

## AUTUMN 1 PE STARS

Zain 7D  
Leo 7C  
Joel 9J  
Riccardo 9J  
Zac 9P  
Dexter 7J  
Grace 10G  
Kenan 7A  
Merryn 7P  
Oliver 10C  
Serena 10J  
Siya 9J  
Maggie 13BLO  
Daisy 7C  
Ellie 9J  
Amelie 10J  
Florence 11D  
Sophie 7D  
Ruby 7A  
Amy 13DCK  
Leo 13BLO  
Ben 10J  
Alfie 11A  
Scarlett 11G  
Naabil 9J

## KS4: HEALTH AND WELLBEING PROGRAMME OF STUDY

During lockdown, Mr Benson, Mr Annett and Miss Donovan took part in a yoga for teachers course in preparation for a new Health and Wellbeing programme of study that was to be introduced this academic year. The first to experience this programme were the Year 11 Boys. On speaking to some of the students at the end of the session, it was very encouraging to hear so many of them speaking positively about the session. In particular, the students said that it was more of a workout than they thought it would be but also the mindfulness section really helped them to clear their minds of everything—even if just for 5 minutes. Fantastic commitment from all involved.



@KLSPE



@kingslangleypedepartment

KLS Physical Education Department

October 2021  
Issue 1



## Talk of the Sport

### WELCOME

Welcome, readers, to the brand new PE Department newsletter.

The KLS sporting community is an active one. Be that during curriculum time, co-curricular activities or outside of school altogether. Our aim is to round-up all of the amazing things happening in sport and physical activity that take place each and every day at Kings Langley, and recognise student achievements, efforts and commitments in a termly newsletter.

The Pandemic has impacted every aspect of life and, unfortunately, sport has been one area affected particularly badly. As such, as a PE Department, we aspire to boost the profile of sport and physical activity in a bid to increase enjoyment and participation and promote the importance of a lifelong commitment to physical activity and sport.

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## KLS STUDENTS SELECTED FOR DISTRICT AND COUNTY FOOTBALL TEAMS

At the start of the term, several students from KLS were put forward to take part in a series of trials for the Dacorum District and Hertfordshire County Football teams.

Over one hundred students from schools across the county attended each trial so earning a place in the squad is a great achievement.

Congratulations to the following students for being selected to play for the District Football Team;

U/13 Rylie 8D, Logan 8A,

U/14 Bobby 9D, Josh 9J, Zac 9P,

U/15 Harry 10G, Charlie 10G

Congratulations also to the students who were selected to play for the Hertfordshire Football Team;

U/15 Charlie 10G

U/16 Jack 11G, Josh 11J

Good luck to all the players for the rest of the season.

## GIRLS FOOTBALL

It has been great to see so many girls at football training on a Thursday evening. The U13 girls have made a great start to the season with a 3-0 win in the County Cup against St Edmunds, with two goals from Molly and Annie also getting onto the score sheet. We await to see who we play in the next round. The U13 girls were also successful in the recent district leagues tournament they won their pool with two wins and a draw before progressing to the semi final. In the semi final they played Tring in a very tight game and scored in the last minute winning 1-0. Onto the final they progressed where they met Ashlyns, the game was end to end with some fantastic defending from Daisy kept us in it. The score was 0-0 at full time so extra time was played where it remained 0-0. Next up was penalties with it finishing 1-1 after 3 sudden death calling up stepped Sasha and scored she then went straight back in between the posts and pulled off another save to ensure we won.

The U14 and U16 county cup games are booked in for after half term.

Miss Donovan



## KLS STUDENTS ON ELITE SPORT DEVELOPMENT PATHWAYS

### JEFFREY 10C

Jeffrey has been selected to attend Phase 1 of Swim England's National Development Programme. Here's what he has to say about the selection process, what it means to him and his goals and ambitions for the future.

"I train 10 hours per week and some days I get up at 4.30am to go swimming. The training and dedication to my sport has paid off. At the start of last month, I was selected by Swim England to join the National Development camp which is a two year programme. I was selected because I got really good times in Freestyle and Breaststroke, as well as showed good technical ability, when I competed at the East England Regional festival of swimming at the Queen Elizabeth Olympic Park in London.

I was very happy when I found out about my achievement. I have huge support from my Mum and my coach for believing in me and coaching me. I love and play most sports such as rugby and basketball but swimming is something I am most passionate about. I feel my sport keeps me in shape and focussed. I am very excited about the future ahead regarding my swimming"

A huge achievement, Jeffrey, well done and we wish you the best of luck.



### PATRICK 9P

Patrick was recently selected to join Saracens Rugby Club's Development Squad. The academy exists to find, develop and retain players that will contribute to a successful Saracens teams. The Developing Player Programme that Patrick has joined is the first step towards the professional game. A huge achievement, Patrick, well done and good luck.

