

AUTUMN PE STARS

James 7P
 Madison 7D
 Emily 8A
 Oliver 9D
 Dylan 10C
 Connie 10G
 Elle 7J
 Saffy 7D
 Maddie 8T
 Betsy 9A
 Bethany 10A
 Scarlett 10D
 Lilliella 13ELL
 Sophie 9D
 George 8G
 Sasha 9C
 Sophie 9D
 Lucas 9G
 Kyle 7G
 Fletcher 7D
 Clarke 7C
 Maisy 8T
 Roma 8J
 Joshua 8D
 Phoebe 10G
 Katie 10C
 Ruby 10D
 Elliot 10C
 James 10G
 William 10P
 Aimee 10J
 Summer 10C
 Ronnie 10D
 Adam 10P
 George 12DLK
 Jack 9A
 Kenan 9A
 Victor 9C
 Freddie 9D

SPRING 1—GAMES LESSONS

	Intro	Autumn 1	Autumn 2	I.F	Spring 1
Year 7 - 1	Exp/Base	Dance	Netball	CC	Gymnastics
Year 7 - 2	Exp/Base	Gymnastics	Netball	CC	Dance
Year 7 - 3	Exp/Base	Rugby	Gymnastics	CC	Netball
Year 7 - 4	Exp/Base	Rugby	Dance	CC	Netball
Year 8 - 1	Exp/Base	Dance	Netball	CC	Gymnastics
Year 8 - 2	Exp/Base	Gymnastics	Netball	CC	Dance
Year 8 - 3	Exp/Base	Rugby	Gymnastics	CC	Netball
Year 8 - 4	Exp/Base	Rugby	Dance	CC	Netball
Year 9 - 1	Exp/Base	Trampolining	Netball	CC	Handball
Year 9 - 2	Exp/Base	Handball	Netball	CC	Trampolining
Year 9 - 3	Exp/Base	Rugby	Trampolining	CC	Netball
Year 9 - 4	Exp/Base	Rugby	Handball	CC	Netball
Year 10 - 1		Football	Trampolining	CC	Handball
Year 10 - 2		Football	Handball	CC	Trampolining
Year 10 - 3		Trampolining	Rugby	CC	Football/Netball
Year 10 - 4		Handball	Rugby	CC	Football/Netball
Year 11 - 1		Netball	Netball		Options:
Year 11 - 2		Badminton	Badminton		
Year 11 - 3		Trampolining	Trampolining		
Year 11 - 4		Football	Football		

As we move into the Spring Term, please remember to check your next activity in the rotation. This document is displayed in the PE Learning Area and changing rooms. Please ask your PE teacher if you have any questions regarding what kit you will need.



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KLS Physical Education Department

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Talk of the Sport

WELCOME

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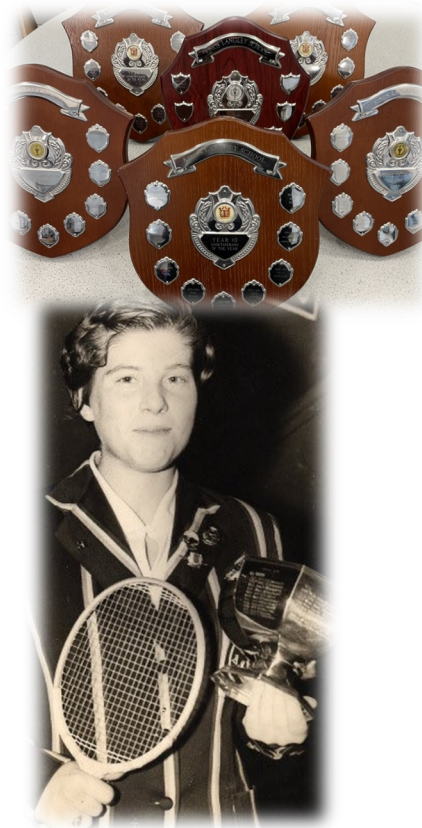
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SPORTS AWARDS EVENING

Our annual Sports Awards Evening was held at the start of the term and provided us with an excellent opportunity to celebrate the excellent commitment to school sport shown by many of our students. We had the honour of welcoming Mrs Judy Hashman as our special guest. Mrs Hashman is a former International Badminton player who won more major international titles than any other player in her era. Mrs Hashman gave an extremely inspiring speech to our nominees and guests, and we were left in awe by her words of wisdom.

