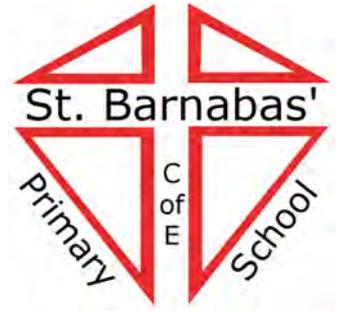


Sport facilities

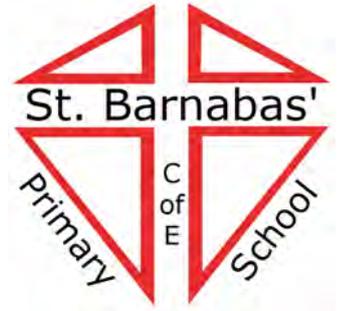


Our school is situated in Heaton Village. Next to our school we have Heaton Woods (a great place to explore) and our playground has an awesome view over Bradford.

Our School

Although we are close to the city, we have a lot of space and grounds to play in. Sometimes we forget how lucky we are to have such great surroundings.





In our school we have lots of fun outside, especially when we play on the tyres and trim trail.



Fantastic Facilities



The little ones have their own area too, with a climbing frame.



We have been trained as Play Leaders to facilitate games for the younger children.



Fantastic Facilities

P.E.

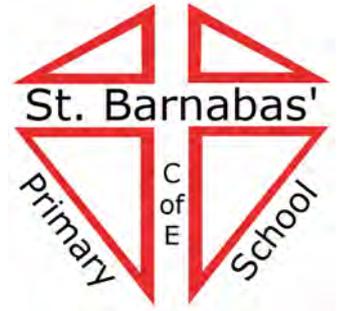


In our school we are really addicted to sports. We even have specialist PE teachers who come in and teach us gymnastics and sports. Some times they teach us athletics and sports for tournaments.



Furthermore, since we really love doing sports and athletics every year we do Sports day where we show off what we can do.





In 2014, the year 5 classes learnt the valuable skills of a riding a bike and how to keep safe. Some people were afraid of this, however still attempted this and succeeded.



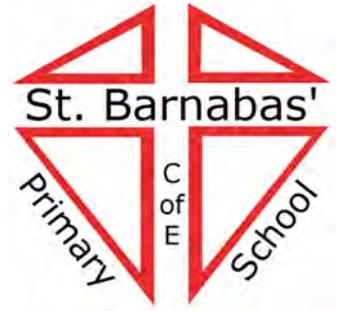
Bikeability

School Trips



On our trips we don't just go for fun but we go for education and exciting activities as well. This is a picture of a Year 6 residential. We do all kinds of outdoor activities that we wouldn't get a chance to do normally!





Lister Park

There is a park which is just a 5 minutes walk from our school. It is called Lister Park. Everyone at school did a 1 mile run for Sport Relief there, last year. It was really fun!





Every year when a class moves up into year three, they learn how to swim at St Bede's swimming pool. This facility is hygienic and a good area for children of a young age to learn how to swim safely.

Sports are an important part of our community. This picture below is of our local tennis and squash centre. The sports club gives people from a young age the experience of being able to connect with the sports you don't do every day .



