

Sporting Welcome 2021-22



ABINGDON



A guide to our Sporting Philosophy

- Philosophy & Key Contacts
- Curriculums
- Fixtures & Saturday Sport
- Sports Clothing
- Medical Provision

Sport & PE at Abingdon



Welcome to the start of the school year and in particular the Michaelmas Term.

Sport at Abingdon is delivered through four separate programmes within the school timetable; Physical Education, Core Sport, Other Half Sport and Athletic Development. It is certainly quite eclectic in nature and all students develop their own individualised programme by knitting the four strands together across the course of a week. Your child has already made their Core Sport and Other Half sporting choices and I

hope that the information in this document will be of use to you throughout the year.

Schools Sporting Philosophy

Abingdon is a school full of exceptionally talented and motivated young athletes and it is our responsibility to enable them to realise their dreams. It is our intention to enable the School to maintain its national reputation for sport whilst seeking to stretch and develop the wider sporting programme. With a continued focus on the traditional sports combined with managed growth of alternative options we are confident that we will be able to enhance our provision.

Ultimately we are here to support those who aspire to compete at the highest level, whilst offering the opportunity and encouragement to those students who are simply wanting to enjoy their sport and physical activity. We are extremely proud that we focus on students developing across a wide range of sporting activities and enable choice in their own individual sporting pathway. Further details can be found on the School's website and within the 'Sporting Commitments Policy' document.

Our programme within Core Sport, the Other Half and Saturdays are outlined in the next few pages and if any parents have a sporting enquiry I would encourage parents were relevant to contact these staff if the need arises; again these staff are identified on the sports pages of the website or on our bespoke sports website (www.AbingdonSport.org.uk). That being said please feel free to contact myself with any sporting enquiry, my email is pete.bignell@abingdon.org.uk and my office number is 01235 849087.

Peter Bignell

Director of Sport & PE



Physical Education

This is part of all Lower and Middle school student's timetable. In Years 1, 2 and 3 they receive one 50-minute lesson a week, whilst in Year 4 & 5 they get one lesson a fortnight. The curriculum is focused on activities that are predominately outside of 'traditional games' such as Swimming, Heath Related Exercise, Gymnastics and Athletics. There is a significant focus on all students developing their physical movement literacy within the wider Athletic Development focus.

Core Sport

This is part of all students timetables and is essentially seen as year group games lessons; all lessons occur in the afternoon. In Years 1 & 2 they receive one a week whilst in Years 3, 4, 5 & 6th Form they receive two a week. In Years 1 & 2 there is a fixed curriculum of Rugby, Hockey, Football and Crickey, whilst from Year 3 onwards there is an options based system where students choose one sporting activity to follow each term. The wider programme has been designed to expand the choices available as students progress through the school.

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

Other Half Sport

This is the sporting offering that occurs outside of the students timetabled lessons. These sessions are run through lunchtimes, after academic lessons (period 8), on the Wednesday afternoon Other Half slot (2.45 – 5.00) and at weekends. There is an extremely wide range of options available and student choose each term with their tutors on what activities they wish to follow. These activities are there to expand the students physical opportunities and are either an extension of their chosen sporting choice, something completely outside of the school's curriculum offering or as preparation for the next terms sporting activities.

Athletic Development

The term 'athletic development' encompasses the notion of a holistic and long-term training design. Its aim is to benefit the health, wellbeing and physical capabilities of all students as they progress through school and into adulthood. As part of this approach, students will learn to become accountable for their actions within sport, PE and daily exercise. This helps to create an appreciation for the countless health benefits that exercise has to offer along with solidifying lifelong habits. Our programme has been implemented in the PE and Core Sports curriculums as well as the wider Other Half opportunities with all our students experiencing a level of specified training within a challenge environment.

Fixtures

Each sport has a wide range of fixture opportunities across the academic year and all fixtures are placed on the school calendar and can also be quickly found by accessing the 'Sports Fixtures' and 'Sports Results' tab under Other Half/Sports on the website. Once here you can either select the weeks match arrangements or look under the designated sport drop down for the terms fixture card.



