

AUTUMN 2 PE STARS

- Ryan 7G
- Alexander 7C
- Luke 9G
- Zente 9P
- Tom 7D
- Harry 9P
- Emily 9P
- Beatrice 8C
- Holly 7T
- Ethan 8P
- Beau 8P
- Jack 8P
- Daniel 9C
- Gus 9C
- Samuel 10D
- Edward 10G
- Louis 7A
- Ronnie 7J
- Jack 8D
- Ava 7A
- Sharleez 10P

VARSITY RUGBY—OXFORD VS CAMBRIDGE

25th March 2023

Twickenham Stadium

The Varsity Match is an annual rugby union fixture played between the universities of Oxford and Cambridge which first took place in 1872. After 140 matches, Oxford have 62 wins, and Cambridge maintain the lead with 64

Tickets cost just **£12**. Included in the price of the ticket are two matches (mens and women’s), travel, parking and insurance.

If you would like any more information please feel free to email me or contact the school office. To book a place on the trip pay online via scopy and email me.

Bensond@kls.herts.sch.uk



JANUARY CURRICULUM ACTIVITIES

Year 7 1	<i>Rugby Union</i>	Year 10 1	<i>Football</i>
Year 7 2	<i>Gymnastics</i>	Year 10 2	<i>Badminton</i>
Year 7 3	<i>Dance</i>	Year 10 3	<i>Football</i>
Year 7 4	<i>Netball</i>	Year 10 4	<i>Trampolining</i>
Year 8 1	<i>Rugby League</i>	Year 11 1	<i>HRF</i>
Year 8 2	<i>Badminton</i>	Year 11 2	<i>Netball</i>
Year 8 3	<i>OAA/HRF</i>	Year 11 3	<i>Rugby</i>
Year 8 4	<i>Dance</i>	Year 11 4	<i>Badminton</i>
Year 9 1	<i>Trampolining</i>		
Year 9 2	<i>Netball</i>		
Year 9 3	<i>Table Tennis</i>		
Year 9 4	<i>Football</i>		



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KLS Physical Education Department

December 2022
Issue 5

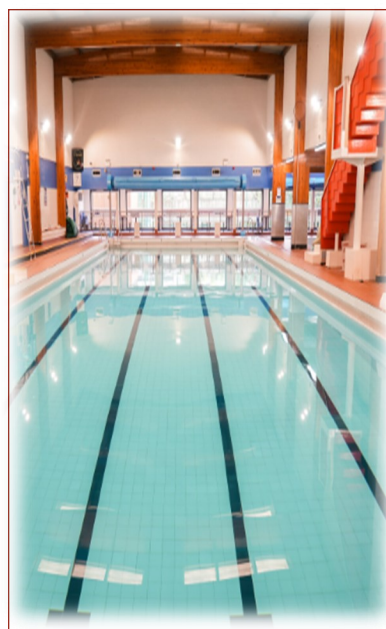


Talk of the Sport

WELCOME

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SUCCESS IN THE POOL

Raffy 10C has continued to make a name for himself on the Hertfordshire swimming scene. Over summer, Raffy attended the British Champs where he made the 200m backstroke final where he finished 9th. Following that, he attended the English championships and won a silver medal in the 100m backstroke. To top off an impressive summer, Raffy was selected for the National Age Groups Development Programme.

Rugby Player Development Pathway



Patrick 10P and Sonny 10J were busy during the summer holiday playing rugby league. Playing for St Albans Centurions RLFC, the boys performed consistently well and contributed to the team winning the league. A fantastic achievement. In addition, both boys were then selected to play in the London Origins Series representing the North London team. Games were played throughout September against teams from London and the South-East of England.



More recently, after a successful trial for the London Bronchos, Sonny was selected for their scholarship. Sonny has been working hard at tough training sessions since his selection in an attempt to progress to the next stage of the scholarship. Sonny is also a valued member of Old Albanian RFC and is a ball boy at the StoneX stadium for Saracens.

COUNTRY RESULTS

Top Runners per Year group					
Year	X	Time (m)	Y	Time (m)	
Year 7	Boys	Zain	21.57	Rob	15.11
		Tom	25.06	Cooper	17.45
		Lachie	25.54	Sam	17.45
Girl		Lois	29.11	Amelia	18.23
		Ruby	30.50	Narayah	20.09
		Emily	31.10	Summer	21.12
Year 9	Boy	Rylie		Will	19.47
		Logan		Taylor	22.12
		James		Luke	22.13
Girl		Eleanor	26.19	Sienna	26.15
		Ruby	29.27	Sophie	29.10
		Suzanne	28.40	Sienna	33.10

