Sports Options 2022-23

Fourth Form	Lower Fifth	Senior	
Hockey: Girls Rugby: Boys Cross Country (hybrid) Touch Rugby Post 'leave-out': multi-sport carousel (Rackets and Fives) Year round: scholars can use the first sports session of the week for 1-2-1 tuition. In addition: Swim Club operates all year round on Thursdays, 16:30 – 17:30.	Mass Rep Rugby: Boys Hockey: Girls Rep Badminton Cross Country Fives Golf Hybrid Swimming Non-rep Basketball Hybrid Shooting Table Tennis	Mass Rep Hockey: Girls Rugby: Boys Rep Badminton Basketball Cross Country Fives Golf Hybrid Hockey: Boys (hybrid) Sailing Squash Swimming	Non-rep Archery (hybrid) CrossFit Shooting Table Tennis Touch Rugby
Spring Term			
Hockey: Boys Netball: Girls Adventure Carousel Cricket Academy Cross Country (hybrid) Golf (hybrid) Rugby Academy Year round: scholars can use the first sports session of the week for 1-2-1 tuition. In addition: Swim Club operates all year round on Thursdays, 16:30 – 17:30.	Mass Rep Hockey: Boys Netball Rep Basketball Cross Country Fives Lacrosse: Girls Swimming Non-rep Golf (hybrid) Shooting Squash	Mass Rep Hockey: Boys Netball Rep Badminton Basketball Cross Country Fives Football: Girls Football: Boys Hockey: Girls (hybrid) Lacrosse: Girls Rugby 7s: Boys Shooting: Squash: Swimming:	Non-rep Archery (hybrid) Golf (hybrid) Pilates Table Tennis
Summer Term 2021/2	2 Options		
Athletics Cricket Tennis	Athletics Cricket Tennis Swimming Shooting	Archery (Tuesday only) Athletics Basketball Climbing (Saturday only) Cricket CrossFit Dance	Golf Invasion Games (Girls only) Sailing Shooting Swimming Tennis Volleyball

- Mass representative (mass rep). A sport where the majority of those who select the sport will play in fixtures. And if more select it fixtures can be found.

- Representative (rep). A sport where a small number will be able to represent the school in fixtures versus other schools.

- Non-representative (non-rep). An activity or sport which does not involve representing the school versus other schools.

- Hybrid refers to the first session of the week being that sport. They will report to their second choice for the remainder of the week.

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