

PE STARS

- Jack 8G
- Jai 10G
- Oscar 8G
- Dylan 9C
- Mia 10C
- Jude 10G
- Alex 8A
- William 8A
- Jack 8G
- Areeb 10G
- Mouse 8J
- Eleanor 9C
- Bethany 9C
- Daisy 8C
- Grace 11G
- Daisy 10G
- Nicole 11J
- Chloe 8J
- Archie 9P
- Zaria 9C
- Ethan 8D
- Jacob 11J
- Sophie 8D
- Elisha 8A
- Rhea 10C
- Tiffany 10P
- MeghaNn 11D
- Miriam 11C

### INSPIRING FEMALE SPORTS LEADERS

There are some excellent examples of sports leadership that takes place at KLS however, three girls in particular require a special mention.

Sereena and Nicole, both Year 10, have proven themselves to be outstanding role models by assisting Mrs Lark with the Year 7 Netball Team. They are calm and considered and offer a wealth of experience and knowledge that has helped the Y7 team make improvements. They have also Umpired competitive fixtures and shown great assertion when it has come to making tough decisions on the court. Nicole has also recently acquired her Into Officiating Award and is working towards her assessment to become a qualified umpire.

In KS5, Talya, an excellent dancer herself, has started up her own Key Stage 3 dance club. Talya gives up her lunch time every Wednesday to help budding and more experienced dancers from years 7, 8 and 9. Talya shows great patience and has a considered leadership style and is well-respected by her dancers.

Thank you to all of our sports leaders and role models and well done for being such positive role models for other students.



@KLSPE



@kingslangleypedepartment



## Talk of the Sport

WELCOME TO THE 3RD ISSUE OF THE KLS PE DEPARTMENT NEWSLETTER.

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## COUNTY FOOTBALL NEWS

Congratulations to Jack (Year 11) who was selected to play for the Hertfordshire U/16 Boys Football squad against Norfolk on Saturday 29<sup>th</sup> January. Jack played as one of the Hertfordshire forwards and contributed well to a 2-0 victory. He

showed excellent character and determination in very tricky conditions, causing his opposing defender numerous problems throughout the game. Mr Annett also played a role in the game as the Hertfordshire manager.



## SUCCESS IN THE POOL

AN IMPRESSIVE MEDAL HAUL FOR RAFFY, SEB, FINN AND JEFFREY AT THE HERTFORDSHIRE SWIMMING COUNTY CHAMPIONSHIPS.

Individual Age Group  
 4 x Gold - 50 back, 50 free, 100 Back, 1500m Free  
 5 x Silver - 50 Fly, 50 Breast, 100 IM, 200 Back, 400 IM  
 2 x Bronze - 100 Free, 200 Free

Junior Championship (under 16's)  
 2 x Silver- 50 Back, 100 Back  
 1 x Bronze - 200 Back

Team Relay Junior Championship (with Jeffrey in all 4 races)  
 2 x Gold - Mixed Medley Relay, Boys Medley Relay  
 2 x Silver - Mixed Freestyle Relay, Boys Freestyle Relay

Congratulations also to Raffy, Finn, Jeffrey, Lewis and Freddie on their selection for the Dacorum Schools Swim Team.



Good luck to Raffy as he sets his sights on qualifying for the British National Championships



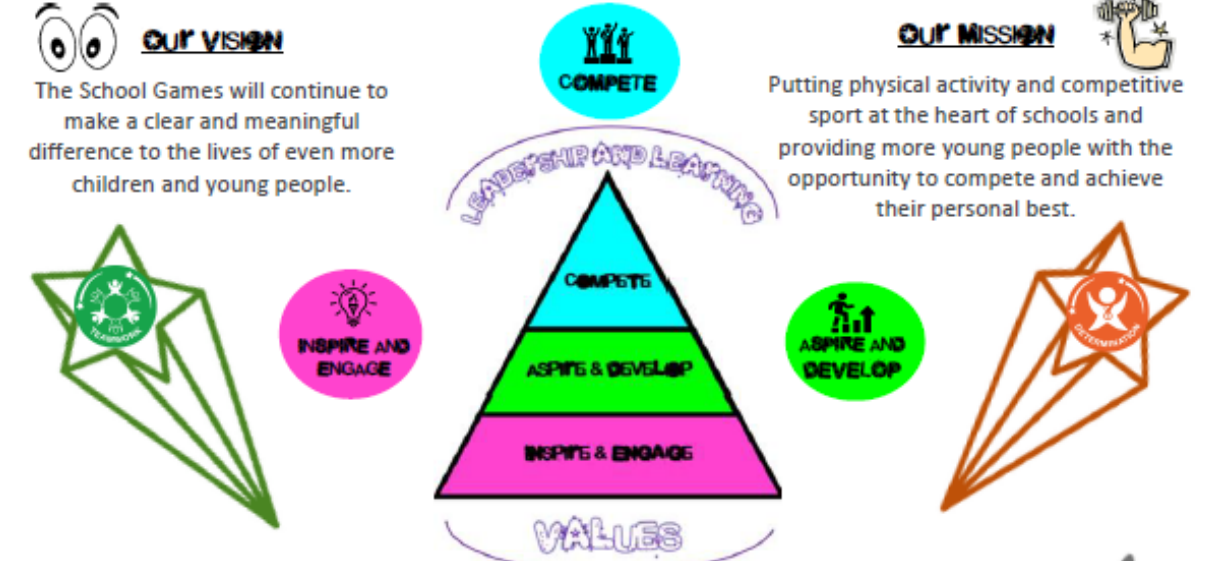
The School Games is a programme designated to keep competitive sport at the heart of schools and provide more young people with the opportunity to compete and achieve their personal best.