Filter fixtures by:

Rugby Union U14 A

SPORT	DATE	TIME	TEAM	OPPONENT	VENUE	DETAILS
Rugby Union	02/10/2021	15:00	U14 A	Reading Blue Coat School	Away	Details
Rugby Union	09/10/2021	14:30	U14 A	Sherborne School	Home: Cox's Field	Details
Rugby Union	18/10/2021	15:00	U14 A	Cathedral School, Llandaff	Away	Details
Rugby Union	20/10/2021	15:00	U14 A	Christ College	Away	Details

At present the start / kick off times for each fixture can be found on the main school calendar along with the venue (home or away). You should also be able to access our fixtures and results through the www.abingdonsport.org.uk website which will also be your destination for team sheets and pitch locations when relevant.

Please work on the general principle that students are expected to be at the venue to change and warm up approximately 1 hour before this and that you should also allow 2 hours for the duration of the match, including changing and match teas. For away fixtures travel time also needs to be taken into consideration for a departure and return time

Please note that all times listed are provisional; although it is rare for these to change occasionally weather conditions will result in us having to re-schedule some start times or locations in order to get as many students playing on any given day.

In case of cancellation or changes made on a match day, we will keep all students and parents informed via e-mail.

We very much welcome parents at all fixtures, both home and away.



Availability

The School expects all students to be available for sports fixtures within their own Core Sport or Other Half option. However, on occasions, there may be an unavoidable clash, such as a significant family wedding that will mean your child is unable to play. **In such rare instances, we ask parents to seek permission from the Headmaster well in advance, at least a week, and copy myself in to all e-mail correspondence.**

Please note that we do not consider attending a friend's birthday party or going to watch a sporting fixture a valid reason. Without your support in this matter we will find it very hard to honour our competitive fixture list and provide the well-documented benefits team sport can provide.

Saturday Bus Service

The School organises a Saturday bus service for students coming into for fixtures. This is a different service to a normal school day and has six routes. We are very keen for as many students as possible to use this service. It has been set up to ease the burden on parents of getting their children to School for the inter School fixtures. There is no charge for this service.

The buses are scheduled to arrive at School at 11.30am, allowing the students time to have lunch in the Dining Hall, have a brief team meeting, and depart for their fixtures on time. Those students who are involved in home fixtures will be catered for and supervised until the start of their matches. This service applies to all students involved in sport on a Saturday afternoon, whether it be in cross country, badminton, rugby or any other sport.

If you intend to utilise this service, please ensure that your child is at the appropriate stop 5 minutes before the scheduled departure. Specific details can be found under the School Life/Bus Service section of the schools website.

Emergency Number

It is vitally important that parents contact the appropriate member of staff in cases of illness on a Saturday morning so that replacements can be sought, and we do not end up in the embarrassing situation by being short of players to fulfil our fixtures. Sanctions will be applied to those students who fail to comply with this request.

Parents may also use the Abingdon Sports Department Emergency Number (01235 422858) or contact Mr Bignell directly (pete.bignell@abingdon.org.uk & mobile 07717 777183)

Selection Policy

Our policy regarding 'A' teams at any age and in any sport is to select our strongest team. At other levels there is room for a bit more flexibility in varying team selection to give others a chance and team coaches may use their prerogative. A lot of discussion goes on amongst our sports staff about who to select for particular teams and there are on-going assessments made of a child's ability and potential. We try to tread the fine path between encouraging excellence and giving opportunities for all, but it is simply impossible to please everyone all the time, and there are limits to the number of matches it is possible to arrange.

Team selection and management at any level is the prerogative of the team coach or coaches. As Director of Sport, I believe that the member of staff is best suited and entirely qualified to take all factors into consideration and make the right decisions for the team as a whole. It can be disheartening for a child to be dropped from a team and the coach will explain to the child why this has happened, but this is something children have to learn to cope with. Not all children can be in 'A teams', but it is also very important that those who are do not boast or criticise the play of those who aren't; this can be very hurtful and undermining. The school does not in any way condone this kind of attitude.

Sports Website (SOCS)

Whilst we will continue to inform the players verbally about selection, we also publish teams to all students and parents through our dedicated sports website (www.AbingdonSport.org.uk), which enhances the details already held on the main school website.

