



EDITION 11

PE & SPORT AT KATHERINE SEMAR SCHOOLS



KS1 Physical Education,
Sport & Activity Mark



26/03/26

WHAT AN

Egg'cellent term



Congratulations to Katherine Semar School for a fantastic Spring term, achieving 4 golds, 5 silvers, 2 bronze finishes and six strong 4th–10th places across many sports. Golds came from Y3/4 swimming, the girls football squad, and cross-country stars Bobby and Alfred, along with reaching the Level 3 mid-Essex Tag Rugby finals for Y3/4. A huge well done to the eight children who finished in the top ten at the Level 1 Cross Country event, plus special mentions for Daisy NH (16th of 116 girls), Bobby Mc (18th of 154 boys) and Eden R (50th of 154 boys) at the Level 3 County finals. A wonderful achievement from everyone!

**HAPPY
easter**



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What have we been learning?

Spring Term

THROUGHOUT THIS TERM, KS1 PUPILS HAVE BEEN BUILDING STRENGTH THROUGH GYMNASTIC ROLLS, PRACTISING TEAMWORK AND BALL SKILLS, AND DEVELOPING STRIKING AND FIELDING IN CRICKET. THEY HAVE ALSO ENJOYED DANCE, SWIMMING AND YOGA.

KS2 PUPILS HAVE EXTENDED THESE SKILLS BY WORKING ON GYMNASTIC INVERSIONS AND DEVELOPING THEIR RUNNING, SPEED, JUMPING AND THROWING AS PART OF INDOOR ATHLETICS. THEY HAVE ALSO DEEPEENED THEIR UNDERSTANDING OF NETBALL AND TAKEN PART IN DODGEBALL, FOOTBALL, SWIMMING AND DANCE.

A FANTASTIC TERM OF PROGRESS FOR EVERYONE!



