

Talk of the Sport!

Issue 10



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*Kings Langley School
PE Newsletter*



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Sport at the Heart of Kings Langley

Games lessons and extra-curricular sports at Kings Langley School play a vital role in helping young people lead healthy, active, and balanced lives. By taking part in regular physical activity, students gain a wide range of physical, mental, and social benefits that can support them both in school and beyond. Games lessons and sports help students improve their overall fitness, including cardiovascular endurance, strength, flexibility, and coordination. Regular exercise supports healthy growth and development, helps maintain a healthy weight, and reduces the risk of future health problems such as obesity, heart disease, and type 2 diabetes. Our curriculum provides participation in a variety of activities which also helps students develop fundamental movement skills and encourages lifelong healthy habits.

Physical activity is closely linked to improved mental wellbeing. Exercise releases endorphins, which can help reduce stress, anxiety, and feelings of low mood. Games lessons and sport can also boost self-esteem and confidence as students learn new skills, achieve personal goals, and experience success. Furthermore, regular participation in physical activity can improve concentration, memory, and focus, helping students perform better in the classroom. Games lessons and extra-curricular sport provide valuable opportunities for students to interact with others and build positive relationships. Team activities encourage communication, cooperation, and leadership skills, while also teaching respect, fairness, and sportsmanship. Students learn how to work towards shared goals, support their peers, and cope with both success and disappointment. These experiences help develop important social skills that can be applied throughout life.

Our continued drive to improve our facilities has seen the introduction of an outstanding 3G surface. Within the next year we will see two additional changing rooms, two PE classrooms and a fitness suite constructed, with further developments in the consultation phase. The success of our school teams continues to grow. Our Football teams won 19 trophies this year, with Kings Langley the most successful school at District and County level, whereas our Athletics teams produced 3 County Champions, a new District record, 4 School records, 35 individual medals at the recent District Championships and 2 District Team titles. Kings Langley won one County and two District Cross Country titles, while our swimmers earned District and County success. We had a National Weightlifting Champion and students who represented their country in Trampolining, Show jumping and Tetrathlon. These are just a snap shot.

The dedication of staff, both in and outside of the PE Department, is exceptional and they continue to deliver extra-curricular sessions and manage teams with pride. This wouldn't be the case if we didn't have such enthusiastic and committed students, driven on by supportive parents. School Games lessons and extra-curricular sports offer far more than just opportunities for exercise. They contribute to students' physical health, support mental wellbeing, and help develop essential social skills. By encouraging regular participation in physical activity, schools can help young people become healthier, happier, and more confident individuals. They are a fundamental part of life at Kings Langley and we look forward to a bright future.

Girls' Football

U13 Girls Complete Stunning League and Cup Double!

The U13 girls football team rounded off a remarkable season in style, securing an impressive League and Cup double after a dominant campaign that showcased their quality, resilience and togetherness.

From the outset, KLS were the team to beat in the league. The girls controlled every fixture with confidence, winning all the matches comfortably. The toughest test came early in the season against the team who would later reach the cup final, a narrow victory that hinted at the competitive showdown still to come.

That prediction proved accurate.

KLS controlled the second half with confident, attacking football. Tilly doubled the lead with a composed finish before Danielle sealed the victory with a stunning 25-yard strike into the top corner.

Every player contributed to an excellent team performance, with Nefeli deservedly named Player of the Match for her outstanding display and clean sheet.

Final Score: KLS 3–0 Ashlyns

U13 A League

P	School	GP	W	D	L	GF	GA	GD	PTS
1	KLS	4	4	0	0	16	4	12	12
2	Hemel	3	2	0	1	14	6	8	6
3	Ashlyns A	4	2	0	2	10	10	0	6
4	Tring A	4	2	0	2	7	8	-1	6
5	JFK	4	1	0	3	7	18	-11	3
6	Adeyfield	0	0	0	0	0	0	0	0
7	Longdean	3	0	0	3	2	10	-8	0

Cup Final

Ashlyns started the final on the front foot, applying early pressure. KLS defended superbly, with goalkeeper Nefeli making a number of outstanding saves to keep the scores level.

KLS soon found their rhythm and took control of the game, our breakthrough came through Maisie, who produced a composed finish to give KLS a deserved 1–0 lead at half time.



