



EDITION 06

# PE & SPORT AT KATHERINE SEMAR SCHOOLS



23/07/2024



**WE DID IT, WE EARNED PLATINUM**

**WELL DONE EVERYONE!**

# KSS FIRE RAPIDLY TO SUCCESS...



**Success!**



**GOLD IN THE RAPID FIRE CRICKET FINALS**



**GOLD IN DUNMOW SWIM FINAL**



**GOLD IN COUNTY SWIM FINAL**



**SILVER IN RAPID FIRE CRICKET**



**SILVER IN GIRLS CRICKET**



**SILVER IN DISTRICT ATHLETICS**



**BRONZE IN ROUNDERS**

## WHAT HAVE WE BEEN LEARNING?

**KS1:**  
This term our KS1 children have been enjoying getting ready for sports day, learning to throw far, jump far and run quickly. The skills we have been practicing for these events are, having quick feet and being agile, as well as how to create power with our upper body for throwing and creating power with a lower body for jumping. Well done all!

Both year one and year two have also been enjoying developing their swimming at Lord Butler with Bernae and her swim coaches, as well as learning to use apparatus safely in gymnastics and how to use props with dance in their dance lessons.

**KS2:**  
Across KS2 this term there has been a variety of summer sports being practiced with Mr Gilkes, Bernae, Mrs Eagleton and the children's class teachers. These sports are swimming, athletics (sports day practice), tennis, dance, outdoor adventures, rounders, netball, and cricket. I would like to say a big thanks to all the staff who run these sports and to the children who take part so enthusiastically in PE lessons.





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# KSS COMPETITIONS THIS TERM IN PHOTOS



23/07/2024

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

## GALA COMPETITION



OUR GALA CHILDREN ALSO ATTENDED THE ESSEX COUNTY SWIM FINALS IN CHELMSFORD. WE ARE SO PROUD TO ANNOUNCE THAT BOTH SQUADS (3/4 & 5/6) CAME SECOND OVERALL! THE CHILDREN HAVE WORKED SO HARD AND WE ARE SO PROUD OF THEM ALL. THANK YOU TO ALL OUR WONDERFUL SPORTS COACHES FOR ALL THEIR COMMITMENT.



AT THE  
*pool*

## DISTRICT ATHLETICS

IN THE UTTLESFORD ATHLETICS FINALS, WE CAME SECOND FOR OUR YEAR 5 AND 6 CHILDREN AND THIRD OVERALL. I WAS SO PROUD OF THE CHILDREN WHO, ON SUCH A HOT DAY (WITH LITTLE SHADE), PERFORMED BRILLIANTLY AND BEHAVED IMPECCABLY. THANKS TO ALL THE PARENTS WHO CAME TO HELP AND SUPPORT.





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## GIRLS DYNAMO CRICKET



## BOYS DYNAMO CRICKET



## COUNTY NETBAL FINALS





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# SPORTS EVENTS IN PHOTOS



23/07/2024

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## QUAD KIDS ATHLETICS COMPETITION

## ROUNDERS COMPETITION



## KS1 MULTI SKILLS EVENT @ JFAN





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# KSS SPORTS FESTIVALS



23/07/2024

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## INFANT

## EY SCOOTER FESTIVAL



## KS1 GIRLS FOOTBALL FESTIVAL





# KSS SPORTS DAY



23/07/2024

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## *Katherine Semar School Infants*

WHAT A DAY! CONSIDERING WE WERE NOT ABLE TO MAKE TWO SPORTS DAYS THIS YEAR DUE TO BAD WEATHER, IT WAS AMAZING WHEN IT DID TAKE PLACE ACROSS BOTH SCHOOLS.

ALTHOUGH THE ATMOSPHERE WAS NOT THE SAME WITHOUT THE PARENTS IN ATTENDANCE, THE CHILDREN STILL REALLY EMBRACED THE DAY AND TOOK PART IN ALL THEIR SPORTS EVENTS AND RACES WITH A SMILE, FUN AND ENTHUSIASM.

THANK YOU FOR ALL CHILDREN AND STAFF FOR A BRILLIANT SPORTING AFTERNOON.





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# KSS SPORTS DAY



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## *Katherine Semar School Juniors*





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# NEXT TERM @ KATHERINE SEMAR



23/6/2024

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## Our Y2 cheer club

**THIS YEAR SOME CHILDREN FROM YEAR 6 HAVE BEEN RUNNING A CHEER CLUB AT LUNCH TIMES EACH WEEK. WE ARE INCREDIBLY PROUD OF OUR Y2 CHEERLEADING TEAM.**

**AVA, BELLA, ELSA AND LANA FROM YEAR SIX HAVE SPENT A LOT OF TIME TRAINING AND PRACTICE THEIR ROUTINE WITH THE KS1 CHILDREN AND THE Y2 CHILDREN PERFORMED TO THE REST OF THE SCHOOL. THEY SHOWED THEIR CORE VALUES OF CONFIDENCE AND RESILIENCE. THE ROUTINE WAS STUNNING AND WE ARE VERY GRATEFUL TO THE Y2 CHILDREN AND Y6 CHEER CAPTAINS WHO HAVE WORKED SO HARD TO CHOREOGRAPH AND TEACH THE DANCE.**