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SPORTS PHOTOS

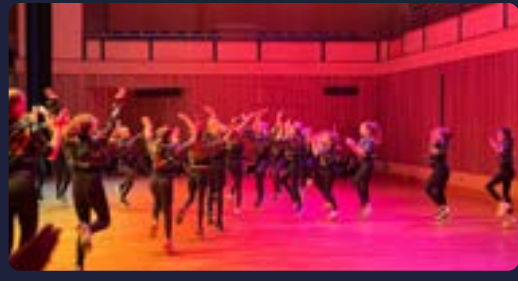


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Gym Y34 Dance Y56 Dance

DANCE AND GYMNASTICS SHOW





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KSS FESTIVALS IN PHOTOS



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KS1 Scooters



MULTI SKILLS EVENT





KSS COMPETITIONS

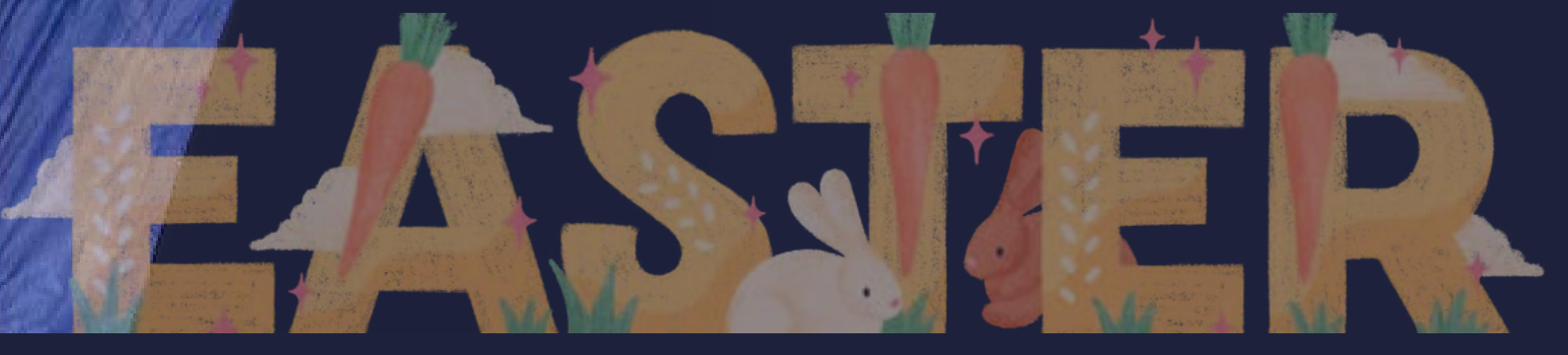


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OUR YEAR 3&4 TAG RUGBY SQUAD ATTENDED THE TAG RUGBY FINALS AT CARVER BARRACKS ON WEDNESDAY 4TH MARCH. IT WAS AN INTENSE TOURNAMENT, 16 TEAMS ATTENDED, KSS QUALIFYING IN THE TOP 8 TEAMS AFTER 3 GAMES AND THEN PLAYED A FURTHER 7 GAMES. THE CHILDREN WORKED SO HARD, POP PASSING INTO SPACE, DISPLAYING EXPLOSIVE POWER WHEN NEEDED AND MAKING MANY TRI'S THROUGHOUT EACH GAME. THE RESULT OF THEIR HARD WORK RESULTED IN A BRONZE! WE HAVE NOW QUALIFIED TO ATTEND THE LEVEL 3 FINAL ROUND. WELL DONE TO EVERYONE WHO ATTENDED





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OUTDOOR LEARNING @ KSS



17/12/2025

Outdoor learning



Year 5 children enjoy a wonderful chance to explore the outdoors, where they spend time adventuring through play, teamwork and hands-on activities. They have lots of fun discovering nature, building confidence, and practising skills such as problem-solving, cooperation and resilience. This outdoors and adventurous time helps them grow more independent, connect with the natural world, and develop a sense of adventure that supports their learning back in the classroom.



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.





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ACTIVE TRAVEL @ KSS



26/03/26

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 used to walking, biking, scootering, or take public transit to and from school. They'll get easier from day one, especially with a feeling of accomplishment.

DRIVE TO & FROM

Try parking just a few blocks away or leaving your car at the office. Walk, get some fresh air, and have a chance to see your school and friends.

WALKING SCHOOL BUS

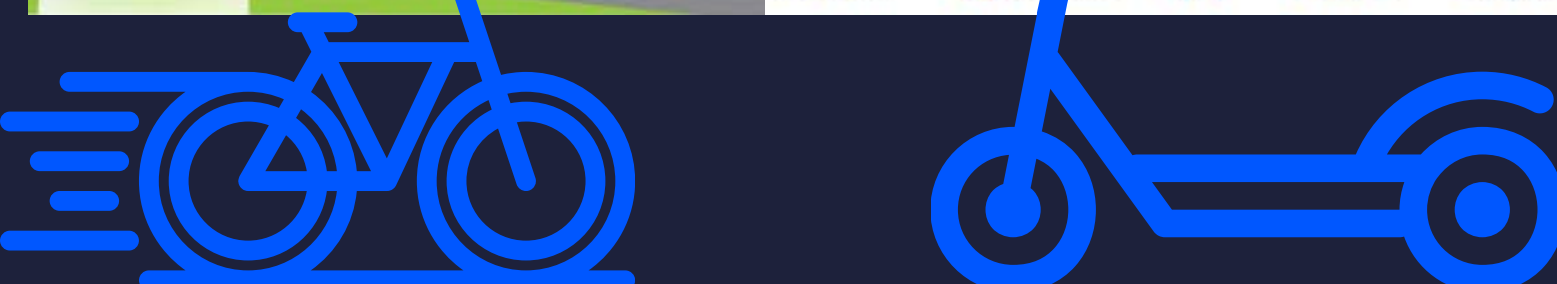
Organize your own Walking School Bus program with other parents to make it a fun, safe experience accompanied by adult volunteers.



BIG BENEFITS

<h3>HEALTH</h3> <ul style="list-style-type: none"> Good for Heart & Bones Increased Alertness & Attention Improved School Performance Better Sleep Less Anxiety & Depression 	<h3>COMMUNITY</h3> <ul style="list-style-type: none"> Fostered Friendships Increased Sense of Belonging Better Understanding of the Local Area
<h3>AIR QUALITY</h3> <ul style="list-style-type: none"> Reduced Vehicle Emissions Lower Risk of Lung & Cardiovascular Diseases 	<h3>SAFETY</h3> <ul style="list-style-type: none"> Reduced Traffic Volume Around Schools Lower Risk of Collision & Injury
<h3>CROSS SMART</h3> <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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THE FUTURE IS BRIGHT

NEXT TERM IS A BUSY ONE AT KSS, WITH CHILDREN ACROSS THE SCHOOL GETTING INVOLVED IN A WIDE MIX OF SUMMER SPORTS. THERE WILL ALSO BE PLENTY OF CLUBS RUNNING, AND ON THE NEXT PAGE YOU CAN FIND THE FULL TIMETABLE FOR SQUADS AND CLUBS THROUGHOUT THE TERM.