U13 Girls Team: Nefeli (8P), Jessica (8D), Bella (C)(8D), Amelie (7P), Tilly (8A), Jennifer (7D), Danielle (7P), Abigail (7P), Maisie (8G), Evie (7P), Freya (8J), Lacey (7D), Lucy (

U14 Girls Crowned County Champions!

The U14 girls' football team produced a sensational performance to be crowned **Hertfordshire County Champions** in a thrilling County Cup Final against St. Joan of Arc (JOA).

KLS embraced the occasion from the first whistle, enjoying more possession and creating the better chances during a closely contested first half. Despite their pressure, JOA defended well to keep the score level.

The second half remained evenly matched until, with just ten minutes to play, KLS finally made the breakthrough. Following a great passage of play, the goalkeeper's clearance fell kindly to Willow, who calmly struck the ball from 30 yards into the net.

JOA responded with sustained pressure, but KLS defended brilliantly, with goalkeeper Nefeli producing an outstanding save to preserve the lead. Then, with just two minutes remaining, Willow threaded a perfectly weighted pass through to Izzy, who showed great pace and composure to chip the goalkeeper and secure the victory.

“The entire squad played with heart, discipline and determination from start to finish. The girls are a credit to the school and an absolute pleasure to coach, truly deserving winners”.

Final Score: KLS 2 - 0 JOA



U14 Girls Team: Nefeli (8P), Jessica (8D), Tilly (8A), Maisie (8G), Teagan (9C), Ilaria (9C), Saffy (9D), Lola (9C), Willow (9C), Maddie (9D), Marnie (9C), Esme (9J), Isabella (9P), Elle (9J).

U14 Girls SNS National Cup News

The U14 girls' football team rounded off an outstanding season with a place in the SNS National Cup Final. Across all competitions, the team lost just two matches, were crowned **County Cup Champions**, and finished as **SNS National Cup runners-up** – achievements they should be incredibly proud of.

In the National Cup semi-final, KLS faced Didcot Girls' School and produced a dominant performance. Goals from Willow and Izzy secured a deserved 2–0 victory and a place in the final.

The final against Upton Hall School proved a difficult challenge, with KLS falling 3–0 behind in the first half. However, the girls showed tremendous resilience after the break, dominating possession, creating numerous

chances and pressing high up the pitch. Their efforts were rewarded when Izzy pulled a goal back, but KLS were unable to overturn the deficit.

Although the final result wasn't what the team had hoped for, reaching a national final is an incredible achievement. Combined with winning the County Cup, it has been a remarkable season, and every player should be immensely proud of their commitment, teamwork and determination.

Final Score: Upton Hall School 3 - 1 KLS



U14 Girls District Futsal Success!

The U14 girls' football team produced two excellent performances at the District Futsal competition, securing victories over both, Ashlyns and Londean. Showing great teamwork, composure and determination throughout, the girls scored six goals and conceded just once, highlighting their quality at both ends of the court. It was another fantastic achievement for the team and the school.

Team: Nefeli (8P), Teagan (C) (9C), Saffy (9D), Marnie (9C), Willow (9C)



U15 Girls Fight Back to Lift District Cup!

Our Under 15 Girls brought home another trophy to KLS after victory in the District Cup Final against Ashlyns.

Ashlyns made the stronger start and took the lead, but Ruby(10A) levelled the score with a goal midway through the first half. Ashlyns regained the advantage before the break, leaving KLS trailing 2–1 at half-time.

The second half was a different story. KLS returned with renewed determination, dominating possession and playing with far greater intensity. Two goals from Esme (9J)

completed a superb comeback and secured a deserved 3–2 victory.

A special mention goes to Marnie (9C), who was named Player of the Match after an outstanding performance in midfield.

Final Score: KLS 3 - 2 Ashlyns



U16 Girls Dominate to Lift District Cup!

The U16 girls' football team continued their outstanding season by becoming **Dacorum District Cup Champions** with a commanding 8–1 victory over Adeyfield School.

KLS controlled the match from the first whistle, producing an excellent display of attacking football while remaining disciplined in defence. Their quality, composure and teamwork gave Adeyfield few opportunities, with the girls creating chance after chance throughout the final. It was also fantastic to see players confidently step into different positions during the second half. The goals were shared

between Ruby (3), Elisha (2), Molly, Sophie and Sasha.

