



EDITION 04

PE & SPORT AT KATHERINE SEMAR SCHOOLS



12/12/2023

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'tis the season



TO DODGE, DIVE, DIP, DUCK & DODGE



WHAT HAVE WE BEEN LEARNING?

KS1:

This term our KS1 children have been enjoying a full and varied programme of sport and PE. Our Early Years have been working with Mrs Boyd to improve their strength using their bodies to make different shapes in dance and yoga. And they have been developing their gross motors skills and ball control learning different ball games with Mr Gilkes.

Year one has been enjoying swimming for the first time down at Lord Butler with Bernae and her swim coaches, as well as learning how to climb, balance and jump safely, using their bodies to make different shapes in the air, which is also a focus year two have in Gymnastics with Mr Gilkes.

Year two have been dancing, dancing, dancing with Mrs Hull and Miss Andrews, looking at dynamics, which is how to move to the music.

KS2:

Across KS2 this half term year three and four have been practicing and further developing their ball skills that they learnt in KS1, progressing onto learning football skills in year five and year six.

Alongside this, year three have been enjoying wet and windy afternoons at our forest, taking part in our excellent outdoor and adventurous activities with our leader Mrs Margetson and Mrs Matthews. Year four have been swimming on a Monday, alongside year six working towards their national curriculum swim awards, following their practice in KS1, with Bernae and our swim coaches.

Lastly, year five have been learning to dance with Mrs Farrant and Mrs Broadbent, again, looking at dynamics but as a progression from KS1, they have been developing moving to the music as a group.

Success!

This term has been hugely successful at Katherine Semar with the school taking part in 7 competitions in KS2 and the Teddy Bear run & the Santa Dash in KS1. KS1 also had the opportunity to take part in a multi skills festival at Lord Butler Leisure Centre with various other schools. Our KS2 also took part in 2 sports festivals; a girls football festival held at KSS and a multi skills festival at STM. Lastly, KS2 enjoyed having Essex Cricket attend for a sports themed assembly and a full day of Cricket matches and fun games.

Further to the above, we qualified for many finals this term. Our KS2 Cross Country team had 6 children qualify for the next round at Carver Barracks, our Y5/6 Tag Rugby team finished in 1st place and qualified for the next round and finally, our Y3/4 Dodgeball team finished 1st place in their local competition and qualified for the next round held at Felsted school last week. In this competition they finished in 3rd place - WELL DONE ALL!!!





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KSS COMPETITIONS THIS TERM IN PHOTOS



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FOOTBALL COMPETITION



GOLF COMPETITION





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CROSS COUNTRY



ON 9TH NOVEMBER 39 CHILDREN REPRESENTED KATHERINE SEMAR IN THE CROSS COUNTRY COMPETITION AT HERBERTS FARM. A GRUELLING COURSE ESPECIALLY BEING MUDDY UNDERFOOT, THE CHILDREN REALLY SHOWED RESILIENCE BY COMPLETING THIS COURSE SO A BIG ACHIEVEMENT FOR ALL. 6 CHILDREN QUALIFIED FOR THE NEXT ROUND WHICH WILL BE HELD AT CARVER BARRACKS ON 28TH FEBRUARY, 3 WINNING MEDALS; LEILA COMING 1ST IN YEAR 4 GIRLS, BOBBY ALSO ACHIEVING GOLD FOR THE YEAR 4 BOYS AND LEO B COMING 2ND FOR YEAR 5 BOYS. A HUGE CONGRATULATIONS TO ALL 6 CHILDREN WHO QUALIFIED, WE WILL CONTINUE TO TRAIN IN READINESS FOR THE NEXT ROUND!

Y3/4 DODGEBALL

On Wednesday 8th November Katherine Semar took 3 teams from the Year 3&4 Dodgeball Squad to compete in the Dodgeball Tournament at Lord Butler. The Greens pictured below consisted of 9 Year 3 players and embraced their first tournament, remained positive and smiled throughout, coming 6th in Division 2. The Reds had 8 team players and were a mixture of Year 3 & 4 children. They supported each other and displayed great team work, achieving 2nd place in the 2nd division - an amazing result. The Blue's consisted of a team of 8 players, all Year 4's playing, so were entered in Division 1. They remained very focused throughout the tournament and all players worked hard constantly dodging, blocking, catching and throwing which gained them a place in the semi-final, having beaten St Thomas Moore and Ashdon. The Blue's beat Radwinter 2-1 in the semi-final and then went onto win the final against RAB 1st team 2-1. A great energetic morning of fun and achievement, all their hard work paid off and the Blue's will now be attending the USSP Dodgeball finals at Felsted on Friday 8th December.



Y3/4 Dodgeball Finals

Winners of the Dodgeball tournament at Lord Butler back in November we were invited to attend the finals at Felsted School on Friday 8th December. We had a team of 8 strong and determined athletes looking for a win! There were 16 schools that attended, a round robin tournament so we played 7 matches, winning 5 and drawing 2. We tied on points with Great Dunmow (who we had beaten) but due to tournament rules they went through to the finals and we played RAB for 3rd position. We won and all 8 children were elated and wore their bronze medals with big smiles, they were all so sporting and displayed excellent team work throughout. Gold for Katherine Semar next year!