IN KS1, THE CHILDREN WILL BE BUILDING THEIR SKILLS IN ATHLETICS, LEARNING HOW TO CONTROL THEIR PACE, DEVELOP STRENGTH AND USE GOOD BODY MOVEMENT READY FOR SPORTS DAY. THEY WILL ALSO ENJOY OUTDOOR LEARNING, DANCE AND SWIMMING. THESE ACTIVITIES HELP THEM GROW CONFIDENCE, BALANCE, COORDINATION AND AN EARLY UNDERSTANDING OF HOW TO MOVE SAFELY AND SMOOTHLY.

IN KS2, THE CHILDREN WILL BE WORKING THROUGH A WIDE RANGE OF SPORTS INCLUDING TENNIS, ATHLETICS, ROUNDRS, CRICKET AND NETBALL, ALONGSIDE SWIMMING AND DANCE. THEY WILL BE DEVELOPING SKILLS SUCH AS TEAMWORK, QUICK REACTIONS, ACCURACY, UNDERSTANDING TACTICS, SENDING AND RECEIVING THE BALL, AND STAYING FOCUSED UNDER PRESSURE. THESE SKILLS HELP THEM IMPROVE CONTROL, DECISION-MAKING AND STAMINA AS THEY GET OLDER.

THE KSS SPORTS TEAM IS LOOKING FORWARD TO A GREAT (BUT BUSY) SUMMER TERM!! HAVE AN AMAZING EASTER BREAK!





NEXT TERM CLUBS & SQUADS



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Summer Clubs & Squads

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	Rounders Squad Yr 3 & 4 With Mrs Eagleton	Micro:bit club Yr 3 and Yr 4 Mr Aiken This club will run for 6 sessions over the summer term. Please note: This club is not open to children who attended last year's club		Summer Sports Club Yr 5 & 6 With Mr Gilkes	Drama and Music Club Yr1&2 With Mrs Gardiner
	Athletic Squad – Yr 5 & 6 With Mr Gilkes			Art & Craft Club with Miss Gibson Yr 3 & 4 first half summer term Yr 5 & 6 second half summer term	
Tuesday	Rounders Squad Yr 5 & 6 With Mr Gilkes	Archery Yr 3 to 6 for current squad. First two weeks only.		Football club Yr 5 & 6 With Mr Gilkes	Art Club Yr 2 With Mrs Beckett & Mrs Matthews
	Netball Squad Beginner Group with Mrs Ellis			Summer Sports Club Yr 3 & 4 With Mrs Eagleton	
Wednesday	Cricket Squad Yr 3 & 4 Mr Gilkes	Quiz club for Yr 5 Second half term for 4 weeks with Mrs Puxley	Swim gala Squad Yr 2 & 3 alternate weeks with Yr 4 & 5	Mindful colouring, Knitting & Crochet club with Mrs Page Yr 5 & 6 first half summer term Yr 3 & 4 second half summer term	Summer Sports Yr 1 & 2 With Mrs Eagleton
	Netball Squad Advanced Group with Mrs Ellis			Fitness Club Yr 3 to 6 With Mr Gilkes Musical Theatre Club Yr 3 to 6 With Mrs Gardiner	
Thursday	Cricket Squad Yr 5&6 Mr Gilkes	Dance Club Yr 3 & 4 With Tempos	Choir Club Yr 4, 5 & 6 With Mrs Wheeler	Tennis Club Yr 3 & 4 With Mrs Eagleton	Football Club Yr 1 & 2 With Mr Gilkes
	Tennis Squad Yr 3&4 Mrs Eagleton	Dance Club Yr 5 & 6 With Tempos		Orchestra Yr 3 to 6 With Mrs Savil, Mr Hull and Mrs Wheeler	
Friday	Athletic Squad Yr 3&4 Mr Gilkes	First half summer term from 12.30 to 1pm (by invitation only) Boccia & Kurling club with Mrs Eagleton		Handball & Dodgeball Club Yr 5 & 6 With Mrs Eagleton	
	Netball Squad Intermediate Group with Mrs Ellis			Football Club Yr 3 & 4 With Mr Gilkes	
	Tennis Squad Yr5&6 Mrs Eagleton				





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SPORT IN OUR COMMUNITY



26/03/26

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: 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

