



EDITION 10

PE & SPORT AT KATHERINE SEMAR SCHOOLS



KS1 Physical Education,
Sport & Activity Mark



SCHOOL
GAMES
PLATINUM

2024/25 - 2025/26

17/12/2025

There's 'Snow Stopping us Now'



MERRY

Congratulations to Katherine Semar School for their outstanding achievements! Finishing in 1st place in the girls football competition, and qualifying to top positions across cross country, dodgeball, boccia & curling, archery and tag rugby is a testament to the hard work, dedication, and teamwork of the students and coaches. This tournaments resulted in 4 golds, 4 silvers and 1 bronze across the term!

Well done to everyone involved. Your efforts and sportsmanship are truly commendable. Keep up the fantastic work!

CHRISTMAS



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What have we been learning?

Autumn Term



THIS TERM, CHILDREN ACROSS KS1 HAVE BEEN BUILDING THEIR BALL SKILLS AND EXPLORING HOW THESE TECHNIQUES CAN BE USED IN SPORTS SUCH AS FOOTBALL, DODGEBALL, TENNIS AND BASKETBALL. THEY HAVE ALSO ENJOYED LEARNING A RANGE OF GYMNASTIC ROLLS IN THE LEAD-UP TO CHRISTMAS.

IN KS2, CHILDREN IN YEARS 3 AND 4 HAVE BEEN DEVELOPING THEIR RUNNING FOR CROSS COUNTRY AND IMPROVING THEIR THROWING SKILLS FOR TAG RUGBY. YEARS 5 AND 6 HAVE FOCUSED ON HOCKEY, FOOTBALL AND DODGEBALL, ALONGSIDE THEIR WEEKLY SWIMMING SESSIONS.

WELL DONE TO EVERYONE FOR THEIR HARD WORK!





EDITION 10

SPORTS PHOTOS



KS1 Physical Education,
Sport & Activity Mark



17/12/2025





EDITION 10

KSS FESTIVALS IN PHOTOS



KS1 Physical Education,
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17/12/2025

Santa Dash



ks2 Fun & Games





EDITION 10

KSS COMPETITIONS



17/12/2025



Our Archery Squad attended an Archery tournament on 26th November at Radwinter School. All 4 teams have worked hard at their technique and accuracy in training sessions over the term and it paid off! Lots of cheers for all the bullseye's scored, which led to high scores in all 4 teams. The result was Year 3&4 came 1st and 2nd and Year 5&6 also came 1st and 2nd, so all 4 teams qualify for the final at Lord Butler in April. Amazing results and congratulations to the Archery Squad.



Katherine Semar attended 2 Dodgeball Tournaments over the last 4 weeks for Year 3&4 and Year 5&6 at Lord Butler. We went with 6 teams (48 children), they dodged, caught, and attacked with high energy and determination. The outcome: We came joint 2nd in both tournaments so 4 out of 6 teams have qualified for the Finals at the beginning of December. The squads continue to work hard on their tactics and are excited to compete at a higher level and hoping to bring home Gold!



SPORTS LEADERS @ KSS



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LEAD THE NEXT GENERATION OF SPORTS PEOPLE!

At Katherine Semar School, Year 6 students are offered a remarkable opportunity to become significant sporting role models for their peers. As sports leaders, these students facilitate a variety of multi-skills games and sports activities during lunch times and at numerous events throughout the year, fostering an environment that encourages staying active in a fun and engaging way. From this group of sports leaders, some are selected to become sports ambassadors and sports captains. These ambassadors not only represent sports within the school but also serve as representatives at local and county levels, promoting the importance of sports and competition at various partnership events throughout the year. If you're entering Year Six and feel inspired to take on this leadership role, you are encouraged to express your interest by speaking with Mr. Gilkes during the first week of the Autumn term. This is a fantastic chance to make a positive impact and inspire others through the power of sport.





