	Hockey or Football	Cricket
Abingdon Sixth Form Hooped Rugby Shirt Abingdon Black Shorts Abingdon Black Games Socks Abingdon Tracksuit Top Rugby / Football Boots Mouth Guard	Abingdon Sixth Form Hooped Hockey Shirt / Football Shirt Abingdon Black Shorts Abingdon Black Games Socks Abingdon Tracksuit Top Hockey Astros / Trainers or Football Boots as appropriate Mouth Guard (Hockey) Shin Pads	Abingdon Cricket Shirt Cricket Whites
Rowing	Athletics / Badminton / Cross Country / Health Related Exercise / Squash / Tennis / Volleyball	Swimming / Water Polo
Abingdon Rowing Suit Abingdon Rowing Splash Top	Abingdon White PE Polo Shirt Abingdon Black Shorts White Socks Trainers	Black Swimming Trunks Abingdon Swim Cap
Optional		
Abingdon Tracksuit Top Abingdon Tracksuit Bottoms Base Layers – Black or White only Abingdon Cricket Sweater Abingdon Athletics Vest	Abingdon Baseball Cap Abingdon Holdall Abingdon Boot Bag Abingdon Water Bottle	



Physical Education & Swimming			
			
			
Rugby			Rugby 6 <sup>th</sup> Form
			
Hockey / Football			Hockey / Football 6 <sup>th</sup> Form
			
Rowing		Cricket	
			



## Athletics, Badminton, Cross Country, Health Related Exercise, Squash & Tennis



## Optional Items





# 2021 – 2022 Physical Education Curriculum Programmes

## 1st Year PE Programme

Date										
10th Sept	Swim Test & Movement & Invasion Skills									
17th Sept	Be More Griffen									
24th Sept										
1st Oct										
8th Oct	Gymnastics - Movement	Studio	SAQ	Sports Hall	Swimming	Pool				
15th Oct	Half Term									
5th Nov	Gymnastics - Movement	Studio	SAQ	Sports Hall	Swimming	Pool				
12th Nov	Swimming	Pool	Gymnastics - Movement	Studio	SAQ	Sports Hall				
19th Nov										
26th Nov										
3rd Dec	Swimming	Pool	Gymnastics - Movement	Studio	SAQ	Sports Hall				
10th Dec										
Christmas Holidays										
7th Jan	Road Relay									
14th Jan	Swimming	Pool	Gymnastics - Movement	Studio	SAQ	Sports Hall				
21st Jan										
28th Jan										
4th Feb										
11th Feb	SAQ	S/H	Swimming	Pool	Gymnastics - Movement	Sports Hall				
18th Feb										
Half Term										
4th March	SAQ	Sports Hall	Swimming	Pool	Gymnastics - Movement	Studio				
11th March										
18th March										
25th March										
1st April	Easter Holidays									
29th April	Athletics									
6th May										
13th May										
20th May										
27th May										
Half Term										
10th June	Athletics									
17th June										
24th June										
1st July										
8th July										

## 2nd Year PE Programme

Date	Leadership, Movement & Co-Ordination Challenges					
9th Sept	SAQ / Invasion Games					
16th Sept						
23rd Sept						
30th Sept						
7th Oct						
14th Oct	Half Term					
4th Nov	Swimming	Pool	Gymnastics - Flight	Studio	SAQ / Invasion Games	Sports Hall
11th Nov						
18th Nov						
25th Nov	Gymnastics - Flight	Studio	SAQ / Invasion Games	Sports Hall	Swimming	Pool
2nd Dec						
9th Dec	Christmas Holidays					
6th Jan	Road Relay					
13th Jan	Gymnastics - Flight	Studio	SAQ / Invasion Games	Sports Hall	Swimming	Pool
20th Jan						
27th Jan						
3rd Feb						
10th Feb	SAQ / Invasion Games	S/H	Swimming	Pool	Gymnastics - Flight	Studio
17th Feb						
Half Term						
3rd March	SAQ / Invasion Games	Sports Hall	Swimming	Pool	Gymnastics - Flight	Studio
10th March						
17th March						
24th March						
31st March	Easter Holidays					
28th April	Athletics					
5th May						
12th May						
19th May						
26th April						
Half Term						
9th June	Athletics					
16th June						
23rd June						
30th June						
7th July						