Annie was deservedly named Player of the Match for her outstanding defensive performance.

Final Score: KLS 8–1 Adeyfield School



U16 Girls make KLS History!

The U16 girls' football team made Kings Langley School history by becoming the first team to reach the District, County and National Finals in the same season.

The County Plate Final against Ridgeway Academy began as a closely contested match, with both teams well organised and few clear-cut chances. Unfortunately, the game had to be abandoned after a player sustained an injury that required medical attention, with the score still level at 0–0.

As the match could not be completed, the decision was made to share the County Plate between both schools. Thankfully, the student received the care she needed, and the team

were still able to collect their medals and trophy.

This remarkable group of players has enjoyed an unforgettable season and has been a credit to the school throughout. Their commitment, sportsmanship and success have set a new standard for future KLS teams and created a piece of school history.



Boys' Football

Year 7A Boys Complete League and Cup Double!

The Year 7A boys' football team enjoyed a remarkable season, completing an unbeaten League and Cup double in their first year together.

The boys were crowned District 'A' League Champions, finishing the league campaign unbeaten with a series of outstanding performances. Their success reflected the hard work, teamwork and determination they showed throughout the season.

Year 7A League

	P	School	GP	W	D	L	GF	GA	GD	PTS
C	1	Kings Langley	4	4	0	0	20	5	15	12
	2	Hemel	4	3	0	1	18	12	6	9
	3	Tring	4	1	1	2	7	11	-4	4
	4	Ashlyns	3	0	1	2	3	6	-3	1
R	5	Longdean	3	0	0	3	2	16	-14	0

The District Cup Final produced one of the most memorable matches of the year. After trailing 3–0 at half-time and losing their first-choice goalkeeper early in the game, KLS produced an extraordinary second-half comeback. Showing incredible resilience, belief and determination, the boys scored six goals to secure a stunning 6–3 victory and complete the double.

An outstanding achievement and a fantastic season that every player should be incredibly proud of.



Team: Alf (7A), Luke (7A), Austin (7J), Stanley (7P), Dylan (C)(7C), Finlay (7D), Hewey (7G), Jake (7D), Zayne (7J), Seb (7A), Ben (7D), Jackson (7G), Alex (7J), Roman (7G).

Year 7B Boys Crowned County Champions!

The Year 7B boys' football team produced a determined performance to be crowned County Champions after a hard-fought victory over Goffs School.

Facing a strong and physical side, KLS had to work tirelessly throughout the match. Despite not playing their usual passing game, the boys remained resilient and took the lead midway through the first half when Jack (7J) calmly finished from an excellent cross by Alex (7J).

The second half saw KLS grow into the game, with a tactical change allowing the boys to control possession more effectively. They defended superbly to protect their lead, with Roman (7G) making an outstanding save when called upon.

A special mention goes to George (7D), who was deservedly named Player of the Match for an outstanding defensive display.

Final Score: KLS 1–0 Goffs School

“The victory is a fantastic achievement for the team and a well-deserved reward for their hard work and determination throughout the season.”

Team: Roman (7G), Harley (7A), Luke (7D), Josh (7D), George (7D), Charlie (7G), Harry (7P), Jaxon (7P), Luke (7G), Alex (7J), Jack (7J), Mason (7J), Seb (7J).



Year 10A Boys Win the Double With Dominant Victory!

The Year 10A boys' football team completed a fantastic season by securing the District League and District Cup double with an impressive victory over JFK.

From the opening whistle, KLS asserted themselves, dominating possession and territory. Yet, against the run of play, JFK snatched an early lead. The setback did nothing to unsettle the team. Instead, it sparked an immediate and emphatic response.

Henry struck twice in quick succession to turn the match on its head, before Sam added a well-taken third to give KLS a deserved 3-1 advantage at the break.

The second half followed a familiar pattern, KLS in complete command, dictating the tempo and creating chance after chance. Their pressure eventually told when Archie converted to extend the lead, sealing a confident and fully deserved victory.

The win confirmed a memorable double – District League Champions and District Cup Champions, a testament to the squad's quality, work ethic and togetherness.

Man of the Match: George, returning to the squad after a year away, he delivered a standout performance. His tireless work rate, composure in possession and determination in both defence and attack set the tone throughout. A thoroughly deserved award.