ACTIVE TRAVEL @ KSS



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ACTIVE TRAVEL

At Katherine Semar, we've been dedicated to promoting active travel to and from our school, and we're thrilled to see the progress made so far. With the introduction of new bike and scooter racks, a comprehensive travel map, and intensive Bikeability training, we've laid a strong foundation for encouraging more active commutes. Our goal for 2025-2026 is to see even more children and parents embracing these active travel methods, building on the momentum we've gained this year. We extend our heartfelt thanks to everyone who has embraced this challenge and encourage you to continue these healthy habits over the Christmas holidays as well. Your efforts are not only benefiting your health but also contributing to a greener, more sustainable community. Keep up the great work!

ACTIVE KIDS ARE HEALTHY KIDS

Choose active travel to and from school.

Introduce active travel into your routine. Even one day per week can help.



WALK, BIKE, AND ROLL
Get your kids to walk, bike, skateboard, or take public transit to and from school. They'll get some fresh air, exercise, and a feeling of independence.

DRIVE TO 5
Try parking just a few blocks away (5 minutes) and walk with your kids. You'll free up space in the school zone, get some fresh air, and have a chance to hear about your child's day.

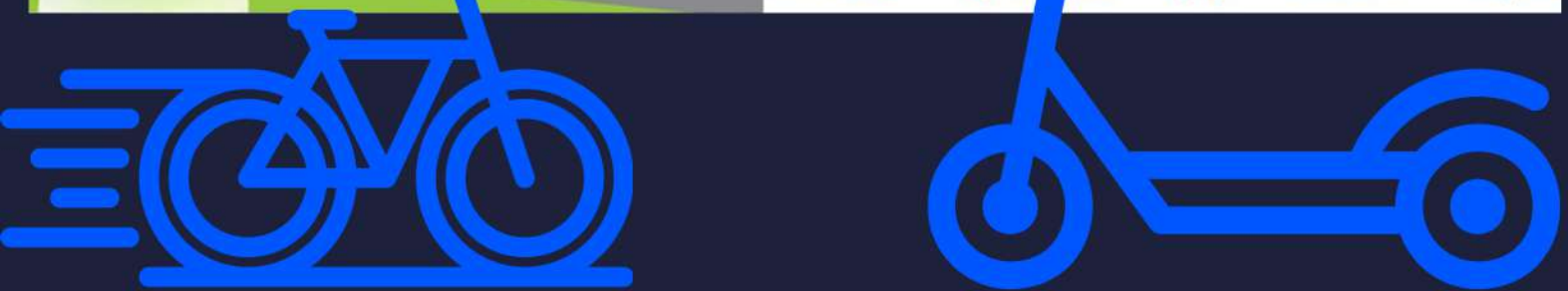
WALKING SCHOOL BUS
Organize your own Walking School Bus program which allows children to walk to school together accompanied by adult volunteers.



BIG BENEFITS

<p>HEALTH</p> <ul style="list-style-type: none"> Good for Heart & Bones Increased Alertness & Attention Improved School Performance Better Sleep Less Anxiety & Depression 	<p>COMMUNITY</p> <ul style="list-style-type: none"> Fostered Friendships Increased Sense of Belonging Better Understanding of the Local Area
<p>AIR QUALITY</p> <ul style="list-style-type: none"> Reduced Vehicle Emissions Improved Air Quality Lower Risk of Lung & Cardiovascular Diseases 	<p>SAFETY</p> <ul style="list-style-type: none"> Reduced Traffic Volume Around Schools Lower Risk of Collision & Injury
<p>CROSS SMART</p> <ul style="list-style-type: none"> Always cross at designated crosswalks and follow pedestrian signs and traffic signals. Watch for drivers turning left or right through the crosswalk. 	

For more tips and resources visit the schools tab at: translink.ca/travelsmart





NEXT TERM @ KATHERINE SEMAR



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17/12/2025

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 a variety of different sports and the skills associated with them, such as, Gymnastics, multi skills, ball skills, dance & yoga, cricket and teamwork, along with forest school and swimming.

