

## SUMMER PE STARS

Hadlee 8A  
Jack 8G  
Mia 7D  
Dexter 10P  
Harriet 10D  
Lewis 8C  
Otis 8D  
Nathan 7P  
Rob 7G  
Nomaan 10G  
Deen 9P  
Lewis 7D  
Harrison 7C  
Adam 7D  
Jess 7G  
Ava 7G  
Abi 7P  
Emily 9P  
Emily 7A  
Sharleez 10P  
Lotta 9J  
Millie 8P  
Daisy 10G  
Ethan 8P  
Jake 8G  
Billy 10J  
Samuel 9D  
Rehman 10C  
Lucas 10P  
Jessica 10G  
Lucy 7C  
Bella 7P  
Olivia 8G  
Ruby 9D  
Emily 9G  
Sienna 9J

## WELL-BEING AND WALK TO SCHOOL WEEK

During this term, Mr Annett delivered a thought-provoking assembly on wellbeing to all our students. With a national decline in general physical, mental and social wellbeing amongst school children, the importance of finding small marginal gains to help improve our overall health are as important as ever. One way in which KLS is working towards improving our students' physical wellbeing was by holding a 'Walk to School Week' in July. During the week beginning Monday 10<sup>th</sup> July, our students, where possible, were encouraged to safely walk to school instead of using a motorised form of transport. Our parents were also encouraged not to drive onto the school grounds to enable their children to increase their levels of physical activity. The week culminated in School Sports Day on Friday 14<sup>th</sup> July.



### Our pledge



"Isn't it nice to see children walking to school?"

WITH ONE IN FOUR CARS ON THE ROAD AT PEAK TIMES TRAVELLING TO SCHOOL, WE WANT TO GET AS MANY FAMILIES WALKING AS POSSIBLE THIS JULY – REDUCING CONGESTION, MAKING OUR ROADS SAFER AND HELPING TO CLEAN UP OUR TOXIC AIR.



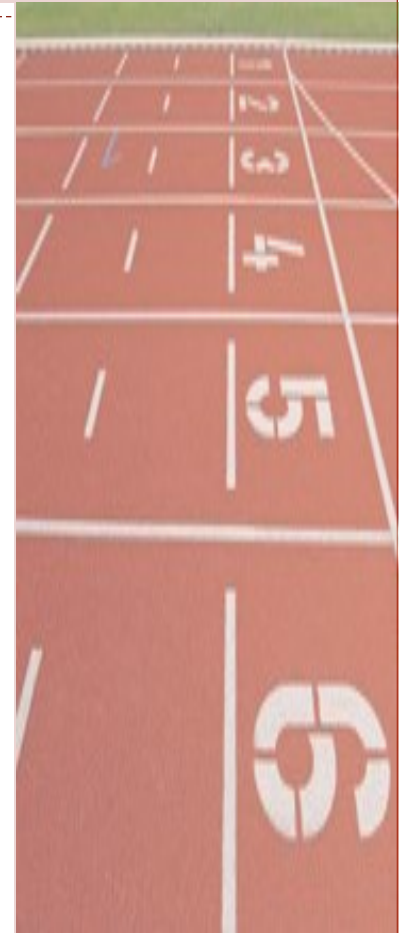
@KLSPE



@kingslangleypedepartment

KLS Physical Education Department

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Issue 7



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## Talk of the Sport

WELCOME



## KLS STUDENTS HAS WATFORD FC CONTRACT EXTENDED

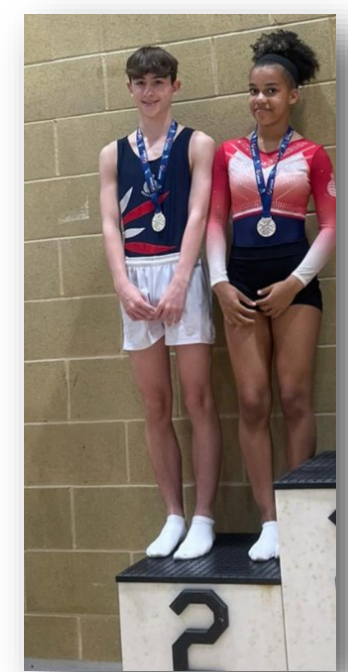
Congratulations to Henry 7C who recently had his contract renewed with Watford. Henry plays in goal and has worked extremely hard in order to secure his place in the academy. Well done Henry and

keep up the hard work.



## TRAMPOLINING

Congratulations to Alex (9P) who competed in two important Trampoline competitions this half-term. Alex travelled down to Burgess Hill where he competed in the National League qualifier and won silver in the synchro, with his partner. Alex then travelled to Telford, where he competed on the big stage in the National Qualifiers. He got to the final and came 6th. This means he is 6th in the country for his age group.