**IF YOU ARE IN YEAR 6 NEXT YEAR AND ARE INTERESTED IN BEING A CHEER CAPTAIN, OR YOU WILL BE YEAR 2 AND ARE INTERESTED IN TAKING PART, PLEASE LET MR GILKES KNOW WHEN WE COME BACK TO SCHOOL IN SEPTEMBER.**

**IN THE MEANTIME PLEASE SCAN THE QR CODE BELOW AND WATCH THE ROUTINE THAT OUR CHEER CAPTAIN CHOREOGRAPHED THIS YEAR. WELL DONE ALL!**



## **SPORTS LEADER AT KSS?**

**Are you going into Year 6 in September 2024 and sport and being active is your passion?**

**If so, then Katherine Semar are looking for you!**

**When we return back in the autumn term, there will be a chance for children in the new year 6 classes to apply to become a sports leader and ambassadors for KSS.**

**Look out for more information from Mr Gilkes in the new term!**



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# NEXT TERM @ KATHERINE SEMAR



23/07/2024

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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.**

**There are squads trials taking place on the first three days back into the start of term, Weds, Thurs and Friday and then these continue on the Monday and Tuesday the following week.**

**There are many clubs taking place as well and on the next page is our timetable for squads and clubs throughout the term.**

**In PE, the children across Key Stage one will be developing and learning about how to move their bodies to music in dance and yoga, as well as how to use their bodies to be agile across different ball sports. Further more, they will be swimming with Bernae, attending forest school and using the apparatus to learn to balance and jump in gymnastics.**

**Across Key Stage two, the children will be developing their skills and understanding in cross country, football, tag rugby and dance. As well as swimming as various times in the term with Bernae and her team of coaches.**

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



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# NEXT TERM CLUBS & SQUADS



23/07/2024

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**Autumn term – Clubs and Squads (Infant and Junior) – clubs in black, squads in red**

	Early morning squads (Juniors)	Lunchtime Clubs/squads (Juniors)	During the school afternoon	After school Clubs (Juniors)	After school Clubs (Infants)
Monday	Football Yr 5 & 6 With Mr Gilkes			Gymnastics Yr 5 & 6 With Mr Gilkes (first half term – second half term will be a squad)	Drama and Music club Yr 1 & 2 With Mrs Gardiner
	Dodgeball Yr 3 & 4 With Mrs Eagleton				
Tuesday	Indoor Athletics Yr 5 & 6 With Mr Gilkes	Archery squad Yr 3 & 4 With Mrs Eagleton		Gymnastics Yr 3 & 4 With Mr Gilkes (first half term – second half term will be a squad)	Art Club Yr 2 With Mrs Beckett & Mrs Matthews
	Netball Beginner Group With Mrs Ellis	Archery squad Yr 5 & 6 With Mrs Eagleton			
Wednesday	Indoor Athletics Yr 3 & 4 With Mr Gilkes	Mindfulness club Yr 3 & 4 With Mrs Eagleton	Swim gala Yr 3 & 4 alternate weeks with Yr 5 & 6	Art and Craft club with Mrs Page Yr 5 & 6 first half term Yr 3 & 4 second half term	Football club Yr 1 & 2 With Mr Gilkes
	Netball Advanced Group With Mrs Ellis	Mindfulness club Yr 5 & 6 With Mrs Eagleton		Hockey Yr 3 & 4 With Mrs Eagleton	
Thursday	Football Yr 3 & 4 With Mr Gilkes	Dance Club Yr 3 & 4 with Tempos (first half term only)	Choir Yr 4, 5 & 6 With Mrs Wheeler	Tag Rugby squad – Yr 3 & 4 With Mr Gilkes	Gymnastics Yr 1 & 2 With Mrs Eagleton
	Dodgeball Yr 5 & 6 With Mrs Eagleton	Dance Club Yr 5 & 6 with Tempos (first half term only)		Orchestra Yr 3 to 6 With Mrs Savill, Mr Hull and Mrs Wheeler	
Friday	Cross Country Yr 3 to 6 With Mr Gilkes	Urban Cheer Yr 3 & 4 With Mr Gilkes		Tag Rugby squad – 5 & 6 With Mr Gilkes	
	Netball Intermediate Group With Mrs Ellis	Urban Cheer Yr 5 & 6 With Mr Gilkes		Multisports Yr 3 & 4 With Mrs Eagleton	
	Hockey Yr 5 & 6 With Mrs Eagleton			Show Choir Yr 3 With Mrs Gardiner	

**SIGN UP FROM MONDAY 2ND SEPTEMBER 2024 AT MIDDAY!!**

# THANK YOU!

**TO EVERYONE WHO HELPED**



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# SPORT IN OUR COMMUNITY



23/07/2024

[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/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:** SCHOOL HOLIDAYS

**WHERE:** KATHERINE SEMAR

**CONTACT:** 01799 520356

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

**WHO:** HAVERHILL GYMNASTICS

**WHEN:** VARIOUS

**WHERE:** HOLLANDS RD, HAVERHILL

**CONTACT:** 01440 704486

**WHO:** KIDS ACTIVE

**WHEN:** VARIOUS

**WHERE:** HERBERTS FARM

**CONTACT:** KIDZACTIVE

