



EDITION 08



# PE & SPORT AT KATHERINE SEMAR SCHOOLS



04/04/2025



# Happy Easter!

*from the sport team at  
KSS*



This term has been an excellent one for competitions and events. Katherine Semar School have attended the Friday Hockey league at JFAN for the first time, gaining huge experience in local hockey. We have also achieved 1 bronze medal, 3 silvers and 4 golds across 11 events which is a brilliant achievement. It is also important for us to say a huge well done to our gala team who this term won 3 golds and 1 silver, making their way to the county finals next term! Our Netball squad also earned a gold and a silver medal this term, alongside a silver and a bronze at the archery finals. Well done to all children who took part.

## Spring into Easter with a cartwheel in your step

### Year 3 and 4 Gym

### Year 5 and 6 Gym





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04/04/2025

## What have we been learning?

### Spring One

### Spring Two

KATHERINE SEMAR

PE

SPRING TERM ONE

ks1

ks2



#### EYFS

##### Gymnastics - Rolls

This half term Early Years are looking to learn and practice different ways to travel and roll across mats and apparatus. As well as looking at how they can safely use their bodies to balance in different ways.

##### Team Games - Teamwork

Within Early Years PE this half term the children are looking at what positive team work looks like and how we can work together in both small and big teams to achieve a goal and to be successful within games.

#### YEAR ONE

##### Games - Ball Skills

In Year one this half term Mr Gilkes and the children will be working together learning how to play Three Tees Cricket. This will be achieved through various ball skill practices, such as developing our hand eye coordination previously learnt in Early Years and learning how to effectively hit a ball with a bat.

##### Dance - Control & Coordination

In dance for Year one, their class teacher will be developing the children's love for dance and music. They are specifically looking at how to dance with control and coordination to a piece of music, performed at the end of term.

#### YEAR TWO

##### Gymnastics - Apparatus

In Gymnastics with Year two this Spring half term, we are looking at how we can effectively and safely use our bodies to climb in all different directions, heights and across different apparatus. We are also building our strength within our arms and hands with hanging practice and the use of the monkey bars.

##### Swimming

In swimming this half term Year two are working on correct stroke form and looking at ways to be safe in the water.

#### YEAR THREE

##### Gymnastics - Rolls & Inversions

In Year three PE this half term we are further building on and developing the rolls learnt in KS1 and adding in sequencing to further progress. The children are looking at how to add rolls together to make a sequence.

##### Swimming

In swimming with Bernice and her swim coaches this half term, Year four are working on effective stroke practice.

#### YEAR FOUR

##### Gymnastics - Rolls & Inversions

This half term in Year four the children are working on inversions and how to successfully perform a move involving height and flight. This means we are looking at jumps and cartwheels and how to complete these safely.

##### Dance - Dynamics

In dance this half term Year four are working with their class teachers to use their bodies through dance to convey an idea. They are looking at effective ways to portray and express mood and change within their dances.

#### YEAR FIVE

##### Gymnastics - Rolls & Inversions

In Year five gymnastics, building on the skills learnt in KS1 and the early part of KS2, the children are learning and developing how to create and perform a complex sequence, building into a routine including more than 3 complex rolls, inversion or balances.

##### Outdoor Adventurous - positive challenge

In outdoor adventurous the children are looking at remaining positive when faced with challenges such as climbing, den building and exploring the outdoor area.

#### YEAR SIX

##### Indoor Athletics - Speed Work

This half term Year six are continuing their developments in indoor athletics looking to beat their personal bests across all their events are tracking their scores on our class score sheet. Further to this we are also using stop watches to help improve their speed across short distances.

Swimming - stroke practice and water safety.

KATHERINE SEMAR

PE

SPRING TERM TWO

ks1

ks2



#### EYFS

##### Dance & yoga - how to travel

In dance for Early Years, their class teacher will be developing the children's love for dance and music. They are specifically looking at how to dance with coordination to a piece of music, performed at the end of term and how they can travel in different ways to music.