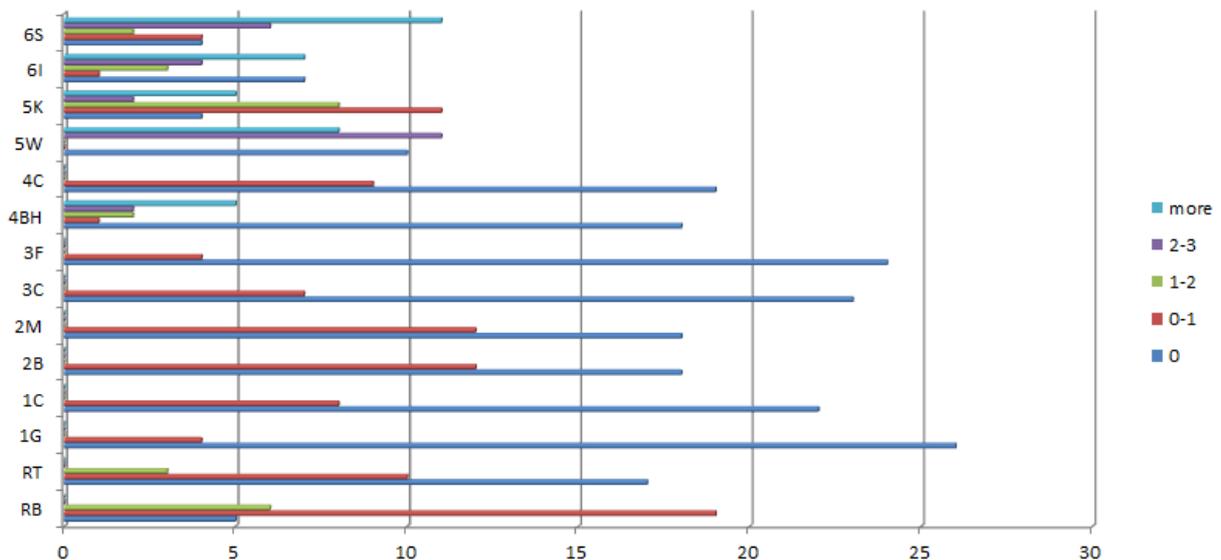
Our Local Area



Hours	RB	RT	1G	1C	2B	2M	3C	3F	4BH	4C	5W	5K	6I	6S
0	5	17	26	22	18	18	23	24	18	19	10	4	7	4
0-1	19	10	4	8	12	12	7	4	1	9	0	11	1	4
1-2	6	3	0	0	0	0	0	0	2	0	0	8	3	2
2-3	0	0	0	0	0	0	0	0	2	0	11	2	4	6
more	0	0	0	0	0	0	0	0	5	0	8	5	7	11

School Survey

We did a survey in school to find out how many hours of sport the children did outside of school. These are our results:



Sport facilities in Jönköping

Tennis

Tennis is an English racket sport that you play on a rectangular arena. First they played it outdoors but now they play it outdoors to. There's a net in the middle and you can play it single (1&1) or double (2&2). The game was invented in 1873 by the British major Walter Cliston Wingfield.



The game became famous quickly, already in 1877 the first champion chip was played in Wimbledon and already in 1896 tennis was in the Olympic program.

To play tennis you need a tennis racket and a tennis ball.

Earlier they played tennis with strange tennis suits like a dress for the girls but it was hard to run with that. Now you're dressed in shorts for the boys and skirts for the girls and a sport t-shirt.

You often play tennis on grass, gravel or hard court (hard-pressed rubber asphalt).

The matches are best played with 3 or 5 sets, every set first to 6 won games. With the stand of 6-6 you often apply tiebreak, first to 7 won balls to decide the set. Every game first plays to first 4 won balls, however you have to have won 2 more balls than the other player. The players take turn in serving.



Canoeing

Canoeing isn't that big in Sweden, but it is big enough here to be a part of Olympic Games. We have a Kayak club here in Jönköping and three lakes to paddle in. The first one is *Vättern*. It is the second biggest lake in Sweden and it can get quite stormy sometimes. If it is too big waves we just pack the kayaks on a trailer and drive to another lake here in Jönköping called *Rocksjön*. There we have our kayak stadium. This year's Swedish championship in canoe was held here. It is almost always still on the water there so it is perfect for competitions. The last lake is *Munksjön*. There is a canal from *Vättern* leading to *Munksjön* so if it is too windy and too high waves we paddle there.

We say canoe to the sport and we say that we are canoetist, but in fact we paddle kayak. Canoe is just a gathering name for all different kinds of paddling. Canoe is a rather expensive sport, a paddle can cost up to 4000 Swedish crowns (440 euro) and a kayak can cost 30 000 Swedish crowns (3300 euro). Fortunately, you can borrow kayaks from the club so you don't have to buy stuff on your own if you don't want to. And of course there are cheaper kayaks and paddles too.

I like canoeing because you are near the water and it is a fun way to exercise. When you paddle you train many of the muscle groups in your body like the legs, the arms, the back and the stomach. I also like the community in the club. We always have fun and are like a big family. When you participate in a contest or are on a training camp you always meet new friends and the rivalry between the different clubs isn't that big so everyone is having fun and no one is mean to each other.



