

## PHYSICAL WELLBEING

As part of our drive towards increasing physical wellbeing, the PE Department are encouraging our students, staff and parents to visit some of the websites below to see how beneficial physical activity is and where there are local opportunities to participate.

Please don't hesitate to contact the PE Department for further details.



@KLSPE



@kingslingleypedepartment

## LOCAL SPORTS CLUBS

[Active Dacorum](#)

[Sports, Clubs and Society's Hemel Hempstead \(hemelonline.com\)](#)

[Sports Clubs & Associations near Watford, Hertfordshire | Reviews - Yell](#)

[British Sports Clubs Listed UK - English, Welsh, Scottish, Irish Teams League Clubs Players \(sports-clubs.net\)](#)

## PHYSICAL WELLBEING

<https://www.bhf.org.uk/information-support/heart-matters-magazine/nutrition/5-a-day/get-your-5-a-day>

<https://www.nhs.uk/healthier-families/>

<https://www.better.org.uk/healthy-eating-families#>

<https://www.hertsfamilycentres.org/info-and-advice/health/health.aspx>

<https://www.hertfordshire.gov.uk/microsites/local-offer/preparing-for-adulthood/health/physical-health.aspx>

<https://sportinherts.org.uk/physical-activity-for-wellbeing/>

<https://www.jjkfitness.co.uk/>

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>

<https://www.foodafactoflife.org.uk/>

<https://www.food.gov.uk/sites/default/files/media/document/eatwell-guide-master-digital.pdf>

<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/>

<https://www.hct.nhs.uk/children-and-families/healthy-eating-for-families/>

<https://www.heartandstroke.ca/healthy-living/healthy-eating/healthy-eating-basics>

<https://www.nutrition.org.uk/healthy-sustainable-diets/healthy-and-sustainable-diets/a-healthy-balanced-diet/>

<https://www.thisgirlcan.co.uk/>

<https://www.everyoneactive.com/this-girl-can/>

<https://www.nhs.uk/live-well/exercise/exercise-health-benefits/>

<https://www.gov.uk/government/publications/health-matters-physical-activity/health-matters-physical-activity-prevention-and-management-of-long-term-conditions>

<https://mentalhealth-uk.org/help-and-information/mental-health-and-physical-health/>

<https://www.mind.org.uk/information-support/tips-for-everyday-living/physical-activity-and-your-mental-health/about-physical-activity/>

<https://www.sportengland.org/why-were-here/physical-wellbeing>

<https://www.leapwithus.org.uk/health-and-social-care-workforces/health-and-physical-activity-campaigns/>

<https://www.bbc.co.uk/bitesize/guides/zpmq6fr/revision/3>

<https://www.bhf.org.uk/information-support/risk-factors/physical-inactivity>

<https://www.fph.org.uk/policy-advocacy/special-interest-groups/special-interest-groups-list/public-mental-health-special-interest-group/better-mental-health-for-all/relationship-with-physical-health-and-healthy-lifestyles/>

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## Talk of the Sport

### WELCOME

THIS TERM SAW A RETURN TO NORMALITY WITH DISTRICT AND COUNTY ATHLETICS LEAGUES PLUS ROUNDERS, CRICKET AND TENNIS FIXTURES ALL RESUMING CULMINATING WITH THE LONG-AWAITED RETURN OF SCHOOL SPORTS DAY AND THE INTER-HOUSE RESULTS. IN ADDITION, OUR STUDENTS HAVE BEEN BUSY AT SEVERAL SPORTS LEADERSHIP FESTIVALS FOR RUGBY, ATHLETICS AND CRICKET INSPIRING THE YOUNGER GENERATIONS.

THIS IS ALSO A GOOD OPPORTUNITY TO THANK ALL OF YOU, PARENTS, CARERS AND STUDENTS, FOR YOUR CONTINUED SUPPORT OF THE SCHOOL AND COMMITMENT TO SPORT AND PHYSICAL ACTIVITY.

HAVE A RESTFULL SUMMER AND WE LOOK FORWARD TO WELCOMING EVERYONE BACK IN SEPTEMBER READY FOR ANOTHER YEAR OF PHYSICAL ACTIVITY AND SPORT.

## SHOOTING SUCCESS

Congratulations to George (8G) who took part in the Herts and Essex English Sporting Championships and came first in Colts and C Class. He also came first in the Herts Super Sporting Championships in Colts. He is now the Herts County Colts Champion in both shooting disciplines.