Team: Hayden (10P), Zayne (10D), Sam (10T), Billy (C) (10C), Lachie (10A), George (10G), Harrison (10T), Ollie (10C), Cooper (10G), Kairo (10A), Henry (10J), Archie (10T), Rob (10G).



Year 10B Boys Seal Promotion With Unbeaten Title-Winning Season!

The Year 10B boys' football team have rounded off a remarkable campaign in style, earning promotion and lifting the league title without suffering a single defeat.

eventually drawing level before edging ahead 3–2 with only minutes left on the clock.

But this team has shown resilience all year, and they saved their most dramatic moment for last. With the final kick of the match, they struck a superb equaliser to secure a 3–3 draw and complete an unbeaten league campaign.

A fitting end to a season defined by determination, teamwork and consistency.

Team: Lewis (10D), Harry (10D), Finlay (C)(10J), Harrison (10C), George (10G), Hudson (10K), Aleksander (10A), Rob (10G), Archie (10T), Jo (10D), Vincent (10D), Jacob (10C), Hayden (10P), Matas (10P).

Year 10C League

	P	School	GP	W	D	L	GF	GA	GD	PTS
P	1	Kings Langley	4	2	2	0	18	7	11	8
	2	Ashlyns B	3	1	2	0	11	7	4	5
	3	Laureate	3	0	2	1	8	12	-4	2
	4	Longdean B	2	0	1	1	3	7	-4	1
R	5	Tring B	2	0	1	1	3	10	-7	1

Their final fixture, away to Ashlyns B, proved to be the toughest challenge of the season. The boys controlled long periods of the match and went into the break with a well-deserved 2–1 advantage.

The closing stages, however, brought real drama. Ashlyns mounted sustained pressure,



KLS Football Success!



This photo showcases just some of the incredible football trophies won by Kings Langley School this year. Every trophy represents the hard work, commitment and determination shown by our students throughout the season, and we couldn't be prouder of everything they have achieved.

A huge thank you also goes to all the parents, families and friends who have supported our teams by attending matches and cheering them on from

the sidelines. Your encouragement means so much to our students, and we truly couldn't achieve this without your continued support.

Congratulations to everyone involved in another unforgettable year of KLS football!

Girls' Cricket

U13 Girls Enjoy Introduction to Cricket Festival!

KLS took part in an Introduction to Cricket Tournament at Hemel Hempstead Cricket Club, hosted by Hertfordshire County Cricket to celebrate the start of the Women's T20 World Cup. The pairs cricket format gave the girls valuable match experience ahead of their Chance to Shine competition.

The team recorded impressive wins against John Warner, Parmiter's and Laureate, narrowly missing out to Hemel Hempstead in a shortened final match.

All participants received cricket merchandise to mark the occasion. A special mention goes to

Matilda (8J) for her consistently strong batting and bowling, and Jess (8A) for her outstanding leadership as captain, umpire and coach throughout the day. The team showed fantastic enthusiasm



Silver Success for U13 Girls!

KLS enjoyed a fantastic day at the Chance to Shine Hertfordshire Cricket Tournament, finishing 2nd out of 10 schools. After winning every match in their group, the girls progressed to the final against St Albans Girls' School. Despite a determined performance, KLS narrowly missed out on the title in a closely contested match. The team should be incredibly proud of their achievement and were rewarded with well-deserved medals. A special mention goes to Captain Jess (8A) for leading the team superbly throughout the tournament, and Kasi (7D), who was named Player of the Match for the final thanks to her outstanding bowling and the pressure she put on the opposition.



Athletics

Gold Medal Success at County Athletics Championships!

Congratulations to Hewey (7G) and Austin (7J), who both won gold medals at the Hertfordshire Schools County Athletics Championships at Jarman Park. Despite challenging weather conditions, both athletes produced outstanding performances. Austin dominated the Shot Put, winning by almost a metre and a half, while Hewey stormed to victory in the 1500m, crossing the finish line more than eight seconds ahead of the field. Both athletes have enjoyed exceptional seasons, recording multiple victories in the Hertfordshire Schools County League despite competing against athletes a year older. To round off an incredible season, Hewey (7G)

also set new KLS Year 7 school records in both the 800m and 1500m.

KLS was also proudly represented by Javier (7J), Max (8C), Roma (10J), Zayne (10D), Zach (11D), Ciaran (8J) and Travis (8A), who all achieved impressive top-ten finishes in their respective events.