This is Anders Gustafson he is one of the best canoetist

here in Sweden. He paddles in the same club as I do.

Cross-country skiing

Cross-country skiing came to Sweden in during the 19th century and this is still a very popular sport during the winter season in Sweden. When you go cross-country skiing you need skiing boots, ski-poles and of course cross-country skis.

When you do classic skiing you go in the track and if you do the skate skiing there are no tracks to use.

There is a ski-race called Vasaloppet which is a great traditional race in Sweden for both elite and exercisers. They all start in Sälen and go all the way to Mora, a distance of 90 kilometers both in woodland and small villages. The name of the race got its name from our king Gustav Vasa who was hunted by the Danish all the way from Sälen to Mora on old-fashioned cross country skis. This happened around year 1520.

We have had a lot of successful skiers in Sweden for example Charlott Kalla and Markus Hellner. Charlott Kalla was born 1987 and she has won several medals, the greatest qualification was the gold medal in Vancouver 2010. Markus Hellner was born 1985 and he has won a lot of medals for example the Olympic gold in Vancouver 2010 and also in Sochi 2014. Some other well-known Swedish skiers are; Nils "Mora Nisse" Karlsson, Torgny Mogren, Gunde Svan och Per Eloffson.



Floorball

A short summary of the sport

Floorball is a team sport played indoors, therefore the Swedish name. Matches are played by two teams. The players currently use sticks of composite and plastic and play with a hollow plastic ball. Each team has five field players plus a goalie who guards the goal. The goal is about the same size as an ice hockey goal. The outfield players flip during the match, in a system similar to ice hockey. Matches are divided into three periods and each period consists of 15-20 minutes.



The sport is considered by some to be the national sport. This is because it is Sweden's second largest team sport (licensed players) and also one of Sweden's biggest sports in terms of number of practitioners each week, with recreational and educational activities, Raven Operations, corporate events, groups of friends and others.

History

Floorball has been in Sweden since the late 1960s. In 1979 the first floor ball club, IBK Sala, was formed. This is also considered to be the start of today's hockey.

The first Swedish national championship was in Västerås. 18 teams lined up and faced Swedish television cameras.

After a while the sport was spread all over the world, and has had the greatest stronghold in Sweden, Finland, Czech Republic, Norway and Switzerland.

The first World Cup tournament was held in Sweden 1996. In a packed Globe (15,106 viewers) Sweden won the World Cup final over Finland 5-0. After this the sport began to grow very rapidly and today there are over 120,000 licensed players in Sweden.

Equipment

Floorball is a relatively cheap sport to pursue as outfield players basically just need a stick (which can cost up to 2000kr) in some cases depending on your age you might also need a pair of floorball glasses. The exception is the goalie who also use helmet and knee pads. Most of the equipment is manufactured in China or Taiwan but also in Finland and Germany.

A floorball ball has 26 holes and, more recently, these balls now are made with aerodynamic technology, where the ball has over a thousand small dimples in it that reduce air resistance. This is to provide stability and to reduce drag.

Rules

Each team can field six players at a time on the court, one player being a goalkeeper. But the coach can take the goalkeeper off for a short amount of time, and switch him with a field player. This can make advantages for the attacking side of the team, and disadvantages when it comes to their own defense. The team is also allowed to change players any time during the game, but usually they change the whole team. Individual substitution happens sometimes, but it usually happens when a player is exhausted or is hurt.

FOOTBALL

The sport of soccer (called football in most of the world) is considered to be the world's most popular sport. In soccer there are two teams of eleven players. Soccer is played on a large grass field with a goal at each end. The object of the game is to get the soccer ball into the opposing team's goal. The key to soccer is that, with the exception of the goalie, players cannot touch the ball with their hands, they can only kick, knee, or head the ball to advance it or score a goal. Soccer is played at all levels throughout the world from small kids leagues to professional and international teams. Perhaps the most famous soccer tournament is the World Cup. Held every four years, the World Cup is a soccer competition among countries and is one of the most watched events in the world.

One of the reasons soccer is so popular is that it really only takes a ball and a flat open area to play. Kids throughout the world will make up fields and goals just about anywhere and start playing the game. The game is also fun and competitive.

Soccer is a great form of exercise as there is lots of running for good distances. The sport is also a good test of dexterity and a great way to learn balance.