Across Key Stage two, the children will be developing their skills and understanding in Cross country, swimming, hockey, tag rugby, ball skills, forest school, dance, netball and indoor athletics.

The KSS sports team is looking forward to a great (but busy) Spring term!!
Have an amazing Christmas and new year!





EDITION 10

NEXT TERM CLUBS & SQUADS



17/12/2025

Spring Clubs & Squads

Spring term 2026 – 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 Dodgeball Club – Yr 5 & 6 With Mrs Eagleton	Dance Yr 2 (1 st half of lunch) With Mrs Eagleton & Mrs Doby		Gymnastics Squad Yr 5 & 6 With Mr Gilkes Art & Craft Club - Yr 3&4 1st half term. Yr 5&6 2 nd half term	Drama and Music Club Yr1&2 With Mrs Gardiner
Tuesday	Football Club Yr 5 & 6 With Mr Gilkes Netball Squad Beginner Group with Mrs Ellis	Young Voices Choir Yr 5&6 (2 nd half of lunch)		Gymnastics Squad Yr 3 & 4 With Mr Gilkes Multi Sports Club Yr 5 & 6 With Mrs Eagleton	Art Club Yr 2 With Mrs Beckett & Mrs Matthews
Wednesday	Indoor Athletics Squad Yr 3&4 With Mr Gilkes (1 st half term) Cricket Squad Yr 3 & 4 (2 nd half term) Netball Squad Advanced Group with Mrs Ellis		Swim gala Squad Yr 3 & 4 alternate weeks with Yr 5 & 6	Knitting & Crochet club with Mrs Page Yr 5 & 6 1st half term Yr 3 & 4 2 nd half term Multi Sports Club Yr 3 & 4 With Mr Gilkes Musical Theatre Club Yr 3 to 6 With Mrs Gardiner	Multi skills Club Yr 1 & 2 With Mrs Eagleton
Thursday	Indoor Athletics Squad Yr 5&6 With Mr Gilkes (1 st half term) Cricket Squad Yr 5&6 (2 nd half term) Tag Rugby Squad Yr 3 & 4 With Mrs Eagleton (1 st half term) Tennis Squad Yr 3&4 (2 nd half term)	Dance Club Yr 3 & 4 With Tempos Dance Club Yr 5 & 6 With Tempos	Choir Club Yr 4, 5 & 6 With Mrs Wheeler	Hockey Club Yr 3 & 4 With Mrs Eagleton (1 st half term) Girls Cricket Club Yr 3-6 (2 nd half term) Orchestra Yr 3 to 6 With Mrs Savill, Mr Hull and Mrs Wheeler	Gymnastics Club Yr 1 & 2 With Mr Gilkes
Friday	Cross Country Squad Yr 3 to 6 (1 st half term) Athletic Squad Yr 3&4 (2 nd half term) With Mr Gilkes Netball Squad Intermediate Group with Mrs Ellis Archery Squad Yr 5&6 (1 st half term) Tennis Squad Yr5&6 (2 nd half term)	Archery Squad Yr 3&4 With Mrs Eagleton (1 st half term) Second half term from 12.05 to 12.35pm (by invitation only) Boccia and Kurling club with Mrs Eagleton		Hockey Squad Yr 5 & 6 (league games at JFAN) With Mrs Eagleton Dodgeball Club Yr 3 & 4 With Mr Gilkes Public Speaking Club Yr 4 With Julie Puxley (1 st half term only)	





EDITION 10

SPORT IN OUR COMMUNITY



17/12/2025

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

WHO: THE FOOTBALL FUN FACTORY

WHEN: VARIOUS

WHERE: SAFFRON WALDEN

CONTACT: THEFOOTBALLFUNFACTORY.CO.UK

WHO: HAVERHILL GYMNASTICS

WHEN: VARIOUS

WHERE: HOLLANDS RD, HAVERHILL

CONTACT: 01440 704486

WHO: KIDS ACTIVE

WHEN: VARIOUS

WHERE: HERBERTS FARM

CONTACT: KIDZACTIVE