Historic Victory for U14 Boys Athletics Team!

The KLS U14 Boys Athletics Team made history by winning the Hertfordshire Schools Plate Final for the first time. Competing against some of the strongest athletics teams in the county, the boys delivered an outstanding performance to bring home the trophy.

The team secured an impressive five gold medals, two silvers and one bronze across 13 events. Gold medals were won by Freddie (8D) (Discus), Austin(7J) (Shot Put), Max (8C) (800m), Ciaran (8J) (High Jump) and Jake(8A) (200m). Hewey (7G) (1500m) and Jake (Javelin) claimed silver, while Austin added a bronze medal in the hurdles. To complete an incredible evening, Jacob set another KLS school record in the Pole Vault with a

clearance of 2.00m, improving his own record by 15cm. Congratulations also to Jacob(7C) , Henry (8D), Travis (8A), Jak (8D), Javi (7J) and Daniel (8C), who all achieved excellent top-eight finishes in their respective events, helping KLS secure this historic team victory.



KLS Athletes Shine at District Championships!

The sporting year came to a fantastic end as our students descended on Jarman Park Athletics Track for the Dacorum District Athletics Championships. Up against all the school in Dacorum our students performed superbly, with 32 individual medals, two overall team victories and a new District/School record as their haul for the day. Every student performed to the best of their ability and they were a real credit to the school.

Gold

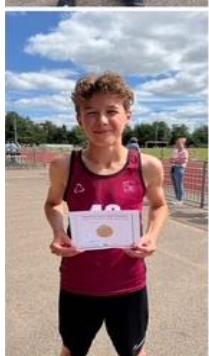
Katherine (7P) - Year 7 Discus
Esme (9J) - Year 9 Triple Jump
Roma (10J) - Year 10 Triple Jump
Austin (7J) - Year 7 Hurdles
Year 7 Boys Relay
Jacob (7C) - Year 7 Pole Vault
Hewey (7G) - Year 7 1500m
Austin (7J) - Year 7 Shot Putt (NEW DISTRICT RECORD)
Jake (8A) - Year 8 200m
Max (8C) - Year 8 800m
Jake (8A) - Year 8 Javelin
Zayne (10D) - Year 10 200m

Silver

Matilda (8J) - Year 8 High Jump
Nefeli (8P) - Year 8 Shot Putt
Esme (9J) - Year 9 100m
Madison (9D) - Year 9 High Jump
Willow (9C) - Year 9 1500m
Amelia (10P) - Year 10 800m
Jackson (7G) - Year 7 200m
Javi (7J) - Year 7 800m
Travis (8A) - Year 8 Pole Vault
Henry (8D) - Year 8 1500m
Freddie (9D) - Year 9 Javelin
Henry (10J) - Year 10 Discus

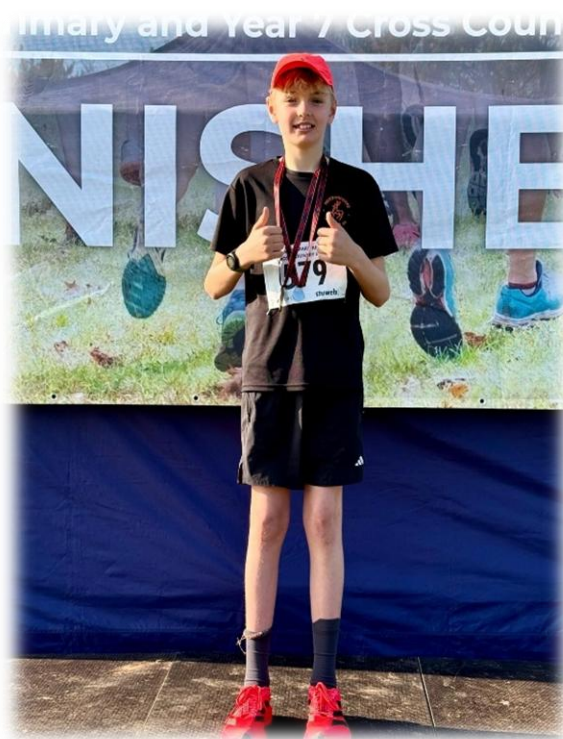
Bronze

Maisie (8G) - Year 8 Discus
Jem (8G) - Year 8 Javelin
Elle (9J) - Year 9 Hurdles
Edward (7G) - Year 7 High Jump
Year 8 Boys Relay
Ciaran (8J) - Year 8 Boys High Jump
Freddie (8D) - Year 8 Discus
Lachie (10A) - Year 10 Triple Jump



Cross Country

Congratulations to Javi (7J) and Hewey (7G) on their respective Cross Country successes. Javi came 3rd in the U12 Junior Challenge at Cassiobury Park, while Hewey came 10th at the National Cross Country Championships, helping Hertfordshire to the team title.