Many people consider soccer at its highest level to be so beautiful as to be practically an art form. The skill at which great players and great soccer teams work the ball, strategize, and flow as one can be an awesome thing to watch.



Hockey

Mimmi Seger

Hockey is a team sport where everyone has a hockey stick and the teams play with a puck and each team tries to get the puck in the other team's goal. It resembles floorball, the difference is just that floorball has a ball and hockey a puck. Hockey is also played on ice, which floorball isn't.



On 24 May 1971, the hockey association HV71 was formed by two smaller clubs, Husqvarna IF and Vätterstads NS. The name of the new club became Husqvarna / Vätterstads IF, but was shortened to HV71 September 7 the same year. First of December 7, 1971, it became officially abbreviated HV71.

HV71 is an ice hockey club based in Jönköping in Sweden. The team is popularly called the HV-Blue or just HV but also "HÅVE" among supporters after Cruts song. They play their home games at Kinnarps Arena in Jönköping district Rosenlund, but the club has roots in both Jönköping as Huskvarna area. The club plays in the Swedish Hockey League (SHL, former Elitserien).

Stefan Daniel Patryk Liv, born 21 December 1980 in Gdynia, Poland, died September 7, 2011 in a plane crash near Yaroslavl in Russia, was a Swedish ice hockey goaltender. He grew up in Norrahammar, south of Jönköping and was at his death registered in Jönköping, but resides in Yaroslavl.

Liv was born in Gdynia, Poland, but was left in an orphanage in Gdańsk and was later adopted by a Swedish family when he was almost two years old. He was then called Patryk sliz, of which he kept the first name as the third first name.

During his career, he represented including HV71 and the Swedish national team. Before the season 2011/2012 wrote Liv contract with Lokomotiv Yaroslavl in the KHL. He never had time to play one league match with the club because of the plane crash in Yaroslavl in 2011 that killed the team all the players on board, including Stefan Liv. Since August 2, 2013 is a street in Jonkoping, "Stefan Liv Street", named to honor of Stefan Liv.

Horse jumping

Show jumping is a major sport in the world. Horse jumping works in the following way. You ride on a path where you should jump over obstacles trying not to demolish any obstacles on the way. A demolition is always four errors and at the next demolition there are four again adding up to eight errors and so on... The jumpers are usually timed and to win you should be the fastest and make the least mistakes.

In large jumping competitions you can win a lot of money. The really good jump horses cost big money. You can actually have horse jumping and the horses as your full time work. The greatest heights are about to 1.50-1-60



Slalom

There are 3 different kinds of races: super G, giant slalom and normal slalom. You have to go between all the ports otherwise you end up in the last place. The person that has the best time wins.

You have to have very sharp skis because there is like an ice shell over the snow. If there are two rides and you start first you are the last person to start in the second ride. There are only two rides in giant slalom and slalom.

Super G is the fastest of the three types. It is also the newest and it is a mix of downhill and giant slalom. There is only one run in Super G while in the others there are two. On the race course you are going left and right between gates made of two sticks and a flag in between. The color of the flag is blue or red. You are traveling between two blue and two red flags. In super G you have the longest skis in the sport, the same length as downhill.

Giant slalom has flags as gates like in super G but you have two rides and the best run you have is your time you can win with. It is not a very fast race form and you need to go very much left and very much right to go through the ports. You have normal length on your skis and it is one of two technical races

Slalom is the medium fast race and is also a technical race like giant slalom. You have short skis that are more flexible to make quick turns.



Urban skiing



Urban skiing is skiing in other places than hills and skiing resorts. It can be all different places like walls, stairs, balusters, trees and a lot of more places.

This sport doesn't have a lot of competitions so you don't get famous by winning a game. In this sport people get popular when they are in movies and videos on the internet.

Many of the practitioners of urban skiing think that the best rider is the man or woman who is most creative and not the one who makes the hardest tricks. Doing special things that nobody has done before and make a movie that shows that makes urban skiers popular.

Here in Jönköping we are quite a few guys who like urban skiing. In the fall when we do not have any snow, we ski outside a hockey arena. We use the snow from the icemaker to make a course to ski on. It is a lot of digging but that is a part of the community. In the winter when we hopefully have snow we ski on handrails and other places that we can find around Jönköping.