##### Games - Ball Skills

Within Early Years PE this half term the children are looking at how to aim a ball during a throw to be successful in hitting a target.

#### YEAR ONE

##### Games - Striking and Fielding

In Year one this half term Mr Gilkes and the children will be working together learning how to strike a ball with accuracy and control. This will be achieved through various hand eye coordination practices and games to develop the skills needed to strike the ball. Year one will also be looking at how to field with speed and working together as a team.

##### Swimming

In swimming this half term Year one are working on correct stroke form and looking at ways to be safe in the water.

#### YEAR TWO

##### Games - 3 Tees Cricket

In Year two this half term Mr Gilkes and the children will be working together learning how to play Three Tees Cricket. This will be achieved through various ball skill practices, such as developing our hand eye coordination previously learnt in EY and Y1 and learning how to effectively hit a ball with a bat.

##### Dance - Partners

With their class teacher this half term, the children will be doing dance and developing how to dance with a partner and in small groups, using techniques such as travelling to music, learnt in previous years.

#### YEAR THREE

##### Indoor Athletics - Speed Work

In Year three PE this half term we are learning and developing indoor athletics, introducing each event and the best techniques to achieve success and speed. The children will be setting their own personal bests using stopwatches and measuring tapes to accurately record their scores. These scores are then targets to beat throughout the half term.

##### Netball

In Netball this Spring two, Year three are learning how to play netball with their class teacher. They are looking at and practicing correct passes, movements around the court and how to pivot.

#### YEAR FOUR

##### Swimming

In swimming this half term Year four are working on correct stroke form and looking at ways to be safe in the water.

##### Indoor Athletics - Speed Work

In indoor athletics this half term, the children are working with Mrs Eagleton and Mr Gilkes on further developing their indoor athletics personal bests with an emphasis on correct jumping technique for distance.

#### YEAR FIVE

##### Indoor Athletics - Personal Bests

In Year five indoor athletics the children are working to beat their personal bests from previous years and learning to race effectively with speed and correct change overs and baton passing.

##### Swimming

In swimming this half term Year five are working on correct stroke form and looking at ways to be safe in the water.

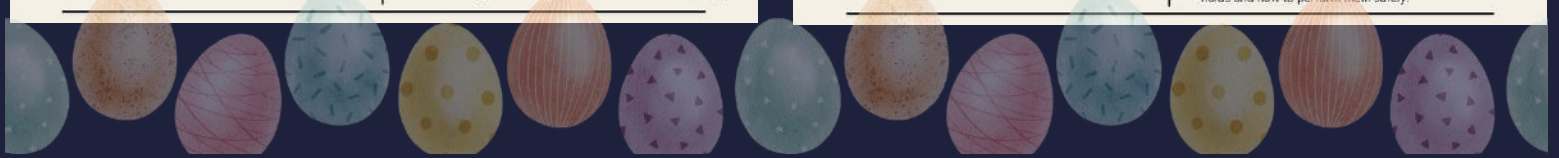
#### YEAR SIX

##### Netball

This half term Year six are developing strategic play in netball and how to work collaboratively as a team as well as working on effective shooting.

##### Gymnastics

In Year six gymnastics, building on the skills learnt in KS1 and the early part of KS2, the children are learning and developing how to create and perform a complex sequence, and looking at group balances and holds and how to perform them safely.





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# KSS COMPETITIONS THIS TERM IN PHOTOS



04/04/2025

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





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# SPORTS FESTIVALS IN PHOTOS



04/04/2025

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## YEAR 3 & 4 DANCE



## YEAR 5 & 6 DANCE

### *Year two dance festival*





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# KSS SPORTS FESTIVALS



04/04/2025

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# Early Years SCOOTING





EDITION 08

# NEXT TERM @ KATHERINE SEMAR



04/04/2025

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

## 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 the sports events that they take part in on sports day and they will also be taking part in fantastic swimming, dance and gymnastics lessons with their teachers, alongside forest school with Mrs Margetson and Mrs Broadbent.

