



EDITION 07



PE & SPORT AT KATHERINE SEMAR SCHOOLS



20/12/2024



Merry Christmas
& A Happy New Year!
from the sport team at KSS

This term has been an excellent one for competitions and events. Katherine Semar School have hosted 5 local events since September which lots of other schools have attended. We have also achieved 6 bronze medals, 3 silvers and 2 golds across 10 events which is a brilliant achievement. Well done to all children who took part.



WHAT HAVE WE BEEN LEARNING?

KS1:

This term our children in EY have been enjoying learning gymnastics, dance and yoga, ball skills and multi skills and our children in KS1 have had a fantastic time practicing their team work in multi skills, learning about different 'levels' in dance, exploring the forest in outdoor adventurous and developing their rolls in gymnastics. They have also been fabulous during their swimming sessions within Bernae and her team of swim coaches.

Well done all!

KS2:

Across KS2 this term there has been a variety of different sports being developed within the children's PE lessons. The children have been learning cross country and how to run effectively, looking at different pace and how to breath effectively. We have also been developing our ball skills and looking at lots of different sports that include a ball, this included, tag rugby, football and hockey. Furthermore, they have been working on how to work together in the forest and improve swimming stroke during their swim sessions with Bernae.

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



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WWW.KATHERINESEMAR.CO.UK





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SPORTS FESTIVALS IN PHOTOS



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*KS1
Santa Dash*





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KSS SPORTS FESTIVALS



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GIRLS FOOTBALL FESTIVAL





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KSS SPORTS FESTIVALS



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KATHERINE SEMAR TEDDY BEAR RUN





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NEXT TERM @ KATHERINE SEMAR



20/12/2024



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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 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 rolls in gymnastics, building their teamwork across many ball skill sports, how to travel using their bodies, and also using their bodies with control and balance in dance, practicing their swimming with Bernae, using the apparatus in gymnastics with Mr Gilkes and learning to strike and field in cricket.

Across Key Stage two, the children will be developing their skills and understanding in indoor athletics, netball, dance and gymnastics. As well as having fabulous swim session with Bernae and swim coaches and outdoor adventurous with Mrs Margetson and Mrs Matthews.

The KSS sports team is looking forward to a great (but busy) spring term!! Have an amazing christmas.





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NEXT TERM CLUBS & SQUADS



20/12/2024



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Spring 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 Club Yr 3 & 4 With Mr Gilkes			Gymnastics Squad Yr 5 & 6 With Mr Gilkes	Drama and Music Club Yr 1 & 2 With Mrs Gardiner
	Dodgeball Club – Yr 5 & 6 With Mrs Eagleton				
Tuesday	Football Club Yr 5 & 6 With Mr Gilkes	Archery Squad Yr 3 & 4 With Mrs Eagleton		Gymnastics Squad Yr 3 & 4 With Mr Gilkes	Art Club Yr 2 With Mrs Beckett & Mrs Matthews
	Netball Squad Beginner Group with Mrs Ellis	Archery Squad Yr 5 & 6 With Mrs Eagleton		Multi Sports Club Yr 5 & 6 With Mrs Eagleton	
Wednesday	Indoor Athletics Squad Yr 3 & 4 With Mr Gilkes (1 st half term)	Gymnastic Club Yr 3 & 4 With Mrs Eagleton (1 st half term only)	Swim gala Squad 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	Gymnastic Club Yr 1 & 2 With Mr Gilkes
	Netball Squad Advanced Group with Mrs Ellis	Gymnastic Club Yr 5 & 6 With Mrs Eagleton (1 st half term only)		Multi Sports Club Yr 3 & 4 With Mrs Eagleton	
				Musical Theatre Club Yr 3 to 6 With Mrs Gardiner	
Thursday	Indoor Athletics Squad Yr 5 & 6 With Mr Gilkes (1 st half term)	Dance Club Yr 3 & 4 With Tempos	Choir Club Yr 4, 5 & 6 With Mrs Wheeler	Tag Rugby squad Yr 3 & 4 With Mr Gilkes	Multi Skills Club Yr 1 & 2 With Mrs Eagleton
	Hockey Club Yr 3 & 4 With Mrs Eagleton	Dance Club Yr 5 & 6 With Tempos		Orchestra Yr 3 to 6 With Mrs Savill, Mr Hull and Mrs Wheeler	
Friday	Cross Country Squad Yr 3 to 6 With Mr Gilkes			Hockey Squad Yr 5 & 6 (league games at JFAN) With Mrs Eagleton	
	Netball Squad Intermediate Group with Mrs Ellis			Dodgeball Club Yr 3 & 4 With Mr Gilkes	
				Public Speaking Club Yr 4 With Julie Puxley	

SIGN UP FROM MONDAY 6TH JANUARY!!





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SPORT IN OUR COMMUNITY



20/12/2024

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: SCHOOL HOLIDAYS

WHERE: KATHERINE SEMAR

CONTACT: 01799 520356
ACE@KATHERINESEMAR.NET

WHO: HAVERHILL GYMNASTICS

WHEN: VARIOUS

WHERE: HOLLANDS RD, HAVERHILL

CONTACT: 01440 704486

WHO: THE FOOTBALL FUN FACTORY

WHEN: VARIOUS

WHERE: SAFFRON WALDEN

CONTACT: THEFOOTBALLFUNFACTORY.CO.UK

WHO: KIDS ACTIVE

WHEN: VARIOUS

WHERE: HERBERTS FARM

CONTACT: KIDZACTIVE