Sport facilities in and around

Kitzbühel



Bavarian curling (ice stock sport)

Ice stock sport (also known as Bavarian Curling) is a winter sport, somewhat similar to curling. In German, it is known as Eisstockschießen. Although the sport is traditionally played on an ice surface, events are also held on tarmacs in summer.

Jaqueline & Bianca 4B

SNOWTUBING

Snow tubing is sledging with air-filled tires.

Runs:

Ellmau, Kössen,
Waidring



cross country skiing



Cross-country skiing (or XC skiing) is very popular but not many pupils like it.—It is too strenuous. Most of the kids prefer skiing.

You can do it in Kitzbühel, Aurach or Jochberg. We used to be able to do cross-country skiing just outside of school, before they started reconstructing our school building.

**Snow Polo in
social Mega**



**Kitzbühel - The
Event**

Since seven years one of the most exclusive sports captivates Kitzbühel and its guests: Polo, specifically snow polo. There is even a World Cup in Kitzbühel. With the entry of the former title sponsor „Baldessarini“ 2004 finally the interest of international celebrities, the media and a growing fan base was awakened.



Curling

Curling is a sport in which players slide stones across a sheet of ice towards a target area which is segmented into four concentric rings. Two teams, each of four players, take turns sliding heavy, polished granite stones, also called rocks, across the ice curling sheet towards the house, a circular target marked on the ice.

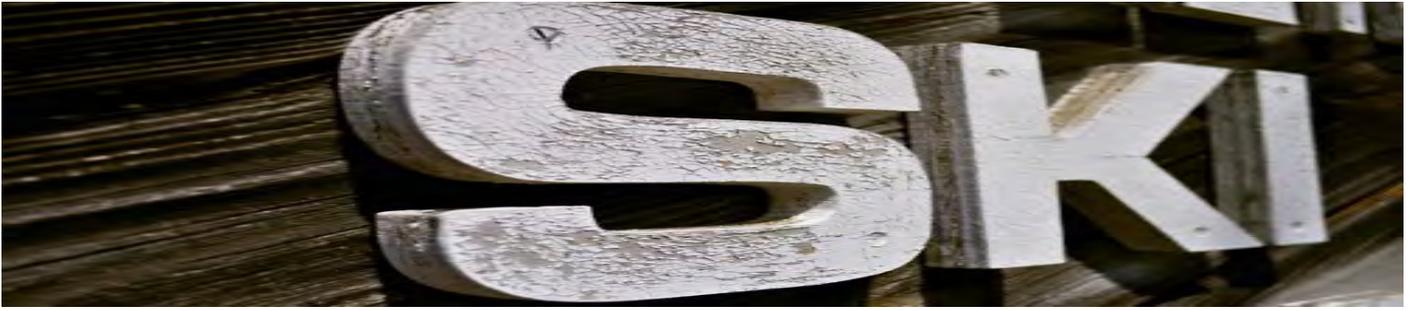


Biathlon

This sport has its origins in an exercise for Norwegian people, as an alternative training for the military. It is a combination of cross-country skiing and shooting.

Close to Kitzbühel, more precisely in Hochfilzen, a biathlon race is held every year.





Since 1892, Kitzbuehel and the sport of Skiing have shared a timeless connection. Since those early days, the sport and Kitzbuehel itself have developed dramatically. The famous Hahnenkamm Race first ran in 1931 and from humble early beginnings has become the most important ski event in the world. Kitzbuehel has a unique connection with skiing that is unmatched elsewhere in the Alps .

Just as it was in 1892, Kitzbuehel is looked upon as a trendsetter in skiing. In 2013, Kitzbuehel was voted the best ski area in the world.



SLEDGING

Sledging is very common in the district of Kitzbühel.

