



# Sport

Sport is an integral part of Harrodian school life. We aim to ensure pupils enjoy themselves, learn to love sport and exhibit Harrodian's trademark sporting team spirit.

We provide pupils with diverse sporting options. Timetabled activities include health-related fitness, strength and conditioning, yoga, zumba, aerobics, football, netball, rugby, hockey, swimming, athletics, tennis, gymnastics and dance.

There are more opportunities to hone skills in our main sports through before-school, lunchtime and after-school clubs. Extra-curricular sporting activities also include karate, fencing and sports leadership. We can recommend a range of local clubs for off-site sports such as golf, squash and rowing.

Harrodian has an established sports fixture list, with many teams competing in programmed fixtures against schools in our region and on the regular tours we undertake in the UK and overseas.

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By giving more Harrodians the chance to compete, we build high-performing teams with impressive depth.

- Head of Sport, Ben Proudfoot

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Some sports on offer at Harrodian:

**Above/above right:** Fencing and karate are offered as extra-curricular clubs but additional time for training is also accommodated within the timetable. **Right:** Swimming is a timetabled lesson for the Pre-Prep and Prep but there are opportunities for all pupils to take part in swimming clubs and / or to train with our swimming squads. **Below:** Our U16s football team playing in an ISFA semi final. On average Harrodian competes in 1,600 sports fixtures each year.