### OUR VISION

The School Games will continue to make a clear and meaningful difference to the lives of even more children and young people.

### OUR MISSION

Putting physical activity and competitive sport at the heart of schools and providing more young people with the opportunity to compete and achieve their personal best.



### THE NATIONAL SCHOOL GAMES PROGRAMME HAS 4 OF TYPES OF COMPETITION:

- Intra-School Competition
- Local Inter-School Competition
- School Games County Provision/Offer
- School Games National Finals

### SCHOOL GAMES IN DACORUM

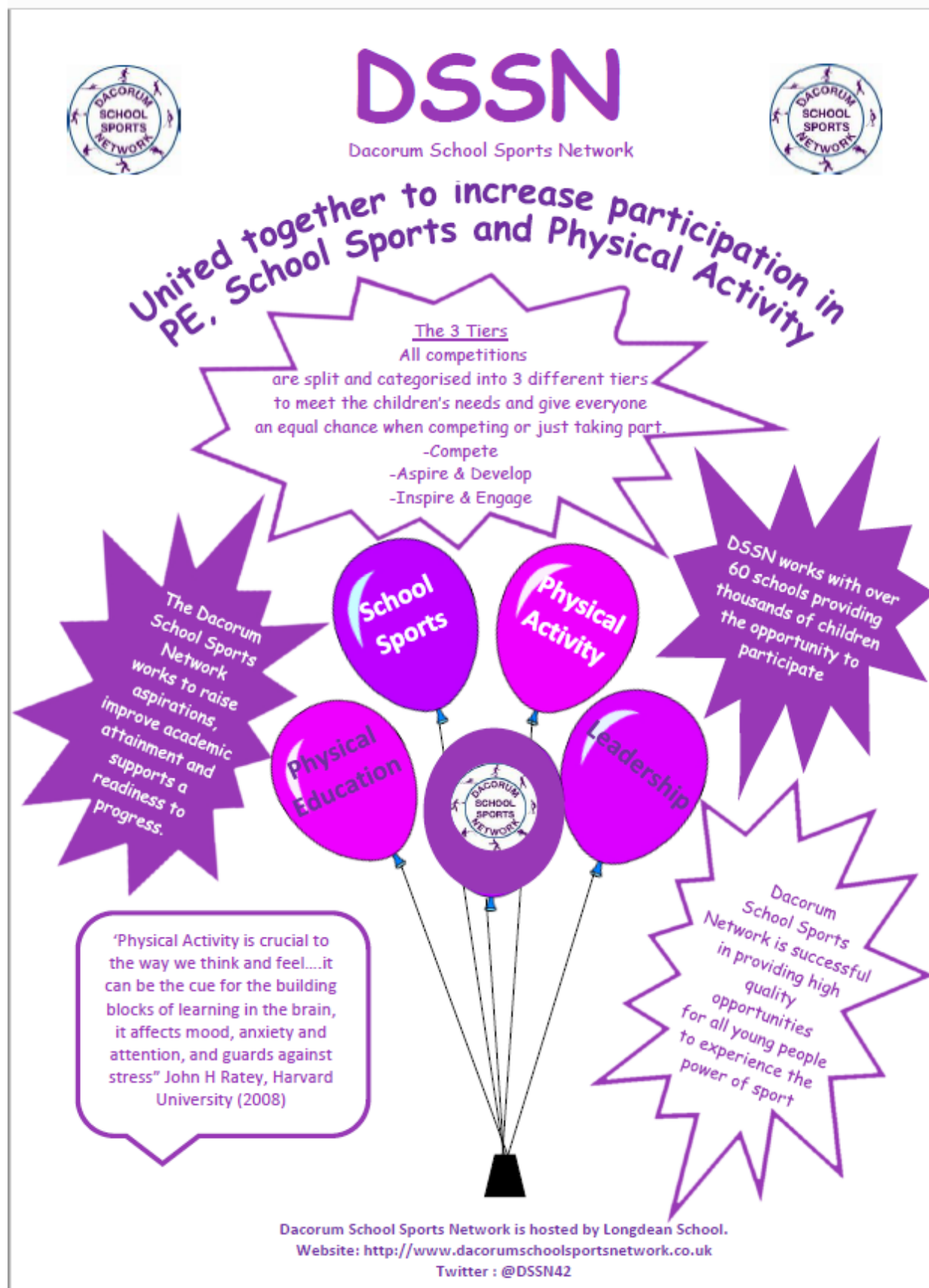
Hertfordshire School Games Organisers have created 3 tiers of participation which Dacorum offers across Primary and Secondary Schools. The 3 Tiers are

