



PE & SPORT AT KATHERINE SEMAR SCHOOLS



26/03/2024

WWW.KATHERINESEMAR.CO.UK

'Tag 1, Tag 2, Tag 3...'

KATHERINE SEMAR 'KNOCK ON' TO SUCCESS!



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 doing gymnastics, yoga & dance with Mrs Boyd and Mrs Fitt to improve their movement to music and using their bodies to hold different shapes, yoga poses and performing a variety of rolls. They have also been focusing on relaxation. And Early Years have been further developing their ball skills with Mr Gilkes, focusing on hitting a target within different sports.

Year one have been enjoying developing their swimming at Lord Butler with Bernae and her swim coaches, as well as learning how to strike and field a ball in cricket with Mr Gilkes.

Year two have been continuing their dancing in preparation for their Dance festival and learning how to play Three Tees Cricket with Mr Gilkes

KS2:

Across KS2 this term year three and four have been practicing and further developing their Gymnastics, Dance, Indoor Athletics, Netball and Swimming - so a huge variety of skills practiced.

Year five have been learning rolls and cartwheels in gymnastics and developing their personal best scores in indoor athletics with Mrs Eagleton and have attended muddy forest school sessions with Mrs Margetson, as well as continuing to swim with Bernae and our swim coaches. Lastly, year six have focused on rolls and cartwheels in gymnastics with Mr Gilkes and Mrs Eagleton, beat their personal bests in indoor athletics and developed their netball skills.

This term has been hugely successful at Katherine Semar with the school taking part in 9 competitions in KS2 and 1 KS1 dance show and a KS2 gym and dance performance at Saffron Hall. Further to the above, we qualified for 3 finals this term and attended 2 finals qualified for last term.

This term we have won bronze at the tag rugby for both 3/4 & 5/6 and the 3/4 indoor athletics competition. We also won GOLD at the USSP swimming gala winning all our year groups and we won GOLD at our local netball competition. Well done all of the children who took part in a sport at Katherine Semar this Spring term.



GOLD IN THE SWIMMING GALA



GOLD IN NETBALL



BRONZE IN 5/6 TAG RUGBY



BRONZE IN 3/4 TAG RUGBY



BRONZE IN 3/4 ATHLETICS



EDITION 05



KSS COMPETITIONS THIS TERM IN PHOTOS



26/03/2024

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GALA COMPETITION



SPORTS HALL ATHLETICS COMPETITION





EDITION 05

KSS COMPETITIONS THIS TERM IN PHOTOS



26/03/2024



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Y3/4 TAG RUGBY LEVEL 1 AT RAB SCHOOL



Y3/4 TAG RUGBY LEVEL 2 FINALS AT CARVER BARRACKS



Y3/4 TAG RUGBY LEVEL 3 COUNTY FINALS AT HARLOW RUGBY CLUB





EDITION 05

SPORTS EVENTS IN PHOTOS



26/03/2024

WWW.KATHERINESEMAR.CO.UK

KSS GYM AND DANCE SHOW AT SAFFRON HALL

GYMNASTICS YEAR 3 AND 4 2024

[HTTPS://YOUTU.BE/2V_EJRWGYU](https://youtu.be/2V_EJRWGYU)

GYMNASTICS YEAR 5 AND 6 2024

[HTTPS://YOUTU.BE/BZF3HBW5GMM](https://youtu.be/BZF3HBW5GMM)



DANCE YEAR 3 AND 4 2024

[HTTPS://YOUTU.BE/BZF3HBW5GMM](https://youtu.be/BZF3HBW5GMM)

DANCE YEAR 5 AND 6 2024

[HTTPS://YOUTU.BE/DQVJNLBR-M8](https://youtu.be/DQVJNLBR-M8)



Y5/6 TAG RUGBY COMPETITION



HIGH 5 NETBALL COMPETITION AT SWCHS



Y5/6 HOCKEY COMPETITION AT JFAN.





EDITION 05

KSS SPORTS FESTIVALS



26/03/2024



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INFANT

Y2 DANCE FESTIVAL AT RADWINTER SCHOOL





EDITION 05

KSS PHYSICAL EDUCATION



26/03/2024

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Katherine Semar School

PE SNAPSHOT THIS TERM





NEXT TERM @ KATHERINE SEMAR



26/03/2024

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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.

We have had squads trials this week and we look forward to seeing those children on the first week back ready to practice to help us compete at our summer tournaments.

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

We are running summer sports and gymnastics after school clubs for KS1.

In PE, the children across Key Stage one will be developing and learning about dance, yoga, outdoor adventurous, teamwork games, swimming, apparatus in gymnastics, and every KS1 year group will be practicing Mr Gilkes ready for sports day on Friday 5th July 2024.

Across Key Stage two, the children will be developing their skills and understanding in tennis, dance, swimming, cricket, rounders and netball, as well as practicing with Mr Gilkes for our sports day on Friday 5th July 2024.

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



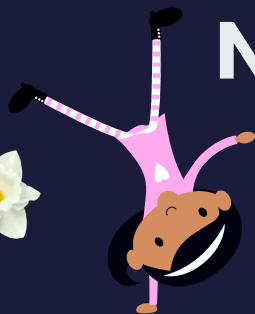
SPORTING achievement?



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 admin-jun@katherinesemar.net. We believe it to be really important to celebrate these achievements as much as we can.



NEXT TERM CLUBS & SQUADS



26/03/2024

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Summer 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	Cricket Yr 3/4 - Mr Gilkes			Musical Theatre Yr 3 to 6 Mrs Gardiner	Gymnastic club Yr 1/2 Mr Gilkes
	Tennis Yr 5/6 - Mrs Eagleton				
Tuesday	Cricket 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 No trials needed				
Wednesday	Athletics Yr 3/4 - Mr Gilkes		Swim gala Yr 3 & 4 alternate weeks with Yr 5 & 6 first half term. If competitions have finished, retire Yr 6 after half term and start Yr 2.	Summer Sports club Yr 5 & 6 Mr Gilkes	Drama & Music club Yr 1/2 Mrs Gardiner
	Netball Advanced Group - Mrs Ellis No trials needed			Rounders club Yr 3 & 4 Mrs Eagleton	
Thursday	Athletics Yr 5/6 – Mr Gilkes			Art Club Yr 3/4 half term 1 Art Club Yr 5/6 half term 2 Miss Gibson	Summer sports club Yr 1/2 - Mrs Eagleton
	Tennis Yr 3/4 – Mrs Eagleton			Football club Yr 3 & 4 Mr Gilkes	
Friday	Rounders Yr 5/6 - Mrs Eagleton Trials on Friday 19/4	Dance Club Yr 3/4 Miss Cadwallader - for the first half term only	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 No trials needed	Dance Club Yr 5/6 Miss Cadwallader - for the first half term only		Summer Sports Yr 3 & 4 Mrs Eagleton	
		Micro:bit club Yr 3/4 Mr Aiken – for the first half term only			





EDITION 05



SPORT IN OUR COMMUNITY



26/03/2024

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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: KIDS ACTIVE

WHEN: VARIOUS

WHERE: RICKLING PRIMARY

CONTACT: KIDZACTIVE

