



# PE & SPORT AT KATHERINE SEMAR SCHOOLS

EDITION 03



20/07/2023

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

## SWIM, SWIM, SWIM



Well done to our gala squad who won their Great Dunmow swim event and qualified for the county finals held at a school in Chelmsford. This was a final made up of 5 schools from across Essex that had won both their level 1 and level 2 competitions.

It was amazing that we were able to represent Katherine Semar and Saffron Walden at a big final such as this. There were many won races, and some brilliant swims from everyone!

**Katherine Semar placed 2nd!!**  
Well done all.

A big thank you to all the swim teachers!

### WHAT HAVE WE BEEN LEARNING?

This term the children across both KS1 and KS2 have been practicing for our sports day.

KS1 have been learning athletic events such as howler throw, javelin and long jump. We have had a big focus on how to jump to create distance instead of height. This is a skill we have also linked to our throws.

KS2 have been learning the same throws and jumps but also using these events to practice our measuring skills and working together to create a further distance in our jumps. They have also been practicing events such as; space hopper, target throw, chest push and archery in preparation for sports day. KS2 PE has had a big focus on developing speed, with the use of tag games and track work - timing our personal bests to set ourselves targets.

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 school. There has been so much success; achieving 1st, 2nd and 4th place at the Y3/4 Rapid Fire Cricket competition and then placing 4th at the finals, getting 6th place at the level 3 Archery finals, the Y5/6 boys coming 1st place at the Dynamo cricket and then getting 2nd at the finals and our Y5/6 girls team achieving 3rd place

We also achieved a 4th place finish at the Rounders finals. Then later in the summer our Y3/4 quad kids athletics team came 2nd which was a stepping stone to our Y3/4 athletics team finishing in 2nd place and finally, our gala team finishing 2nd in the county swimming gala finals!

Well done all!!



# KSS COMPETITIONS THIS TERM IN PHOTOS

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## ARCHERY FINALS & ROUNDERS COMP



## INTER SCHOOL NETBALL COMP



## Y5/6 DYNAMO CRICKET



## Y5 ROUNDERS FESTIVAL





# KSS FUN GALA



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## KS2 SCHOOL FUN GALA - THANK YOU BERNAE AND THE SWIM TEACHERS!

On Monday our whole Junior school attended Lord Butler Leisure Centre for a fun gala swim and competed for points in their school houses.

Everyone raced and then ended with a fun free swim.

The results were:

Y3/4 -

1st: Oak & Beech = 72 points

3rd: Horse chestnut = 64 points

4th: Sycamore = 62 points

Y5/6 -

1st: Sycamore = 82 points

2nd: Horse Chestnut = 77 points

3rd: Beech = 76 points

4th Oak = 73 points

Overall Results =

1st: Beech = 148 points

2nd: oak = 145 points

3rd: Sycamore

= 143 points

4th: Horse Chestnut

= 141 points



Well done to everyone involved and thank you to the swim teachers for organising.



# KSS SPORTS DAY



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## JUNIOR



### SPORT DAY





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## INFANT



### SPORT DAY





# KSS SPORTS PITCH



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*Katherine Semar*

*School*

## NEW SPORTS PITCH OPENING





# NEXT TERM @ KATHERINE SEMAR



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## 'The Future is Bright'

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

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

These squads are: Y3 to 6 indoor athletics, Y3/4 & 5/6 football, Y3/4 & 5/6 dodgeball, Y3 to 6 tag rugby and Y3 to 6 cross country, also our fabulous netball & gala squads will also be trialling.

If your child will be trialling and then 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 squads above are also in addition to our various sports clubs, which are; gymnastics for Y3 to 6, urban cheer for year 3 & 4 and 5 & 6, hockey for year 5 & 6, and Multi-sports for year 3 and 4 (1st half term) for year 5 and 6 (2nd half term)

Please make sure you sign up to your preferred club when the survey goes live on the 1st September to avoid any disappointment!

We are also running football and gymnastics after school clubs for KS1.

In PE, the children across both key stages, will be developing their skills and understanding of many sports, some of which are gymnastics, dance, and cross country. Along with some swimming and outdoor and adventure too!

The KSS sports team is looking forward to a great (but busy) autumn 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



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## 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)

**WHO:** ACE CLUB @ KSS

**WHEN:** SUMMER HOLIDAYS

**WHERE:** KATHERINE SEMAR

**CONTACT:** 01799 520356  
[ACE@KATHERINESEMAR.NET](mailto:ACE@KATHERINESEMAR.NET)

**WHO:** THE GROVE TENNIS SESSIONS

**WHEN:** VARIOUS

**WHERE:** THE GROVE TENNIS CLUB

**CONTACT:** 07900 933834

**WHO:** HAVERHILL GYMNASTICS

**WHEN:** VARIOUS

**WHERE:** HOLLANDS RD, HAVERHILL

**CONTACT:** 01440 704486

**WHO:** SAFFRON WALDEN CRICKET CLUB

**WHEN:** SUMMER HOLIDAYS

**WHERE:** CRICKET CLUB

**CONTACT:** 07578364078

[KEVIN.DUERS@GMAIL.COM](mailto:KEVIN.DUERS@GMAIL.COM)

