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## A Baildon Athlete



An active lifestyle beats at Baildon's heart: through providing opportunities to explore and enjoy a variety of sports and activities, our pupils discover that there is a sport for everyone to shine. During their time at the school, pupils engage with volleyball, tag-rugby, cricket, tennis, rounders, dance, yoga, swimming, gymnastics, multi-sports, invasion games, football and many more activities...

Year on year, our pupils are always developing a rich core of athletic skills and techniques that they hone and apply in individual sports. This helps them recognise the need for practice and the importance of setting your own personal goals to achieve them – preparing them for adult life. Our pupils full use of our school grounds and surrounding countryside as part of an active curriculum including cross country running, orienteering, hiking, geocaching and cycling. We recognise the vital role fitness plays in a child's development: by enjoying learning the different skills and techniques involved in various sporting disciplines alongside work on strength, coordination and balance, our pupils are able to thrive and reach their potential.

At Baildon, opportunities, participation and success come hand in hand and we take a great deal of pride from the number of children who take part in clubs and have represented the school in competitions. Our levels of pupil engagement both in and out of school, with children encouraged to share their active hobbies as part of our termly Active Family Challenge, and success in regional events have led to the school receiving the Sainsbury's Platinum sport award as well as winning the Active Bradford Schools Award twice. When our pupils pull the eagle of Baildon over their heart, they know they are entering a rich heritage of sporting pride. They represent the school with passion, honour and consideration for their opponents- losing with grace and succeeding with dignity as they learn to recognise that it is the taking part and love of a healthy lifestyle that makes them all winners.