Year	X	Time (m)	Y	Time (m)	
Year 8	Boy	Lewis	20.18	Arthur	22.27
		Harry	21.30	Samim	23.57
		Otis	25.00	Jack	24.43
Girl		Sophie		Alice	26.23
		Betsy		Abbie	27.70
		Aya		Sadie	
Year 10	Boy	Chase		Billy	20.41
		Mason		Bobby	20.48
		Zameer		Charlie	22.08
Girl		Sharleez		Paige	30.34
		Mia		Pheobe	31.16
		Lily		Milly	34.13

This term, year groups 7-10 competed in Inter-house Cross-Country within their PE lessons. Students' finishing positions were the score they gained for their house, e.g. if a student finishes 1st, they would gain 1 point. The lowest total points wins. **Congratulations to G** house, who are the overall winners for the Inter-house Cross-country!

INTER-HOUSE CROSS

Results

Total Scores (all year groups)		
		Position
A	3565	3
C	3637	2
D	3643	4
G	3525	1
J	3764	5
P	4085	6

Year 7		
Form	Points	Position
A	1097	4
C	861	1
D	913	2
G	985	3
J	1357	6
P	1687	7
T	1107	5

Year 8		
Form	Points	Position
A	1014	4
C	1365	6
D	1025	5
G	652	2
J	596	1
P	771	3

Year 9		
Form	Points	Position
A	811	3
C	645	1
D	762	2
G	1033	6
J	888	4
P	977	5

Year 10		
Total	Points	Position
A	643	1
C	766	3
D	943	6
G	855	4
J	923	5
P	650	2

Abbots Langley Tough Ten



On Sunday 2nd October, the local community took part in the annual Tough 10 race. The competition consists of three races; 3km, 5km, 10km.

We are extremely proud to announce that Oliver 11P came first in the 5km race with an incredible time of 16 mins 49 seconds. Kenan 8A also ran the 5km race and finished in 18th with an equally impressive time of 23:28s

Following in his brothers footsteps, Jack 8G achieved further success finishing second in the 3km with another excellent time of 17:17s.

A special mention also to KLS's very own, Mr Tubb, who ran the maximum 10km distance and finished in an impressive 52.18s.

Well done to all who ran. Full results can be found by following the link below.

[The 40th Abbots Langley Tough 10 | Nice Work Race Management \(nice-work.org.uk\)](https://www.nice-work.org.uk/)

Sports Awards Evening

At the start of the term, we celebrated the achievements and efforts of our excellent students at the annual sports awards evening.

Students were judged on their effort and commitment in curriculum time, participation at extra-curricular activities and school sports team representation including leadership events. Students' sporting participation outside of school is also considered.

We nominated 6 students who met or exceeded the criteria listed above from each year group. There was one winner from each year group who in turn was eligible to win the overall Sports Person of the Year Award.

A massive congratulations to all our nominees and winners and thank you for all your hard work and effort.

Thanks also to Ben Goodliffe who gave up his time to attend as the evening's guest of honour and hand out the awards to our students.

Year 7—Josh

Year 8—Bethany

Year 9—Patrick

Year 10—Oliver

Year 11—Finley

6th Form—Felicity

Team—Year 11 Football

Sports Leader—Talya

Official—Josh

Overall—Oliver



Trampoline success

A number of KLS students travelled to Hitchin last week to compete in the Regional Trampoline Championships. Up against the very best trampolinists from the East of England, our students performed outstandingly well to claim three titles and four medals in total. Eva (12SHH) started the day with a very creditable 8th-place in the Senior Girls Elite competition. This was followed up with Alex (9P) winning the Intermediate boys elite competition, Michael (11C) winning the senior boys novice event, and our senior boys novice team (Michael 11C, Tom 11A, Max 11C) dominating their competition with a clean sweep of the medals. All four boys now qualify for the Zonal Finals (the best trampolinists from the South of England) after Christmas.

GIRLS FUTSAL

The year 7 girls have turned their hand to futsal this term, before half term they were involved in the district futsal competition. Here they beat teams from Ashlyns, Adeyfield, Laureate and Longdean to remain unbeaten on the night and even better did not concede a goal the entire evening. After being crowned district champions they played The Reach Free School who were the winners from the Watford area. The team played fantastically well in a game that continually swung both ways. Kings Langley went 2-0 up to then be pulled back to 2-2. The Reach Free then went ahead and it was 5-4. The girls then found another gear and started playing some absolutely fantastic football, it started from the back with Olivia making some fantastic saves and went throughout the team with goals being scored to turn the tides again and Kings Langley went ahead 7-5. Both teams competed throughout the entirety of the game but Kings Langley were able to hold on.