Runs:

Gaisberg / Kirchberg i.T

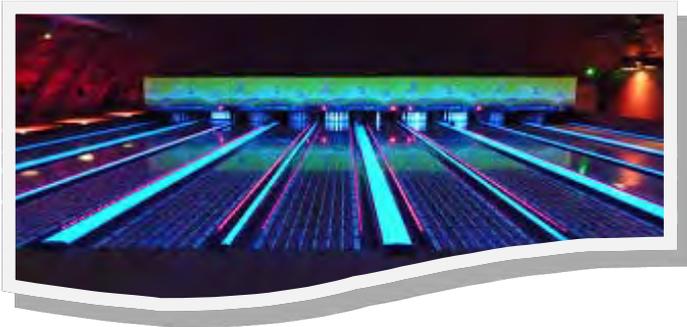
Natural toboggan run / St. Johann & Oberndorf i.T



Bowling

You can bowl in Reith bei Kitzbühel. There are 2 fully automated lanes. They are open Monday—Saturday 02.00 p.m.—12.00 p.m. but not on Sundays.

There is also a restaurant.



Archery

You can do Archery in Jochberg behind the restaurant Alte Wacht. There are also courses in Waidring, Kössen and Kirchberg. The goal is to fire the arrow as closely as possible to a small defined target on an artificial board or on artificial animals. This is what makes Archery one of the most precise sports.



Climbing

In Kitzbühel there is a climbing hall at the Sportpark. There is a second possibility: the Horn park. It is open from Tuesday to Sunday.



Climbing hall



Horn park



6370 Kitzbühel
Jochbergerstr. 98
Tel: 05356 / 63412

fitness4fun



6380 St. Johann
Schießstandgasse 32
Tel: 05352 / 63509

Fitnesscenter Kitzbühel

On 1.200 squareyou can not only work out there, you can also take part in several courses, like Zumba or Thera Gym.



SOCCER

Soccer probably is the most popular sport in Austria. Almost every boy plays it more or less seriously. There is also a school team.



HIKING

Hiking is very popular in the area of Kitzbühel. You can find trails for beginners as well as for advanced and experienced ones.



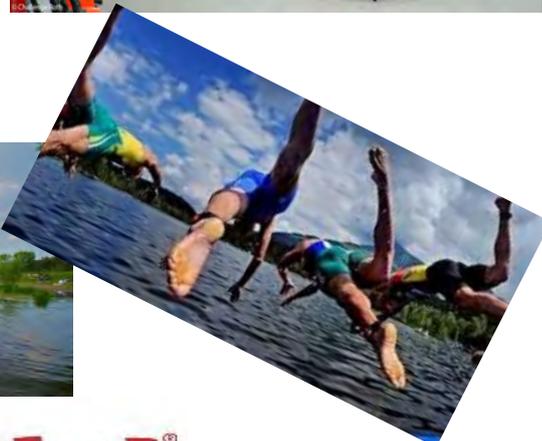
Swimming

You can swim in the Schwarzsee at the entrance of Kitzbühel and there is also an indoor swimming pool with a slide.



Triathlon

Triathlon is a mixture of swimming, cycling and running.



Kitzbühel

Tennis and Squash



Tennis

The Austrian Open Kitzbühel (formerly known as the Generali Open) is an annual tennis tournament held in Kitzbühel, Austria.

The event was part of the ATP World Series from the creation of ATP World Tour till 1998, International Series Gold from 1999–2008 and ATP World Tour 250 series in 2009. It was a part of the ATP Challenger Tour in 2010 before regaining top tour status. It is once again part of the 250 series.



In our PE lessons we sometimes go to the tennis courts, especially the pupils of the sports classes.

Squash

Squash is a racquet sport played by two (singles) or four players (doubles) in a four-walled court with a small, hollow rubber ball. The players must alternate in striking the ball with their racquet and hit the ball onto the playable surfaces of the four walls of the court.

Squash in Kitzbühel: Squash-Court Kitzbühel.



Golf in Kitzbühel

There are two golf courses in Kitzbühel: Kaps and Schwarzsee. Kaps has got nine holes and Schwarzsee has got eighteen. The Nature surrounds you at both courses. It's fantastic to play there.



MINI-GOLF

We like playing mini-golf here in Kitzbühel. We have got two courses: One at the Schwarzsee and the second one is at our Sportspark.



Table

tennis

We also like playing table tennis.



Dieses Projekt wurde mit Unterstützung der Europäischen Kommission finanziert. Die Verantwortung für den Inhalt dieser Veröffentlichung (Mitteilung) trägt allein der Verfasser; die Kommission haftet nicht für die weitere Verwendung der darin enthaltenen Angaben.