Sports Options 2023-24

Autumn Term		
Fourth Form	Lower Fifth	Senior
Rugby: Boys Hockey: Girls Multi-Sport Carousel (after half- term)	Rugby: Boys Hockey: Girls Cross-country Badminton Swimming Fives Table Tennis Shooting	Cross-country Archery Rugby Badminton CrossFit Fives Golf Sailing Shooting Squash Swimming Hockey: Girls Hockey: Boys Table Tennis
Spring Term		
Hockey: Boys Netball: Girls Multi-Sport Carousel (after half- term)	Hockey: Boys Netball: Girls Basketball Squash Shooting Swimming Cross-country	Rugby 7s: Boys Badminton Basketball Fives Golf Archery Lacrosse Football: Girls Football: Boys Hockey: Boys Netball Pilates Shooting Squash Cross-country Swimming
Summer Term		
Athletics Cricket Tennis	Athletics Cricket Tennis Swimming Shooting	Athletics CrossFit Archery Climbing Cricket Golf Invasion Games Volleyball Basketball Sailing Shooting Swimming Tennis

Fourth Form: two periods of sport on Tuesday and Thursday mornings, plus Saturday afternoon. Lower Fifth: two period of sport on Monday and Wednesday afternoons, plus Saturday afternoon. Seniors: two periods of sport on Tuesday and Thursday afternoons, plus Saturday afternoon. Competitive fixtures are predominantly played on Saturday.

UPPINGHAM