- Compete
- Aspire & Develop
- Inspire & Engage



# The School Games Values

For more information or any questions please feel free to contact us on the following or speak to your PE Lead in school.  
 Websites: <https://www.yourschoolgames.com/>



## PE Department Notice

### Jewellery

Please see below the section from the school behaviour policy regarding Jewellery;

*'Jewellery is considered potentially dangerous and should not be worn (except for one small stud earring in each ear if necessary). Nail varnish or acrylic, gels or tips on nails should also not be worn.'*

A recent update from the Association of Physical Education (afPE) states the following regarding piercings;

*"The Association for Physical Education (afPE) strongly recommends the practice of removing all personal effects at the commencement of every lesson to establish a safe working environment. This applies to all ear and body piercings, including retainer and expander earrings."*

Please can you support the school and your child's safety to ensure that they are able to remove earrings safely and quickly to participate in PE lessons. If they cannot do this, they should not wear them to school. **Students who are planning on getting new piercings should do so at the start of the summer holidays**, to allow sufficient time for the healing process.

Whilst previously we have allowed tape over piercings, the following update has been released by afPE regarding taping;

*"Where the school accepts taping, the teacher supervising the group has the legal responsibility to ensure the taping is fit for purpose."*

To ensure students receive maximum learning time, in a safe environment, teachers cannot check the taping and therefore will only allow tape in exceptional circumstances. We appreciate your support to ensure we keep all students safe and maximise the learning they receive in PE.

### PE Kit

Please be reminded of the policy regarding PE Kit and medical issues below.

"Students with medical notes must continue to bring their kit to all lessons and will be required to get changed so that they may take a supporting/leadership role within the lesson to assist their peers and member of staff. Medical issues that continue for more than two consecutive lessons will require a certified Doctor's note which will be placed on the student's file."

If you have any PE kit (including old trainers/boots) that you no longer use, please ask your child to bring it to the PE department in a carrier bag. We would really appreciate any donations!

### Hertfordshire, Kent and Middlesex indoor championships—Lee valley athletics centre

The indoor competition was being held at Lee Valley athletics centre which is a really lovely indoor athletics venue. This was my first and last competition in the indoor season this year at triple jump and my aim was to jump 12 metres as I had been getting close to this in training. My PB from last season was 11.54 metres so I also wanted to beat this. In the end, my best jump was only 11.15 metres so I wasn't very pleased with it based on what I was aiming for but the way I saw it was that I now have one more competition's experience under my belt which will help me reach that 12 metre mark next time.

However, what I was very pleased about was the fact that I won a silver medal for Hertfordshire. I was overjoyed and very proud to have won a medal for my county and for my athletics club (Dacorum and Tring Athletics Club). I know I will be able to jump 12 metres in the near future and I am excited to see what the outdoor season will bring. I can also say that I will continue to train as hard as I can to reach my goal and will really enjoy every step of the way.

James Deayn



## SPORTS COUNCIL CORNER

The School sports council provides student voice for PE and sport at Kings Langley. So far this year, the team of students have helped promote the Stonewall Rainbow Laces campaign which works to bring visibility for LGBTQ+ people in sport and awareness. Through assemblies and notices in form time, many students have decided to Lace Up to Speak Up about conversations we need to have to make sport everyone's game.

This half-term, we have met more regularly to discuss new initiatives and share ideas around the importance of health and wellbeing at Kings Langley. Our councilors are currently working on establishing initiatives to aim to improve the health and wellbeing of all in the school community. The areas of focus are:

- The school Website
- Publications
- Visits/Visitors
- Co-curricular programme

The council members will start to form ideas and create initiatives within these categories. Keep your ears peeled for new opportunities in the future. An exciting summer term for the sports council!

## TRAMPOLINING— NATIONAL CHAMPS

Congratulations to Alex in year 8 who travelled to Macclesfield for the national trampoline finals. He completed two advanced routines and placed 7<sup>th</sup> overall in his age group.

