

SPRING 2 PE STARS

- Oscar 7G
- James 7A
- Otis 8D
- Aidan 9G
- Paris 9C
- Nomaan 10G
- Gus 9C
- Jonathan 9D
- Jack 8P
- Archie 8P
- James 10A
- Harry 10G
- Aya 8D
- Emily 7G
- Isla 9C
- Emily 9P
- Lotta 9J
- Yasmine 9D
- Sadie 8J
- Evie 8J
- Harrison 7C
- Jake 9J
- Eleanor 7J
- Amelia 7P
- Ava 7A
- Clara 7C
- Millie 8P
- Elsie 7A
- Emily 7A
- Letitica 9P
- Jack 8G
- Henry 8G
- Zach 8D
- Oliver 8D
- Phoebe 7A
- Millie 7D

OXFORD VS CAMBRIDGE VARSITY MATCH

Students had a thoroughly enjoyable day at Twickenham Stadium for the Oxford vs Cambridge Universities Varsity Rugby Matches. Students had the opportunity to watch two incredible matches with excellent rugby on display. Also an amazing opportunity to interview the Women's Captain and Player of Match. Pitch-side at Twickenham is an experience never to forget.



District Cup Champions

KLS are Under12 Boys District Football Cup Champions. Despite dominating the first half and going down 2-0, the boys worked hard and showed great teamwork, resilience and togetherness to come back and win the match 4-2. Great all round performance from all. MOM: Louie & Kairo Goal Scorers : Henry 1, Ollie 1, Louie 2 We're looking forward to see what this team are capable of next season and beyond. Well done Mr Choudhury and Mr Raine for winning silverware in your first two



@kingslangleypedepartment



@KLSPE



**Talk
of the
Sport**

INSIDE THIS ISSUE

- District/County Football..... 2
- Shooting..... 2
- Trampolining & XC 3
- PE Alumni 3
- Boxing & Leadership 4
- Athletics 4
- Ski Trip 5
- Netball 6
- Varsity Rugby 6
- Cup Winners..... 6
- PE Stars 6



FOOTBALL UPDATES

Charlie (Year 11), Rylie & Logan (Year 9) and Daisy (Year 8) have all represented the Hertfordshire Schools FA this season with distinction. They have been fantastic ambassadors for KLS and shown outstanding levels of effort on the football field. Rylie recently travelled with the U/14 Boys Squad to Newcastle to play Northumberland CSFA in the National Semi-Final, while he and Logan have earned Hertfordshire a spot in the South East England Championships Semi-Final against Surrey. Daisy's U/14 Girls Squad are also through to the South East England Championships Semi-Final against Middlesex CSFA. We wish them all luck.

Shooting Success



George 9G recently travelled a great distance to compete in the Sporting and Compak shooting disciplines in the African Championships.

Battling against 35 degree heat, George put on an impressive display and finished in a very respectable Bronze place.

Well done George on an incredible achievement especially given the difficult conditions.

SKI AUSTRIA 2023

Back in the Easter holiday, we took 40 students to Austria for a weeks skiing. Abilities and experience ranged from complete novice to competent skier but the progress shown by all students was excellent. Our amazing ski instructors told us regularly how pleased and impressed they all were by all our hard working and polite students. Details on an upcoming ski trip will be sent out in the coming months so keep an eye out for information.



Netball Success

Congratulations to our Year 8A netball team who came 2nd place in the cup. They lost in the final 23-12 against a solid Ashlyns team. Congratulations to Evie for getting POM and special thanks to Mr Fisher for coming to support.

Congratulations to the Year 7A team who came first in the Dacorum plate final beating Abbots Hill 8-1! Even if Mr Bilton did try to take all the glory by stealing the plate! Well done to Emily for receiving POM. An incredible group of athletes



Sports Leadership

Over 100 KLS Sports Leaders have been involved with a number of Dacorum Primary Schools Festivals this term. Whether this be at Hemel Sports Centre organising an indoor event, or on our own field hosting over 300 primary school students in the District Football Festivals, our leaders have shown empathy and compassion in bucket loads. They have been fantastic ambassadors for our school and we are so lucky have them represent us.



Boxing



Chase (Year 10) was recently awarded the Watford ABC Boxer of The Year award recently. His dedication to the sport is nothing short of extraordinary and he has a very bright career ahead of him. Chase has won all of his fights to date and we hope he will be our second Olympic and World Champion boxer in the future. Chase is passionate about the sport of boxing and shows immense dedication to his fitness and training.

*County Championships Gold Medal and Indoor
County Champion
James 13MCG*

Congratulations to James 13MCG who won gold recently in Triple Jump at Lee valley in the County Champs. James' PB is now 12.35m and is currently 20th in the under 20 age group. His goal was to jump 12.50m but a 5k Park Run in 21.56 the day before set him back slightly! James' next competition is 1st April so the goal for that is going to be 12.50m and then for the end of the season the goal is 13.30m. James then has his sights set firmly on breaking the school record!



Trampolining



Max, Michael and Tom (Year 11) have made huge strides in their trampoline skills over the last 18 months. As a result of their efforts they were crowned Eastern Regional Team Champions, Central Zone Team Runners-Up, and National Team Runners-Up. Their commitment to training each week has been excellent and they have fully deserved their success.

Cross-Country

Congratulations to Grace (Year 9) and Oliver (Year 11) who finished a very creditable 29th and 7th place respectively in the Hertfordshire Schools Cross Country Championships. As a result of his success, Oliver was selected to represent Hertfordshire at the recent ESAA National Cross Country Championships in Nottingham. In a very large field of runners, across a very demanding course, Oliver finished 275th with a finish time of 19.49.



**KINGS
LANGLEY
PE ALUMNI**

Several former KLS students have gone on to play professional or semi-professional sport after leaving us.

A number are currently playing or competing and we are always proud to follow their achievements - Anthony Joshua (Boxing), Liam O'Callaghan (London Skolars RFL), Jacob Hutchings (London Skolars RFL), Terrence Nyamuzinga (London Broncos RFL), Ben Goodliffe (Sutton United FC), George Langston (Eastleigh FC), Jamie Hanlon (Hayes & Yeading FC), Alfie Williams (Royston Town FC - on loan from Stevenage FC).