Student Spotlight

Tottenham Hotspur Academy Signing for Evie!

Evie (7P) has enjoyed an outstanding sporting year, playing a key role in KLS's County Cup-winning football team and earning a nomination for county trials a year ahead of her age group. Away from school, she has also celebrated success with her club teams, winning several trophies throughout the season.

To cap off a remarkable year, Evie has been signed by the Tottenham Hotspur FC Academy for next season, an incredible achievement and a testament to her talent, dedication and hard work. We wish Evie every success as she begins this exciting new chapter.



Cassidy Shines on the European Stage!

A huge congratulations to Cassidy (8P), who proudly represented Team Fire and the UK at the European Cheer Championships in Portugal.

After earning an invitation only bid through a fantastic performance at a qualifying competition in Paris last December, Cassidy and her team competed against some of the best cheerleading teams in Europe. Following months of hard work, dedication and determination, Team Fire achieved an incredible Top 10 finish in their category.

This is a remarkable achievement and a true reflection of Cassidy's talent, resilience and commitment.



Student Spotlight

Rugby Union

Congratulations to our former student, Patrick, who has signed for the Saracens RFC Senior Academy. Patrick's outstanding development in recent years has been rewarded and we wish him all the very best over the coming years.



Athletics

Another former Kings Langley student is making real strides in the USA. Oliver left us last year to study at Queens University and has had a phenomenal start to his Athletics career. He has been awarded the Freshman of the Week on three occasions, Most Outstanding Freshman following the indoor season, won gold in the 800m at the ASUN Indoor Championships, silver at the ASUN Outdoor Championships and now set a new University Record for the 800m at the recent Duke Twilight event.

Student Spotlight

XC Mountain Bike National Trophy Championship

Ieuan (8C) produced a superb all-round performance at Margam Park this weekend as he took on the XC Mountain Bike National Trophy and the Inter-Regional Championships, representing the Eastern Region.

Ieuan faced a demanding schedule across the two-day event, taking on four separate races that tested every aspect of his mountain-biking ability:

Short Track Race: A fast and tactical 25-minute opener where Ieuan settled into a strong rhythm against the country's best.

Skills Obstacle Course: A timed technical challenge requiring precision, balance and bike handling under pressure.

Olympic XC Race: A gruelling 1 hour 15 minute full-distance race on Margam's tough terrain, where Ieuan delivered one of his strongest rides of the season.

Team Relay: The final event of the weekend, contributing vital points for the Eastern Region squad. Ieuan's impressive performances across the four races earned him 15th place overall and moved him into the top 10 national rankings in his category. His new ranking also secures him a front-row start at the National Championships in Scotland in two weeks' time.

Congratulations to Ieuan on this fantastic achievement, and we wish him the very best of luck at the National Championships.



Student Spotlight

Team GB Calls for Elle

Elle (9J) has had a very successful year in show jumping, not only on a national scale but also on the international stage.

This year, Elle was selected to represent Great Britain in Italy (Busto Arsizio), Germany (Hagen), and, more recently, on home soil at the Bolesworth International. Elle and her horse, Gilka B, helped Team GB secure a bronze medal in the Nations Cup in Italy before going on to become the highest-placed British combination in the Children's on Horses Grand Prix, finishing an impressive fourth.

Thanks to their consistently strong performances over the past few months, Elle and Gilka B have

now been selected to represent Team GB at the European Championships, which will once again be held in Hagen, Germany, later this July.

This is a huge achievement, not only to compete among some of the best junior riders in the country but now among the very best in Europe as well.

We are incredibly grateful to British Showjumping and BSJ Youth for giving Elle and Gilka such an amazing opportunity. We are also extremely thankful for the fantastic support from Kings Langley Secondary School and everyone at home.