A big thanks also go to Miss Donovan for giving up her Saturday and making the long trip up to Macclesfield.



## DISTRICT CROSS-COUNTRY

Daisy, Lewis, Otis, Grace, Will, James and Harry represented the school at the Year 7 & 8 District Cross Country Championships at Abbots Hill. Up against the best runners across Dacorum, the students displayed excellent resilience and effort in their individual races. The ground was heavy and the temperature close to zero, but this didn't put the students off. Grace was the standout performer with a 3<sup>rd</sup> placed finish in her race, with Daisy (6th), Lewis (8th), Otis (22nd), Will (13th), James (22nd), and Harry (35th).



## SPORTS LEADERS



It has been a very busy term for our Year 9 & 10 Sports Leaders. Year 2 Primary School students from several local schools visited KLS in February for a Sports Hall Athletics Festival and our Year 9 Sports Leaders helped organise the event and ensured all the students competed in different activities. Year 1 and 2 students were supported at Hemel Sports Centre in early March by our Year 9 Sports Leaders as they took part in some dancing, curling, bike riding, trampolining, and speed stacking. Our Year 9 & 10 Rugby Leaders officiated over 900 Year 3-5 students during the Dacorum Primary Schools' Tag Rugby Festival in torrential rain, making sure those who took part went away having thoroughly enjoyed themselves. The professionalism, compassion, empathy, and resilience shown by our leaders has been fantastic, and they are going to be involved in even more Tag Rugby, Sports Hall Athletics, Cricket, Football, and Tennis events next term.

## GIRLS FOOTBALL AND NETBALL

*(below left)* The U13 girls were extremely lucky to have the opportunity to travel to Tottenham Hotspurs training ground and be trained by some of their young players. They completed shooting, dribbling and defending drills and took part in mini games. They were also lucky enough to have an opportunity to view the press room.

*(below right)* The year 8 girls have continued to go from strength to strength this year and made it to the plate final. The game was extremely close and the girls were really unfortunate to lose to JFK in the last minute.



## FLAG FOOTBALL BY MR ASTLEY

Flag football is to American football what touch rugby is to rugby, but that's where the similarities end. Typically, rugby is more about strength and power, whereas American football is all about brains, speed and change of direction.

At Swansea University I quarterbacked the Swansea Titans, who in my first year with the team went on to win an undefeated national championship, going 16-0 across the season. I founded the Swansea Hammerheads flag football team, which now competes at a very high standard.

As quarterback your role is to know your own offence inside out. What play do I want to call? Who do I have on the field? What formation do I want to be in? And then the defence has a look at what they think you're planning and they set up to prevent it so the quarterback's job changes again. Do I need to adjust to anything? Are there any weak spots I can exploit?

Nine times out of ten, the play is over before the ball has even moved, it's just down to the players to execute their job.

It's that sharp and focused mentality that makes all positions, on both offence and defence, highly skilled and the battle of the minds is almost as competitive as the battle speed and agility. In flag football, there's no defensive players trying to flatten receivers the moment the ball is in the air, it's all about who is the fastest with the best change of direction and hands to catch fast footballs.

If you think you can beat your friends in a foot race, now is the chance to prove it. If you're the best catcher in your group, come and catch some touchdowns. If your mind is razor sharp and you have a cannon arm, then show off that strength and accuracy throwing clever passes. If you want to sit back and poach on the mistakes of the offence, humiliating all your friends then come and be the defensive mastermind.

I've been fortunate enough to coach several offences and train young quarterbacks for a number of years now, with many different teams. I was trained by the current "GB Lions" flag football QB and I trained the current "GB Lions Silver" flag football quarterback. The club I'm running this summer term will aim to develop character by learning a sport from a different culture, provide some fun and activity with a new challenge, and help develop that mindset which hopefully they can take forward to win trophies and championship rings of their own.

TA15 #GWA



## COUNTY BADMINTON

Isabella Y7 recently heard that she had been selected to play for the Hertfordshire County Badminton Squad. In mid-January, Isabella took part in two matches against Leicester and Derbyshire County Badminton Teams.



Leiceister proved to be a tough opposition and the Herts team were beaten 15 matches to 5. However, a stronger performance from Herts against Derbyshire saw the team win by the same scoreline 15-5!

## NATIONAL CROSS-COUNTRY



Well Done to Oliver Y10 who recently competed in the National Cross-Country Championships which took place at Parliament Hill, the home of English cross-country.

This was the first event since 2018 and was extremely competitive with over 8,000 runners entered.

The U15 race is across a 4km course which includes the well-known uphill start and stunning views of the London skyline.

Oliver was up against 450 runners in his age group and finished a very creditable 215th.

Good luck in upcoming Athletics season, Oliver.