



PE & SPORT AT KATHERINE SEMAR SCHOOLS

EDITION 01



20/12/2022

WWW.KATHERINESEMAR.CO.UK

EAT, SLEEP AND PLAY DODGEBALL AT KSS!

What a fantastic term of sport at KSS! lots of fun had and medals won.

Specifically our dodgeball team! I just want to take this opportunity to congratulate all that took part in our dodgeball squad this past term with both our Y3/4 & Y5/6 teams qualifying for the finals and then finishing in the top 3 for both.

Y5/6 achieving bronze - well done!
and Y3/4 achieving gold (TWICE!).

Dodgeball is a sport I know that all the children at KSS love and the effort that everyone has put in this year really showed with our results.
Thank you and well done.



WHAT ARE WE LEARNING?

This term the children in KS1 have been having great fun using a wide range of tag games, multi-skill games and dodgeball to help develop their ability to throw, catch, jog, sprint, jump, balance and show awareness of their surroundings.

This term the children in KS2 have been developing their team work skills with various team sport games, where positive communication has been important. They have also been learning about different running techniques, looking at what pace and acceleration are and how they can develop these to help conserve their energy, through cross country games, races and activities.

lots of children have also had the great opportunity to take part in fun packed dance lessons with Mrs Cadwallader, swimmingly good lessons with Bernae and the swim teachers and some excellent forest school lessons with our forest school leaders.

Well done all!





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KS2 CROSS COUNTRY



EARLY IN OUR TERM 48 CHILDREN (8 TEAMS) ATTENDED THE ANNUAL CROSS COUNTRY COMPETITION HELD JUST A STONES THROW AWAY AT HERBERT'S FARM. THIS EVENT IS ALWAYS A WELL ATTENDED EVENT, WITH MANY SCHOOLS TRAVELLING TO BRING TEAMS ALONG. THE COMPETITION WAS FIERCE WITH A FAST PACE BEING SET BY ALL RUNNERS.

KSS DEFINITELY KEPT UP WITH THIS PACE HOWEVER, AND ON 11 OCCASIONS HAD RUNNERS FINISH IN THE TOP 10 OF A RACE BUT AMAZINGLY, ALSO FINISHED WITH ALL 8 TEAMS QUALIFYING FOR THE FINALS AT CARVER BARRACKS IN 2023.

WELL DONE ALL, SUPER RUNNING!

ALL YEARS ARCHERY



A few weeks ago, a few children from the juniors had the opportunity to attend an archery competition being held at both RAB and St Mary's. It was being held at two school due to the large amount of entries - KSS attended the RAB tournament. It was a fantastic day with lots of 10's being hit! Some of the children were new to archery so had to learn on the go but took it in their stride and showed real resilience and confidence in how they approached the competition.

This all paid off when the results were announced (even if their math skills were tested to work out their results) - Y3/4 came second and qualified for the finals in 2023 and Y5/6 came fourth. Our best ever archery results!



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Y5/6 TAG RUGBY

This term our tag rugby team took part in a tournament held on our own field. This is a sport that was new to many and took some time for us to get our heads around. However, after a lot of practice we were well on our way to a great squad. At the tournament both of our teams did great with KSS finishing second and qualifying for the finals in March 2023.

Congratulations all!!



BOYS & GIRLS FOOTBALL

This tournament is always a big one for us at KSS and one that many children look forward too. With there being a big push for girls football this term, it was great to see so many girls wanting to be part of our squad - I hope this continues in 2023.

At the tournament our boys had a rocky start but did then go on to win 3 games in a row. However, this unfortunately wasn't enough for us to qualify for the finals this time around.

In the girls tournament, they had a strong start winning many games, two of their wins being on penalties.

Well done everyone.



BOCCIA & INDOOR CURLING

Eight children from across the school were selected to represent KSS at the annual Boccia and Curling competition held at Lord Butler. This was an amazingly fun morning where the children took part in two different sports, firstly, in a relaxed practice environment which then moved onto two separate competitions. Katherine Semar achieved second place at this tournament - well done. What a great achievement!





KSS FESTIVALS THIS TERM

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KS1 Teddy Bear Run



EY Scooting Day



KS2 Girls Football Festival



Cheerleading - have a watch of our recent year 5 & 6 cheerleading routine! - <https://youtu.be/-G3HJIgPK5g>





SPORT IN OUR COMMUNITY

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WWW.KATHERINESEMAR.CO.UK

YOU DON'T HAVE TO BE SPORT MAD TO BE ACTIVE!

[HTTPS://WWW.FITFORSPORT.CO.UK/ABOUT-US/BLOGS/DETAIL/YOU-DON-T-HAVE-TO-BE-SPORTY-TO-BE-ACTIVE](https://www.fitforsport.co.uk/about-us/blogs/detail/you-don-t-have-to-be-sporty-to-be-active)

LOCAL OPPORTUNITIES TO BE ACTIVE THIS HOLIDAY:

[HTTPS://WWW.BETTER.ORG.UK/WHAT-WE-OFFER/ACTIVITIES/ACTIVITIES-FOR-KIDS#](https://www.better.org.uk/what-we-offer/activities/activities-for-kids#)

- LORD BUTLER LEISURE CENTRE
SWIM AND TRAMPOLINING
- ICE SKATING IN CAMBRIDGE AT
THE ICE ARENA
- VISIT A TRAMPOLINE PARK
- SEE FAMILY AND PLAY LOTS OF
XMAS GAMES!



**SPORT
ENGLAND**

APPS TO HELP KEEP US ACTIVE:



**SWAN
NETBALL
CLUB**

