

AUTUMN 2 PE STARS

- Jessica 9G
- Ethan 7J
- Beau 7J
- Summer 8P
- Sienna 8P
- Mia 9C
- Joshua 8C
- George 8A
- Zac 9D
- Joe 9C
- Molly 11G
- Oliver 12MCK
- Sereena 10J
- Annie 7C
- Jack 10A
- Zahra 9A
- Amelie 10J
- Amelie 8G
- Oliver 10P
- Zach 7D
- Bobby 7D
- Evie 7J
- Alfie 9C
- William 8J
- Holli 11J
- Mia 7D
- Millie 7P
- Kaitlyn 9G
- Alice 9G
- Tillie 10J

STEM IN PHYSICAL EDUCATION—THE READY TRIAL

The PE department were delighted to welcome Hertfordshire University to Kings Langley to work with students ranging from Year 8 to Year 11. The University introduced students to The Ready Trial, a research programme for students with low mood and depression, to see if physical activity can improve mood. Students took part in a range of activities and gained valuable experience in the use of advanced technology in sport. Students used speed gates to measure their speed over 10m and 20m distances and tested their explosive strength using jump pads to measure jump height and air time. The university allowed students to administer the tests so they understood how to work the technology. Finally students explored their pulse rates and how they changed during different levels of exercise. The results were compared to their maximum and resting heartrates. Students compared results against their peers and were able to try and improve their scores against their previous results.

Please follow the link below for more information about the Ready Trial or the sign up.

[Ready Trial – The Ready Trial Study](https://readytrial.co.uk) (https://readytrial.co.uk)



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@KLSPE

KLS Physical Education Department

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Issue 2



Talk of the Sport

WELCOME TO TALK OF THE SPORT, ISSUE 2.

Despite the shorter days and inclement weather, there has been a lot going on in the KLS PE Department including curricular and co-curricular activities including; County Table Tennis, Primary School Sports Festival, Clubs, Fixtures, District and County representation, Rainbow Laces Day and Inter-form competitions.

As usual, our students have shown great enthusiasm and commitment to the subject and we thank all the students and non-PE staff who have made a particular effort on what has been a long term.

Please read on for the full stories from Autumn Term 2.

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KLS STUDENTS REPRESENTING HERTFORDSHIRE

Congratulations to Charlie (Year 10), Josh (Year 11) and Jack (Year 11) who have represented the Hertfordshire Schools' FA U/15 and U/16 teams respectively this term. Playing games against Berkshire, Hampshire, Middlesex, Suffolk, and Essex, they have helped their teams get off to very successful starts to the season. Games against Norfolk, Bedfordshire, Inner London, and several professional academies are coming up after Christmas.



KLS SPORTS LEADERS



Over 20 of our Year 9 Sports Leaders have been involved in delivering the Dacorum Year 2 Primary School Sports festivals this term. Responsible for organising activities and supporting the younger students through the events, the students were outstanding ambassadors for Kings Langley School. Their empathy, compassion, confidence, and calmness helped ensure all the primary school students thoroughly enjoyed themselves. One teacher even said she would love to have our leaders work at her school. Special mention must go to Mia and Jess who were given special praise by the primary school teachers for their amazing efforts.



TEAM NEWS

Football

Unfortunately, all but one of the boys and girls football teams' Cup journeys have come to an end. The Year 11 boys bowed out with a 2-1 loss to Chancellors. Year 10 exited the cup after a heavy loss against the travelling Riddledown Collegiate team. Similarly, the U13 girls team were outclassed by a Croxley Danes outfit and the Under 14 and 15 girls faced a dominant Priory School and Knights Templar, respectively. Fortunately, the U18 boys are keeping the Cup Dream alive and are yet to play their second county cup fixture in the new year. Time to focus on the Dacorum Schools League, I think!

Netball

Congratulations to Sammi Y11 who recently earned a place in the Regional Netball Team as a Goal Shooter. Sammi is working hard to rebuild her fitness after injury and is then hoping to combine both her studies and progressing her netball skills. We wish Sammi the best of luck for the seasons ahead.

Trampolining

Congratulations to Lyla year 11, Harrison year 10 and Alex year 8, who competed in the regional trampolining competition. Lyla was competing to gain evidence for her GCSE PE and came 19th. Harrison and Alex are both elite trampolinists and won their age groups, they now progress onto the zonal finals in January.

Swimming Success

Congratulations to Freddie Y9 who recently took part in the Club Championships. Freddie walked away with 13 wins out of 14 races. Freddie finished first overall for his age group and put up the fastest 200m Butterfly time.



COUNTY TABLE TENNIS SUCCESS

Congratulations to the Year 10 Table Tennis team who finished as runners-up in the Dacorum Championships. Umar, Jack, Liam, Jacob and Oliver played some excellent Table Tennis and fully deserved their silver medals, just missing out on the overall title and a place in the County Finals.



RAINBOW LACES DAY 08/12/2021

Stonewall are a charity who work tirelessly for equal right for the LGBTQ+ community in society. This term, the Sports Council and PE Department teamed up with the LGBTQ+ club and Miss Hill to show support for the Rainbow Laces Campaign, which aims to fight homophobia and promote equality and inclusion in sport. All students who attend a club or fixture will automatically receive a pair of rainbow laces. Alternatively, if you would like a pair of laces, but have not yet attended a club or fixture, please come to the PE Office or Library to claim your free pair. All staff and students can wear them in their boots, trainers and school shoes. We are looking forward to seeing you all picking up your own pair of rainbow laces and standing with us against homophobia, transphobia and biphobia in sport and society.



INTERFORM RESULTS

Well done to all those who have competed in any inter-form competitions so far this year! Competitions have taken place as a co-curricular activity and during lesson time, with high effort throughout. There will be plenty more opportunities this year to represent your forms. Below are the results from the competitions which have taken place:

Table Tennis

Year 7

Place	Group A	Group B
1 st	D	D
2 nd	A	A
3 rd	C	J

Year 8

Place	Pupil
1 st	Oli
2 nd	Lilly
3 rd	Jake

Year 9

Place	Pupil
1 st	Ricardo
2 nd	Luke
3 rd	Naabil

Year 12/13

Place	Pupil
1 st	Jacey
2 nd	Romain
3 rd	Ollie

Futsal

Year 7

Pos.	Form	W	GD	PTS
1 st	G	3	6	11
2 nd	C	2	2	9
3 rd	P	2	-4	6

Year 8

		W	GD	PTS
1 st	C	3	3	11
2 nd	A	1	2	6
3 rd	D	0	0	5

Year 9

		W	GD	PTS
1 st	P	3	3	12
2 nd	D	3	9	11
3 rd	J	2	3	8

Year 10

		W	GD	PTS
1 st	G	3	7	10
2 nd	D	1	-1	5
3 rd	P	0	0	4

Year 11 – (After a play-off)

Pos	Form
1 st	J
2 nd	G
3 rd	P

INTERFORM FOOTBALL RESULTS

Year 7

1st C

2nd J

3rd G

Year 8

1st C

2nd P

3rd G

Year 9

1st P

2nd C

3rd J

