



ABINGDON

SCHOOL POLICY ON BOYS' SPORTING COMMITMENTS

1. Introduction

- 1.1. Abingdon School subscribes to the ideal of challenging, inspiring and nurturing young people through the vehicle of sport to succeed in a global community. We firmly believe that the health and fitness benefits of regular exercise are vital in the development of our boys. We do not just view these benefits as physical in nature, such as decreasing a resting heart rate, increasing tidal volume, lowering the onset of coronary heart disease and maintenance of a healthy weight, but also the mental and social benefits of decreased stress, increased self-esteem and confidence in wider social settings.
- 1.2. Boys will be encouraged, through their sports activities, to learn the merits and disciplines of teamwork and sportsmanship and to develop individual fitness and physical skills. A healthy spirit of competitiveness is promoted among the boys, and they will be encouraged to take pride in representing the School in sporting events.
- 1.3. The School has a strong tradition of competing against other schools in inter-school fixtures. It is the aim of the School, not only to maintain this tradition, but to strengthen it. It is therefore understood that ALL pupils are to be available to participate in inter-school fixtures when required to do so. The majority of these fixtures take place on a Saturday.
- 1.4. Boys are encouraged to approach the teachers in charge of their sport, and the Director of Sport and P.E., to discuss their long term ambitions and individual aspirations. This allows the staff concerned to be pro-active in a pupil's sporting development.
- 1.5. The Director of Sport and P.E. arranges the sports allocations in consultation with the teachers in charge of sports, although it is understood that the published annual programme is always subject to availability of facilities, staffing and viable pupil numbers.

2. Yearly commitments

- 2.1. The School firmly believes in sporting versatility and breadth; as such it is the requirement that every boy in the Lower School and Middle School participates in **two School representative sports each academic year.**
- 2.2. An element of specialisation is deemed to be acceptable on entering the Sixth Form, but only those identified by the teacher i/c of a sport and approved by the Second Master and the Director of Sport and PE will be invited to follow a specialised programme.
- 2.3. Unless a specialised programme has been agreed pupils in the **Lower Sixth should participate in two School representative sports each academic year,** whilst pupils in the **Upper Sixth must participate in at least one School representative sport during the Michaelmas and Lent Terms.**
- 2.4. Boys are encouraged to look at the annual sporting provision before making any choice to ensure that their individual sports programme will meet this aspect of the policy.
- 2.5. Boys who have **represented school teams** in previous years are ordinarily expected to continue in that sport as they move up through the School; however, we also understand that over time boys might alter their choices. Where a boy who has been representing the School wishes to opt for an alternative sport he must first indicate this on his annual options form and, where appropriate, there will be a follow up meeting with the Director of Sport and PE. Boys will be asked for their preferences well in advance, to allow time for any discussion relating to their individual sporting programme for forthcoming terms.
- 2.6. All boys, except those exempted on medical grounds, must take changed exercise as part of the organised school sports programme **at least twice a week during term time.**

3. Lower School

- 3.1. Within the Lower School pupils will participate in an organised programme of sporting activities as arranged by the Sport and PE Department and the Lower School Housemaster.
- 3.2. Selection for School fixtures will take into account those boys who participate in the sport on a Wednesday afternoon.

4. Middle School

- 4.1. Sports are placed into two categories:

Core – These are compulsory sessions each week as part of the year group timetabled programme. All pupils in the Middle School must select one of the Core options per academic term.

Optional – In addition to their compulsory commitments, pupils have the opportunity to participate in a wide range of other sporting activities during the week through the Other Half programme.

- 4.2. As with the Lower School, pupils who intend to represent the School in fixtures are expected to participate in that sport on a Wednesday afternoon in their Other Half session.

5. Upper School

- 5.1. Sports are placed into two categories:

Sports Priority – These are year group timetabled sessions each week which take precedence over other student commitments. It is the expectation that those boys involved in representative teams will be present at these sessions.

Optional – In addition to their Sports Priority sessions pupils have the opportunity to participate in a wide range of other sporting activities during the week through the Other Half programme.

- 5.2. In the Upper School, pupils must do a minimum of two changed sessions per week, but these may be chosen from either the Sports Priority or the Optional programme, or a combination of the two.
- 5.3. As with the Lower and Middle School boys who intend to represent the School in fixtures are expected to participate in that sport on a Wednesday afternoon in their Other Half session.

Second Master

Last internal review: January 2018

Last governor review: January 2018

Next governor review: January 2019