## 3rd Year PE Programme

Week Beginning										
7th Sept	Movement & Invasions Skills Screening									
13th Sept										
20th Sept										
27th Sept										
4th Oct										
11th Oct	SAQ, Invasion Tactics	SH & WC	Health Related Exercise	Fitness Suite	Swimming Pool					
Half Term										
1st Nov	SAQ & Invasion Tactics	SH	Health Related Exercise	Fitness S	Swimming Pool					
8th Nov	SAQ & Invasion Tactics	SH	Health Related Exercise	Fitness S	Swimming Pool					
15th Nov										
22nd Nov										
29th Nov	Health Related Exercise	Fitness S	Swimming	Pool	SAQ & Invasion Tactics					
6th Dec	Health Related Exercise	Fitness S	Swimming	Pool	SAQ & Invasion Tactics					
Christmas Holidays										
3rd Jan	Health Related Exercise	Fitness Suite	Swimming	Pool	SAQ & Invasion Tactics					
10th Jan	Health Related Exercise	Fitness Suite	Swimming	Pool	SAQ & Invasion Tactics					
17th Jan										
24th Jan										
31st Jan	Swimming	Pool	SAQ & Invasion Tactics	SH & WC	Health Related Exercise					
7th Feb										
14th Feb	Swimming	Pool	SAQ & Invasion Tactics	SH & WC	Health Related Exercise					
Half Term										
28th Feb	Swimming	Pool	SAQ & Invasion Tactics	SH & WC	Health Related Exercise					
7th March										
14th March										
21st March										
28th March	Swimming	Pool	SAQ & Invasion Tactics	SH & WC	Health Related Exercise					
Easter Holidays										
25th April						Athletics				Lower Field
2nd May										
9th May										
16th May										
23rd May										
Half Term										
6th June	Movement & Invasions Skills Screening									
13th June	Athletics									
20th June										
27th June										
4th July										

## 4th Year PE Programme

Week Beginning:				
7th Sept	Health Related Exercise	Fitness Suite	Water Polo	Pool
13th Sept				
20th Sept				
27th Sept				
4th Oct				
11th Oct				
Half Term				
1st Nov	Health Related Exercise	Fitness Suite	Water Polo	Pool
8th Nov				
15th Nov				
22nd Nov				
29th Nov				
6th Dec				
Christmas Holidays				
3rd Jan	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite
10th Jan				
17th Jan				
24th Jan				
31st Jan				
7th Feb				
14th Feb				
Half Term				
28th Feb	Volleyball	Sports Hall	Health Related Exercise	Fitness Suite
7th March				
14th March				
21st March				
28th March				
Easter Holidays				
25th April	Water Polo	Pool	Volleyball	Waste Court
2nd May				
9th May				
16th May				
23rd May				
Half Term				
6th June	Water Polo	Pool	Volleyball	Waste Court
13th June				
20th June				
27th June				
4th July				

## 5th Year PE Programme

Week Beginning				
7th Sept	Health Related Exercise	Fitness Suite	Handball	Sports Hall
13th Sept				
20th Sept				
27th Sept				
4th Oct				
11th Oct				
Half Term				
1st Nov	Health Related Exercise	Fitness Suite	Handball	Sports Hall
8th Nov				
15th Nov	Life Saving	Pool	Health Related Exercise	Fitness Suite
22nd Nov				
29th Nov				
6th Dec				
Christmas Holidays				
3rd Jan	Life Saving	Pool	Health Related Exercise	Fitness Suite
10th Jan				
17th Jan				
24th Jan				
31st Jan	Handball	Sports Hall	Life Saving	Pool
7th Feb				
14th Feb				
Half Term				
28th Feb	Handball	Sports Hall	Life Saving	Pool
7th March				
14th March				
21st March				
28th March				
Easter Holidays				
25th April	Handball	Sports Hall	Life Saving	Pool
2nd May				
9th May				
16th May				





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