Across Key Stage two, the children will be developing their skills and understanding in athletics, rounders, cricket and tennis, as well as getting ready for sports day. They also will be having fabulous swim session with Bernae and swim coaches and outdoor adventurous with Mrs Margetson and Mrs Broadbent.

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



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# NEXT TERM CLUBS & SQUADS

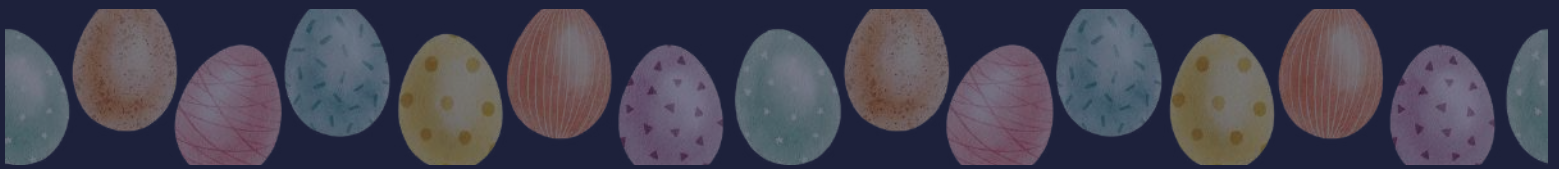


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WWW.KATHERINESEMAR.CO.UK

## Summer 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	Cricket Yr 3/4 Mr Gilkes Tennis Yr 5/6 Mrs Eagleton			Musical Theatre Yr 3 to 6 Mrs Gardiner	Football club Yr 1/2 Mr Gilkes
Tuesday	Cricket Yr 5/6 Mr Gilkes Netball Beginner Group - Mrs Ellis			Football club Yr 5 & 6 Mr Gilkes Athletics club Yr 3 & 4 Mrs Eagleton	Art Club Yr 2 - Mrs Beckett & Mrs Matthews
Wednesday	Athletics Yr 3/4 Mr Gilkes Netball Advanced Group Mrs Ellis		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 Quick sticks club Yr 3 & 4 Mrs Eagleton Art Club Yr 5/6 half term 1 Art Club Yr 3/4 half term 2 Mrs Page	Drama & Music club Yr 1/2 Mrs Gardiner
Thursday	Athletics Yr 5/6 Mr Gilkes Rounders Yr 3/4 Mrs Eagleton	Dance Club Yr 3/4  Dance Club Yr 5/6	Choir Yr 4, 5 & 6 With Mrs Wheeler	Football club Yr 3 & 4 Mr Gilkes Orchestra Yr 3 to 6 - Mrs Savill, Mr Hull and Mrs Wheeler	Summer sports club Yr 1/2 - Mrs Eagleton
Friday	Rounders Yr 5/6 Mr Gilkes  Netball Intermediate Group Mrs Ellis Tennis Yr 3/4 Mrs Eagleton	Micro:bit club Yr 3 and Yr 4 Mr Aiken First half term only  Please note: This club is not open to children who attended last years club		Summer Sports Yr 3 & 4 Mrs Eagleton  Athletics club Yr 5 & 6 Mr Gilkes	





# SPORT IN OUR COMMUNITY



04/04/2025

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WWW.KATHERINESEMAR.CO.UK

## YOU DON'T HAVE TO BE SPORT MAD TO BE ACTIVE!

[HTTPS://WWW.FITFORSPORT.CO.UK/ABOUT-US/BLOGS/DETAIL/YOUDONT-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:** THE FOOTBALL FUN FACTORY

**WHEN:** VARIOUS

**WHERE:** SAFFRON WALDEN

**CONTACT:** [THEFOOTBALLFUNFACTORY.CO.UK](http://THEFOOTBALLFUNFACTORY.CO.UK)

**WHO:** KIDS ACTIVE

**WHEN:** VARIOUS

**WHERE:** HERBERTS FARM

**CONTACT:** KIDZACTIVE