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SPORTS EVENTS IN PHOTOS



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Y5/6 DODGEBALL COMPETITION

Katherine Semar took 3 teams from the dodgeball squad to compete in the dodgeball tournament on 22nd November at Lord Butler. 8 teams played in Division 1 and 8 teams in Division 2. Our Blue team played 7 matches, a slow start due to nerves but the team soon began to grow in confidence and games became fast and competitive with 2 fantastic games against RAB, an overall draw against both their teams. Overall our position was 4th. Our Red and Greens competed in Division 2 and both teams showed great team spirit. Greens came 1st beating all 7 teams and Reds came 2nd so a great win for Katherine Semar. The players spoke about how much fun the tournament was so can't wait for the next one!



Y5/6 TAG RUGBY COMPETITION



ESSEX CRICKET VISIT





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KSS SPORTS FESTIVALS



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JUNIOR

MULTI SKILLS FESTIVAL





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KSS SPORTS FESTIVALS



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JUNIOR GIRLS FOOTBALL FESTIVAL





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KSS SPORTS FESTIVALS



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INFANT TEDDY BEAR RUN, SANTA DASH & MULTISKILLS AT LBLC

We attended the Inclusion event for KS1 on 29th November, 12 children from Katherine Semar were invited and the children experienced a fun inclusive morning. Uttlesford Sports School Partnerships ran this event and set up 9 stations all children took part in, including trampolining, catching, and throwing, curling, football and climbing. The atmosphere at all of these events was relaxed, and children felt no pressure to perform, just have fun and they all did. A very special set of events, we are very glad to be part of these.





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KSS PHYSICAL EDUCATION



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*Katherine Semar
School*

PE SNAPSHOT THIS TERM



*Merry
Christmas*



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NEXT TERM @ KATHERINE SEMAR



12/12/2023



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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. In the next page is our timetable for trials and squads throughout the term.

Please make sure you sign up to your preferred club when the survey goes live on the 5th January at 11am to avoid any disappointment!

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

In PE, the children across Key Stage one will be developing and learning about their gymnastics skills, dance, and swimming with their class teachers, as well as looking at teamwork, ball skills, and cricket skills with Mr Gilkes.

Across Key Stage two, the children will be developing their swimming practice, Indoor Athletics skills, dance, gymnastics and outdoor and adventurous activities. With Mr Gilkes and Mrs Eagleton, the children will be working on their rolls and inversions in gymnastics and their Netball techniques, skills and the rules of the game.

The KSS sports team is looking forward to a great (but busy) spring 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 admin-jun@katherinesemar.net. We believe it to be really important to celebrate these achievements as much as we can.



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Spring term – Clubs and Squads (Infant and Junior)

	Early morning squads (Juniors)	Lunchtime Clubs/squads (Juniors)	During the school afternoon	After school Clubs (Juniors)	After school Clubs (Infants)
Monday	Gymnastics Yr 3/4 - Mr Gilkes			Musical Theatre Yr 3 to 6 Mrs Gardiner	Football club Yr 1/2 Mr Gilkes
	Hockey Yr 5/6 - Mrs Eagleton				
Tuesday	Indoor Athletics Yr 5/6 – Mr Gilkes			Football club Yr 5 & 6 - Mr Gilkes	Art Club Yr 2 Mrs Beckett & Mrs Matthews
	Netball Beginner Group - Mrs Ellis			Public Speaking Yr 4 – Mrs Puxley	
Wednesday	Indoor Athletics Yr 3/4 - Mr Gilkes		Swim gala Yr 3 & 4 alternate weeks with Yr 5 & 6	Football club Yr 3 & 4 - Mr Gilkes	Drama & Music club Yr 1/2 Mrs Gardiner
	Netball Advanced Group - Mrs Ellis			Dodgeball club Yr 5 & 6 - Mrs Eagleton	
Thursday	Gymnastics Yr 5/6 – Mr Gilkes			Art Club Yr 3/4 half term 1 Art Club Yr 5/6 half term 2 Miss Gibson	Multi skills club Yr 1/2 Mrs Eagleton
	Tag Rugby Yr 3/4 – Mrs Eagleton			Tag Rugby squad Yr 5/6 - Mr Gilkes	
Friday	Cross Country Yr 3 to 6 - Mrs Eagleton	Dance Club Yr 3/4 Cadwallader	Miss	Choir Yr 4, 5 & 6 With Mrs Wheeler	Orchestra Yr 3 to 6 - Mrs Cass, Mr Hull and Mrs Wheeler
	Netball Intermediate Group - Mrs Ellis	Dance Club Yr 5/6 Cadwallader	Miss		Dodgeball club Yr 3 & 4 - Mrs Eagleton

Sign ups open at 11am on
5th January 2024 - don't
miss this!!



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SPORT IN OUR COMMUNITY



12/12/2023

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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: XMAS HOLIDAYS

WHERE: KATHERINE SEMAR

CONTACT: 01799 520356

ACE@KATHERINESEMAR.NET

WHO: HAVERHILL GYMNASTICS

WHEN: VARIOUS

WHERE: HOLLANDS RD, HAVERHILL

CONTACT: 01440 704486

WHO: SANTA BOOGIE WONDERLAND

WHEN: FRIDAY 19/12/23

WHERE: RICKLING PRIMARY

CONTACT: KIDZACTIVE