## RESULTS

### Football

#### Under 12

Boys: KLS A 9-1 CGS // Queens 7-2 KLS // CGS 2-5 KLS B // Hampton 11-1 KLS B // KLS B 2-2 Longdean

#### Under 13

Girls: KLS 3-0 St Edmunds // KLS 1-0 Tring // KLS 0-0 Ashlyns W2-1 (pen)

Boys: KLS 1-5 CGS // KLS 2-2 Charters L4-2 (pen)

#### Under 14

Girls: fixtures TBC

Boys: KLS 1-4 CGS // KLS 1-4 Laureate // KLS 2-5 BMS

#### Under 15

Boys: Birchwood 2-2 KLS // KLS 7-0 School 21 // KLS 0-6 Riddlesdown Collegiate // Hemel 5-0 KLS

#### Under 16

Girls: fixtures TBC

Boys: JFK 3-4 KLS // Tring 0-6 KLS

#### Under 18

Boys: Marlborough 2-3 KLS

### Netball

#### Year 7A

Tournament winners out of 16

KLS A 4-16 Abbots Hill POM Sophie

KLS A 14-10 Tring POM Maddie

KLS B 3-7 Tring POM Aya

#### Year 10A

District Plate;

KLS 12-4 Abbots Hill POM Grace

County Cup;

KLS 7-38 St Albans

POM Shannon

League;

KLS A 17-13 Tring POM Sophie

### Rugby

#### Under 13

Tring RFC Tournament

(W2, D1, L1)

#### Under 14

JFK 35-20 KLS

Tring RFC Tournament joint winners (W3, L1, D0)

#### Under 15 Girls

Tring RFC Tournament 03/11/2021

## BASKETBALL

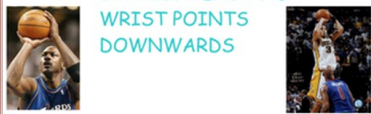
MR THOMAS

It has been great to see students from all year groups attending basketball sessions this half term. In the absence of any fixtures last half term the internal competition has been compelling. All students who have attended have been involved in full court games, dribbling drills and shooting challenges. Year 10 has had the strongest representation so far with Troy (10C) exhibiting his physical dominance on court. We now have the largest number of girls, since the club started seven years ago, playing basketball. It would be great to have the first KLS girls basketball team.

Notable performance from Sienna (9G) who was crowned the first champion and dominated the 'King of the Ring' challenge. Shooting percentages have also increased with Jaydyn (9C) improving his mid-range jump shot.

Check out the shooting guidance below to try at any hoop ear you!

- B** → **BALANCE** - FEET SHOULDER WIDTH APART & BEND KNEES
- E** → **ELBOW** - 90° (RIGHT ANGLE) AND UNDERNEATH BALL
- E** → **EYES** - ALWAYS LOOKING AT THE BASKET (TARGET)
- F** → **FOLLOW THROUGH** - ARM STRAIGHTENS AND WRIST POINTS DOWNWARDS



## TABLE TENNIS CLUB

Table tennis club continues to be one of the most popular clubs on the co-curricular programme. Attendance has increased each week. Why play table tennis? Like most sports, table tennis offers great mind-body stimulation, aerobic exercise and social interaction. Some of the many health benefits include: improving hand-eye coordination. An intense



game of table tennis stimulates mental alertness and concentration and develops mental acuity. We play every Thursday lunchtime in the sports hall. Come down and give it a go.

## MR BURGIN'S RUNNERS

This half term, KLS staff have been out running every Wednesday Week 2 after school. So far, a total of 5 staff and completed 9 runs, racking up a total distance of 45km.

I am pleased that the running group is now a fixture of a few teachers' social calendars and I hope that the group will continue to grow and exceed the figures achieved so far.

Special mentions go to Mr Housego, Mr Langston, Mr Gower and Ms Weston.

## SWIMMING

Raffy, Jeffrey, Freddie and Seb competed in the recent ESSA Regional Champs held at Woodside Leisure Centre. Up against some of the strongest teams in the area, they performed superbly well and were a real credit to themselves and the school. Winning their Heat in the Medley Relay, they finished 6th overall in both the Medley and Freestyle Relays out of 23 schools.



## PE SPORTS COUNCIL

This term sees the introduction of a brand new Sports Council. The aims of the Sports Council are to strengthen the link between the PE Department and Students as well as offer support at key events such as Sports Day. Students will be required to give up their own time to attend meetings every half-term to discuss opportunities, voice issues, recognise individual and team successes as well as plan future events.

Students from Year 7-13 were given the opportunity to represent their tutor group and become a member of the Sports Council. After all nominations were in, and votes counted, twenty seven enthusiastic young sportsmen and sportswomen became newly-elected members of the revived council.

Top of the agenda for the Sports Council's first meeting was naming the brand new PE Department newsletter and telling us a little bit about what they want to achieve in their new role.

Congratulations and thank you to all students who put themselves forward. Mr Annett, Ms Donovan, Mrs Lark, Mr Benson and Mr Higgins look forward to working with you in the future.

KS3 Members	KS4 Members	KS5 Members
Adam Y7	Sophie Y10	Romain Y12
Abigail Y7	Michael Y10	Sofia Y12
Zain Y7	Grace Y10	Talya Y12
Dexter Y7	Sereena Y10	Oli Y12
Shaf Y7	Tillie Y10	Jacey Y13
Grace Y8	Ollie Y10	Maggie Y13
Lily Y8	Lilliella Y11	
Luke Y8	Florence Y11	
Deniz Y9	Jack Y11	
Catherine Y9	Aaliyah Y11	
Reuben Y9	Finley Y11	
Joshua Y9	Dylan Y11	
	Scout Y11	

## SPORTS

### COUNCIL

### CORNER

First on the agenda for our Sports Council is the first Inter-Form competition.

Inter-form competition allows students the opportunity to represent their forms and compete in sports and activities in which they may not normally participate.

Over the next Autumn Half Term, we are looking forward to running;

1. Futsal
2. Table Tennis
3. Cross-Country

Notices and team entry information will be distributed after the half term break.

We look forward to seeing as many forms competition as possible.

### Hockey Club

This Year, Mr Higgins has worked on forming a new Field Hockey club with the help of Mr Fisher. Turnouts for the lunch time club have been good so far and it continues to grow in popularity. If you are interested in joining the club, pop down to the sports hall during Friday lunchtimes. Don't forget your shin pads and mouth guard. All abilities welcome.