## Rylie 9D PSA National Champion

### JPL CHAMPIONSHIP

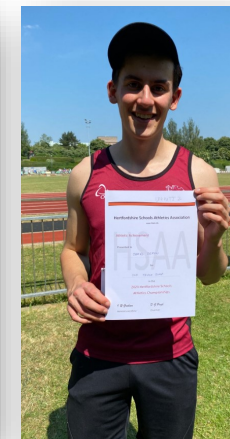


Rylie 9D and his team who are part of the PSA league, took part in the National Champions Cup. After several hard fought matches, Rylie secured his team the win. The tournament consisted of each league winner in the Junior Premier League and the standard was very high.



## COUNTY ATHLETICS CHAMPIONSHIPS

This half-term saw a number of KLS students compete in the Hertfordshire Schools' Athletics Championships at Jarman Park. In hot conditions, Zayne (7D), Zach (8D), Oliver (11P), Evie (11G), Marcus (12SHH), and James (13MCG) performed superbly against the very best athletes from Hertfordshire. In what turned out to be the best set of results the school has achieved at this stage, Zayne came away with a bronze medal in the 100m, Oliver a bronze and a new school record in the 800m, Evie a bronze in the 100m, Marcus a silver and a new school record in the 400m, and James a silver in the triple jump. Evie was subsequently chosen to represent Hertfordshire at the National Finals for her efforts.



## INTER-FORM ROUNDERS RESULTS

	Total Year 7	Total Year 8	Total Year 9
1	J	1 D	1 C
2	A	2 G	2 A
3	T	3 J	3 G
4	P	4 C	4 J
5	C	5 A	5 P
6	D	6 P	6 D
7	G		

## Year 7 Festival of Sport

Several of our Year 7 students were lucky enough to attend the Dacorum Year 7 Sports Festival held at Longdean School. Selected for their excellent efforts in PE, the students were able to try out some new sports and activities throughout the day. These included Quidditch, Circus Skills, Fencing, Wallball and Pickleball. Our students were amazing ambassadors for KLS and they came away with some newly learnt skills and an appreciation of how many activities can be life-long.

## TENNIS

Our U/13 Boys have shown real resilience this term as they have competed against some of the strongest tennis teams across Hertfordshire in the County Championships. Harry, Jack, Ethan and Freddie have had some excellent

matches against the likes of Aldenham, Berkhamsted and



## YEAR 7 FESTIVAL OF SPORT

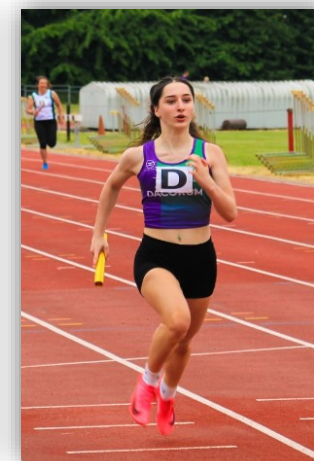
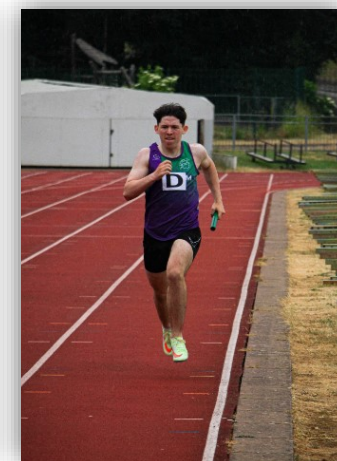


Hayden 7T has been making the long journey to Northampton this year for a number of trials of their football academy. The hard work has paid off as Hayden has been offered a two year contract as the Under 13 academy goalkeeper.



## Athletics

We have a number of students who compete regularly throughout the season and now a member of staff does too. Marcus Y12 and Evie 11G run with Dacorum and Tring Athletics club alongside our very own Mr Raine. This season, Marcus achieved a new PB in the 400m, Mr Raine also set a new PB in the 100m and Evie achieved the National Standard in the 100m.



## SPORTS LEADERS

Sports Leadership is a real strength at KLS, with well over 200 current students having supported various primary school sports festivals. This term has been no exception, with our students leading in excess of 2000 primary school students in a number of activities. These have included Tag Rugby, Dynamo Cricket, Baseball, Sports Hall Athletics, Tennis, and Tri-Golf. Our leaders have continued our fantastic tradition of producing empathetic, compassionate, caring and organised students who have been outstanding role models to all of the younger students.