The U14 girls also made a great start in their district Futsal competition, they played teams from Ashlyns, Adeyfield, Longdean and Laureate. They competed throughout the competition and remained unbeaten throughout the tournament alongside Ashlyns. This meant the competition would be decided on goal difference but again the two teams were equal so it went to the dreaded penalties. Here the girls bravely competed however were beaten to be district futsal runners up.



FOOTBALL

Four KLS students have represented Hertfordshire this term at Football. Daisy (8C), Rylie (9D), Logan (9A), and Charlie (11G) have each played in a number of games against several other counties, including Dorset, Oxfordshire, Norfolk, Kent, Bedfordshire, and Essex. Daisy's U/14 Girls team remain unbeaten, while Rylie and Logan's U/14 team are currently through to the national semi-final against South Yorkshire/Northumberland.



BOXING



Chase 10P recently travelled all the way to Southampton for a bout against a fighter from Essex. It was an early start with his coaches, his uncle and two cousins, Big Arch and little Archie, to support him and they all had a fabulous day. Chase was tipped as the outsider with only his family and coaches for support. Chase used everything he's been training for and learnt since the age of ten and performed absolutely brilliantly. He clearly won every round but even so, his opposition and his fans thought he'd one. It was clear Chase had won the bout and rightly and deservedly so. Great effort Chase and we look forward to following your progress.



Cross Country

Several KLS students took part in the very competitive District Cross Country Championships that were held at Abbots Hill School. Conditions were variable across the two days of competition, but our students showed great resilience to earn some very creditable results. The outstanding performance came from Oliver (11P) who won the Year 11 Boys race by over 300m in a very dominant display of running. Other notable performances came from Ruby (7A) who was 5th in the Year 7 Girls, Rob (7G) who was 9th in the Year 7 Boys, Lewis (8C) who was 3rd in the Year 8 Boys, Grace (9D) who was 3rd in the Year 9 Girls, and William (9P) who was 5th in the Year 9 Boys. The Year 8 Boys Team also finished as Runners-Up in the Team Trophy.



RUGBY

Emily 12SHH became the second ever KLS student to be selected for the Hertfordshire Women's u/18 Rugby squad. Her selection was a testament to all the outstanding performances she has put in playing for Fullerians RFC. Emily is playing prop for her Club and Hooker for her County. Emily has also given up many hours of her own time this year to help support the development of lower school rugby and many games lessons. Emily is proving herself to be a capable young sports-woman and an excellent role model to our younger students.



TABLE TENNIS

Three KLS teams competed in the U/16 District Table Tennis Championships held at Longdean this term. Up against the strongest players across Dacorum, the boys did themselves proud with some excellent performances. All three teams finished in the top 5.



LEADERSHIP

Over 1000 primary school students have had the benefit of being led by one of our sports leaders this term. Whether it be at the Dacorum Primary Schools Tag Rugby Festival, or one of the Sports Hall Festivals held at Hemel Sports Centre, our Sports Leaders have shown fantastic empathy and compassion. Their dedication to ensuring all of the primary school pupils have enjoyed themselves has been exemplary.



BADMINTON

Our senior Badminton Teams competed in the Dacorum Badminton Championships held at JFK School with both teams finishing as Runners-Up.



DUKE OF EDINBURGH

Four Year 13 students completed their expedition in Wales as part of their Silver Award. In tough, wet and windy conditions, they worked extremely well together to spend three days under canvas in the Brecon Beacons.



UNDEFEATED!

Coaching



The Year 7A boy's football team had a successful start to the season, winning all their matches to date. The team have been playing well together showing great teamwork, resilience, hard work and determination to do well in all areas of the game. The team is now one match away from becoming League champions. The team are also through to the 1/4 finals in the County Cup. They have set themselves the challenge of going an entire season undefeated and aiming to win the treble. Let's hope they see the match off before it gets to penalties...

Results: JFK 0-4 KLS, Hemel 3-5 KLS, Adeyfield 9-6 KLS, Tring 0-2 KLS, St Edmunds 1-5 KLS

Team: Guest, Turnball, Eliot, Ryder, Kerr, Hughes, Gibbs, Esom, Monk, Feeley, Dewhurst, Alleyne, Wickham.

Coaching

A massive congratulations to Jacob (11J), Cory (10J), Jessica (12SHH), Patrick (10P), Sereena (11J), and Sonny (10J) who have just been selected as part of the Hertfordshire Young Coaches Academy. This is an outstanding opportunity to develop their coaching skills and help with the development of sport within our lower school. Our students have been chosen from a large pool of applicants and will be spending a few days at the University of Hertfordshire after Christmas enhancing their coaching talents.