## Trampolining

AT THE END OF MAY, ALEX (8P) TRAVELLED TO CARDIFF TO COMPETE IN THE UNDER 14 BOYS NATIONAL LEAGUE 2 COMPETITION.

UP AGAINST 8 OTHER COMPETITORS, ALEX FINISHED IN 3RD PLACE AFTER HIS THREE ROUTINES HAD BEEN JUDGED. ALEX WAS ONLY 0.8 POINTS BEHIND 1ST.

WELL DONE ALEX, YOUR HARD WORK CERTAINLY PAID OFF.



## DISTRICT ATHLETICS

### District Athletics

After a three year gap, the Dacorum District Athletics Championships took place at Jarman Park this half-term. It is always a great occasion and one in which the real grit and determination of our students shines through. Their efforts were fantastic and their support for their peers outstanding. Gold medals were won by Josh (Year 7), Year 7 Boys Relay Team, Grace (Year 8), Patrick (Year 9), Oliver (Year 10), Evie (Year 10), Charlie (Year 10), and Marcus (Year 11). Silver medals for Harry (Year 7), Amelie (Year 8), and Kian (Year 11), and Bronze medals for Zach (Year 7), Oliver (Year 10), Charlie (Year 10), Josiah (Year 10), Year 10 Boys Relay Team.



### NEW DISTRICT AND SCHOOL RECORD

As well as winning his heat and taking home the gold in the 100m final, Josh (Year 7) set a new District and School 100m record. The record stood at 12.7s and has gone unchallenged since 2002. It was set by none other than Anthony Joshua. The new record now stands at 11.9s. An absolutely incredible achievement, Josh, well done.

**PE Stars**

Teddy 7C

Daisy 7P

Samuel 9D

Umar 10D

Jake 8J

Alex 8J

Amber 9D

Lillian 9C

Emily 9G

Gabby 9P

Sienna 8J

Aya 7D

Lilly-May 10D

Izzy 7P

Santi 9P

Hannah 7D

Bethany 7P

Megan 8A

Freddie 7D

Connor 7D

Dexter 7J

Miles 9D

Bobby 9D

Arthur 9J

Romano 7G

Alfie 7J

Jack 7G

Jack 10A

Sonny 9J

Felicity 12MCK

# INTER-HOUSE COMPETITION RESULTS

Throughout the year, students from St Andrew’s, St Christopher, St David, St George, St John and St Paul have competed against each other in a variety of sports including futsal, table tennis, dance, tag rugby, netball, rounders and cross-country. Competitions took place during curricula and extra-curricular time and the enthusiasm and competitiveness shown by the students throughout the year was excellent.

At the end of each competition, form teams were awarded points depending on where they finished in the league table - 6 points for 1st place down to 1 point for 6th place. The year-long competition would be decided on Sports Day with the winning form being crowned and lifting the House Champion cup.

There was only 5 points separating the top 3 houses but the overall winners of the Inter-House competition was St Andrew’s. Congratulations to all our students



## Results

**Overall Table (1<sup>st</sup> = 6pts, 2<sup>nd</sup> = 5pts, 3<sup>rd</sup> = 4pts)**

Place	House	Total Points
1 <sup>st</sup>	A	71
2 <sup>nd</sup>	C	68
3 <sup>rd</sup>	P	66
4 <sup>th</sup>	J	56
5 <sup>th</sup>	G	55
6 <sup>th</sup>	D	49



PLAYSTATION FC FIFA 22 NATIONAL FINALS

Tom (Year 8) travelled to West Bromwich Albion FC this week to compete in the National Finals of the PlayStation FC FIFA 22 competition. A competition that was open to over 30,000 students, Tom made it through to the overall finals and finished in a superb 18<sup>th</sup> place. Up against some of the most talented FIFA 22 players in the country, Tom played some outstanding games during the day, winning one of his games with the very last kick of the match. He was ably supported by Elijah (Year 8), who made sure Tom always had someone cheering him on in each game. Tom was also interviewed for the PlayStation FC YouTube Channel, which was live throughout the day. Both boys experienced full hospitality and were outstanding ambassadors for KLS.

