



# PE & SPORT AT KATHERINE SEMAR SCHOOLS



EDITION 02



31/03/2023

WWW.KATHERINESEMAR.CO.UK

## WHEN ALL ELSE FAILS, DO A CARTWHEEL AND NEVER MISS A CHANCE TO DANCE!



Y3/4 Dance



Y3/4 Gym



Y5/6 Dance



SCAN ME



Y5/6 Gym

### WHAT HAVE WE BEEN LEARNING?

This term the children in KS1 have been learning about lots of different ball games; how to play these sports and the skills associated with them. Sports like football, tennis and basketball. The children have enjoyed practicing how to bounce a ball with their hands and control a ball with their feet. In the second half of term, the children in KS1 have been learning about three tees Cricket and how to play. They have been practicing their throwing accuracy and how to field as a team. As well as how to effectively strike the ball off a tee.

This term the children in KS2 have been learning a wide range of sports, these are; netball, dodgeball, indoor athletics and gymnastics. The skills they have been working on throughout these sports are jumping, throwing, pivoting, team work and how to use their body to create different shapes and to support a partners weight within gymnastics.

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

### Success!

This term has been great for sport across our schools. There has been so much success; achieving fourth place for the first time in our Y5/6 hockey tournament, having 48 children qualify for the cross country finals and impressively, our Y3/4 Tag Rugby team qualified for the Essex regional finals after performing exceptionally at two local competitions. Our gala team also won their competition and have qualified for the next round in Dunmow, so please look out for that and our Y5/6 Netball team did great in a tournament at SWCHS.

Y3/4 also played a football fixture against Dame Bradbury's and won 3 out of their 4 matches - well done!

Y2 have also been super busy learning a dance routine, which they performed amazingly at their dance festival in Great Sampford.

Lastly, who could forget our KS2 amazing dancers and gymnasts. I am so in owe of how brave and confident all of you were to get up on stage at Saffron Hall and absolutely smash your performances. Everyone at KSS is so proud of what you achieved!





# KSS COMPETITIONS THIS TERM IN PHOTOS

EDITION 02



31/03/2023

[WWW.KATHERINESEMAR.CO.UK](http://WWW.KATHERINESEMAR.CO.UK)

## HOCKEY COMPETITION



## Y3/4 TAG RUGBY







# KSS COMPETITIONS

EDITION 02



31/03/2023

[WWW.KATHERINESEMAR.CO.UK](http://WWW.KATHERINESEMAR.CO.UK)

## SWIMMING GALA – THANK YOU BERNAE AND THE SWIM TEACHERS!

Back in January our gala team across all of KS2 attended the local Saffron Walden swim gala competition. This is always a big event for us, and it is something we train really hard for.

All Saffron Walden schools attend and the prize is a place in the next round being held in Dunmow after Easter. It was a really hard fought afternoon, with many excellent races but at the end, it was Katherine Semar school who prevailed.

Well done to all who swam – you did fantastically. Keep up the hard work and good luck for the next round!



## BOYS & GIRLS FOOTBALL VS DAME BRADBURY'S







# KSS PE & FESTIVALS THIS TERM



EDITION 02



31/03/2023

[WWW.KATHERINESEMAR.CO.UK](http://WWW.KATHERINESEMAR.CO.UK)

# pe >>>>>

## KS1 DANCE FESTIVAL







# NEXT TERM @ KATHERINE SEMAR



EDITION 02



31/03/2023

[WWW.KATHERINESEMAR.CO.UK](http://WWW.KATHERINESEMAR.CO.UK)

## 'The Future is Bright'

**Next term is a busy term at KSS, giving us plenty of opportunities to take part in lots of summer sporting activities and events.**

**The first week back we will be trialing for all of our squads and I hope to see lots of you trying out.**

**These squads are: rounders, cricket, athletics and tennis, our fabulous netball & gala squads will also be continuing.**

**To help you prepare - we are looking to attend swimming and archery events in April, cricket, tennis and rounders events in May and athletics, cricket, tennis and rounders events in June and July - a busy summer for sports! If your child is taking part in any of these squads, please make sure you look out for Parent Mails each week, giving all the information for your child to be able to take part and send any details back to the office ASAP. The events above are also in addition to our sports day here at KSS - which we are extremely excited about!**

**We are also running summer sports and gymnastics after school clubs for KS1 & dance, summer sports, rounders and football after school clubs for KS2.**

**In PE, the children across both key stages, will be developing their skills and understanding of many sports; dance, athletics, swimming, gymnastics, tennis, rounders, cricket and netball. Along with some outdoor and adventure too!**

**The KSS sports team is looking forward to a great (but busy) summer term!!**



## **SPORTING ACHIEVEMENT?**



**Do you know someone who has been recognized for their sporting achievement, or have you had a sporting achievement outside of school and would be happy for it to appear in our termly newsletter here at KSS? If so, please get in touch with Mr Gilkes at [pe@katherinesemar.net](mailto:pe@katherinesemar.net).**

**We believe it to be really important to celebrate these achievements as much as we can.**



# SPORT IN OUR COMMUNITY



EDITION 02



31/03/2023

[WWW.KATHERINESEMAR.CO.UK](http://WWW.KATHERINESEMAR.CO.UK)

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

[HTTPS://WWW.FITFORSPORT.CO.UK/ABOUT-US/BLOGS/DETAIL/YOUDONTHAVE-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)

**WHO:** ACE CLUB @ KSS

**WHEN:** EASTER HOLIDAYS

**WHERE:** KATHERINE SEMAR

**CONTACT:** 01799 520356

[ACE@KATHERINESEMAR.NET](mailto:ACE@KATHERINESEMAR.NET)

**WHO:** RUGGERBUGS

**WHEN:** SUNDAYS

**WHERE:** SWCHS

**CONTACT:** 01799 934274

[OFFICE@RUGGERBUGS.CO.UK](mailto:OFFICE@RUGGERBUGS.CO.UK)

**WHO:** JUST PLAY SAFFRON WALDEN

**WHEN:** EASTER HOLIDAYS

**WHERE:** SHIRE HILL

**CONTACT:** 01799934349

[INFO@JUSTPLAYSAFFRONWALDEN.COM](mailto:INFO@JUSTPLAYSAFFRONWALDEN.COM)

**WHO:** MINI ATHLETICS

**WHEN:** SUNDAYS

**WHERE:** DAME BRADBURY'S

**CONTACT:** [RMOCLAIR@MINIATHLETICS.COM](mailto:RMOCLAIR@MINIATHLETICS.COM)