By accessing our sports website you will be able to see at a glance all the sporting fixtures including their details such as team sheets, results, opposition locations and specific contact details for all of our sporting opportunities.

We strongly suggest that you save this address to your favourites and if you are visiting our sports website on your mobile phone you will notice it loads up as a **Mobile App** which will allow you to access fixture and team sheet information. Full instructions for how to get the most out of the App can be found by clicking [here](#). One excellent feature here is that you can subscribe to a specific teams calendar and sync this with your own device.

Through the '**Sports Calendar**' on the main menu you can select the day you are interested in and then click the '**Details**' link against the required fixture. It is here that you will then be shown the 'meet' and 'return' times, the venue and if we're playing away will have a link to the location map of our opponent's school whilst the 'further information' link will provide more specific details that the students will need to be aware of.



You can also see the team selected for the fixture wherever you see this blue image.

Please be patient with us as sometimes selection is only finalised one or two days before the fixture. It is our intention to publish teams on a Thursday evening ahead of a Saturday fixture and on a Monday evening ahead of a midweek fixture. For this reason please presume your child is in the "squad" for this chosen core sport unless informed otherwise. Please do not wait until you have received the team sheet to make arrangements for your child to attend the fixture.

To access a team sheet you will be asked to provide a password which has been provided to parents and students directly by Mr Bignell.

Please note that this is a "pull system" and neither you or your child will be e-mailed a team sheet as such there is an expectation for all students to check the selections on the day before a fixture.

If you are following a particular team or teams you can also select **Sports & Teams Fixtures & Results** from the main menu. Then select a particular sport and your team to see **past results and upcoming fixtures**.

Match Day Protocols

We expect students to wear school uniform prior to and after all fixtures, unless specified on the team sheet. If students are travelling direct then it is important that they report to their teacher as soon as the rest of the squad arrive; likewise at the end of a fixture if they are traveling home with parents they should ensure they have let their teacher know.

Students should represent the school in correct sports kit as required by their sport, this is outlined in the School Life/School Uniform section of the website. When the weather becomes cold, we would recommend black base layers for matches and training which are to be worn underneath the shirt. We ask that students wear Abingdon sports kit for all matches and training, which for many will mean a quick turnaround in the washing machine on a Friday.

All players are expected to attend the post match hospitality provided and socialise their own team and where possible the opposition students. We firmly believe that this is a vital aspect of the sporting provision and one that not only helps the body recover from the physical exertion of the fixture but also offers the students a time to reflect on and talk about their individual and team performance.

Sports Clothing

There is a wide range of sports clothing available and all students 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 students choice of Core Sport each term.

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.

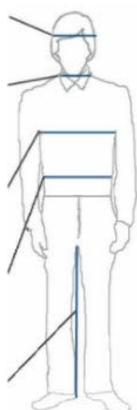
HEAD
MEASURE ROUND THE FULLEST PART OF THE HEAD STARTING AT THE MID FOREHEAD

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 6th Form



Hockey / Football

Hockey / Football 6th Form



Rowing

Cricket



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



Optional Items



Medical Provision

We are very aware that one side-effect of sporting participation is the risk of injury; we will always put your child's safety as our primary concern however in the unfortunate situation when a student does get injured we provide a range of medical provision within the school.

For all contact sport fixtures an appropriate medical practitioner will be present pitch side, this will either be a Doctor, Paramedic or a Qualified First Aider. These staff will be easily identifiable through their Hi-Vis jackets.

Following this, our Physiotherapist can provide students with Injury Triage assessment on a Monday free of charge. Each member of staff can put forward a student for assessment as such it is important that your child makes sure they inform their staff member of their injury if it is not extremely obvious.

Following this assessment your child may be advised to return to training, given a short-term action plan or referred for further medical treatment. We offer Physiotherapy on a Wednesday afternoon and Sports Massage on a Thursday afternoon. Both of these treatments can be booked through the school's Physiotherapist and are charged to students at a reduced rate. All of the medical cover and treatments outlined are provided on the school site either within the Health Centre or in the Physio Suite in the Sports Centre.



ABINGDON