Badminton

Bella (7D) trains regularly at a local badminton club in Kings Langley and participated in the intra-club championships. After some hard-fought matches, Bella came away with a silver medal. Well done Bella on your excellent achievement.



A HUGE CONGRATULATIONS TO CHARLIE (YEAR 10) WHO WAS PART OF THE HERTFORDSHIRE U/15 FOOTBALL TEAM THAT WON THE SOUTH EAST ENGLAND CHAMPIONSHIPS AT WYCOMBE WANDERERS FC LAST FRIDAY AGAINST SUSSEX. CHARLIE HAS BEEN A MAJOR PART OF THE SQUAD THROUGH-OUT THE SEASON, CAPTAINING THE SIDE AGAINST NORFOLK ON THE WAY TO THE FINAL. IN A TIGHTLY CONTESTED GAME, HERTFORDSHIRE CAME OUT ON TOP AFTER A NAIL-BITING PENALTY SHOOT-OUT. A SPECIAL MENTION MUST ALSO GO TO CHRIS (YEAR 12) WHO HELPED MANAGE THE SIDE ON THE NIGHT.



Leadership & Coaching

Our first full year back since the impact of Covid has provided our Sports Leaders with the opportunity to show off their skills. Over 100 Sports Leaders have been involved in organising and officiating numerous events to over 1500 primary school students across the year. These have included Year 3/4 Football, Year 5/6 Football, Year 3/4 Tag Rugby, Year 5/6 Tag Rugby, Year 3/4 Golf, Mixed Cricket, Year 3/4 Indoor Athletics, Year 3/4 Tennis, and 7 Year 1-6 Indoor Sports Festivals. The maturity, compassion, and enthusiasm shown by our students has been phenomenal, and they have been amazing role models throughout. Two of our students were also selected for the prestigious Herts Young Coaches Academy because of their outstanding commitment and ability.



SPORTS LEADERS AND COACHING

**DANCE**

Felicity (12MCK) attended the Burghfield Dance Festival in Reading on June 18th. She entered 10 dances overall in the 16 and over group category. Medals are awarded for 1st–4th place and trophies awarded for dances with the highest marks. At the end of competition, Flic came away with a staggering 7 golds, 1 silver and 2 bronze medals as well as a trophy for the highest mark of the competition. A remarkable medal haul Flic and huge congratulations.

- Tap solo - 1st (Gold Medal & Highest Mark trophy)*
- Ballet Solo - 1st (Gold Medal & Highest Mark trophy)*
- Lyrical solo - 2nd (Silver Medal)*
- Modern solo - 3rd (Bronze Medal)*
- Tap Duet - 1st (Gold Medal & Highest Mark trophy ) lol*
- Modern duet - 1st (Gold Medal & Highest Mark trophy)*
- Lyrical duet - 1st (Gold Medal & Highest Mark trophy)*
- Lyrical duet 4th - (Bronze Medal)*
- Modern Trio - 1st (Gold Medal & Highest Mark trophy)*
- Tap Trio - 1st (Gold Medal & Highest Mark trophy)*



## Year 7

### Commonwealth Games Festival

Twelve of our Year 7 students travelled to Longdean School to be a part of the Dacorum Commonwealth Games Festival. With the Commonwealth Games being held in Birmingham this summer, this festival provided the students with a chance to experience some activities they had never tried before. These included, Archery, Laser Tag, Mountain Climbing, Boxing, Circus Skills and Spikeball. The Circus Skills provided the opportunity to try some juggling, stilt walking, and unicycling. It was an excellent day and our students were a real credit to the school with their boundless energy and constant singing of Rick Astley songs.



### Year 9 and 10 Rounders

Congratulations to the Year 9 and 10 Rounders teams who have been committed to playing friendlies against schools within the district. Their skill level has increased considerably since the first game and the sportswomanship displayed has been exceptional. Thank you to the year 10's who played for the year 9's to ensure we had 2 teams. We wish you the best of luck in the upcoming tournaments.



## RESULTS

### Y7 Cricket Tournament

Congratulations to the Year 7 cricket team who finished 2<sup>nd</sup> in the district tournament. The girls had difficult first game against Ashlyns A team and a hard battle against Longdean in the second round. Their final game against Ashlyns B team lead them to victory and they subsequently finished joint second overall. The girls were supportive of each other and had a fantastic day out at Hemel Hempstead Cricket Club.