A number of awards were given out on the evening and we were delighted to award the following trophies to our winners:

Year 7 Sports Person of the Year - Zayne
 Year 8 Sports Person of the Year - Sophie
 Year 9 Sports Person of the Year - Grace
 Year 10 Sports Person of the Year - Daisy
 Year 11 Sports Person of the Year - Alexis
 Leader of the Year - Nicole
 Official of the Year - Emily
 Judy Devlin Hashman award for Outstanding Sportsmanship - Amelia
 Team of the Year - Year 7A Boys Football
 Sports Person of the Year - Daisy Vaughan



Cross Country

Oliver (Year 12) won the Abbots Langley Tough 10 5K earlier this term. In a tough field of runners, Oliver won by a clear margin and maintain his excellent results in the event.



Leadership

Our Sports Leaders are again sort after across the district to help organise and officiate a number of Primary School Sports Festivals. 16 of our Rugby Leaders were given the responsibility of leading the recent Year 5 & 6 Tag Rugby Festival held at Camelot Rugby Club. With over 600 Primary Schools students involved, our Sports Leaders were absolutely amazing and showed fantastic levels of maturity. The students received numerous positive comments from staff at the event and they have all been asked back to lead the Year 3 & 4 event later in the year



WELL DONE AND CONGRATULATIONS TO ALL THE NOMINEES AND WINNERS



Year 11	Year 8	Young Leader
Max 11c	Annie 8c	Nicole 11j
Oliver 11P	Millia 8p	Sereena 11j
Jack 11a	Sophie 8d	Patrick 10p
Nicole 11J	Harry 8c	Deniz 10d
Alexus 11J	Zach 8d	Eleanor 9c
Sereena 11J	Jack 8g	Sportsmanship
Year 10	Year 7	Beau 8j
Jessica 10g	Millie 7g	Otis 8d
Daisy 10g	Ava 7a	Will 9p
Aaron 10p	Tom 7d	Evie 8j
Billy 10j	Sam 7t	Amelia 7p
Patrick 10p	Roma 7j	Scarlett 9d
Sharleez 10p	Zayne 7d	Team of the Year
Year 9	Young Official	7A Boys Football
Lotta 9j	Emily 9p	U13 Girls Football
Grace 9d	Nicole 11j	9A boys Football
Bethany 9c		10A Girls Netball
Will 9j		10A Boys Football
Seb 9g		Senior Trampoline

4G Surface

Work has now started on our new 4G playing surface and we are hopeful it will be ready to go by the end of February next year. This is going to be a fantastic resource for our students and the local community.



Channel Swim

Will 10P set himself an enormous challenge; to swim the Channel. Despite already being a very competent swimmer, Will had to commit to a rigorous training programme if he were to be successful in his attempt. With the weather good smiling down, the tides and weather were good and Will and his team achieved the Channel swim in just 9:40:29. What an incredible achievement and one which Will should be extremely proud of. Well done Will!





GOLF—JACK 8A

Jack has played golf since he was four and is very keen on training and the process of developing his golf on and off the course.

Last season, Jack entered all the events within the Hertfordshire Future Tour. The aim was to increase his experience and have plenty of fun so it was quite a unexpected bonus to bring home three trophies across two divisions followed by another trophy at Chesfield Downs entering the Hertfordshire Record Books in the Hall Of Fame Birdie Twos Club.

Having completed his winter training which was a minimum of 5-7 hours weekly, he commenced this season ready to substantially increase his hours. The next stage which was the Hertfordshire ITour and played all over the county with a full season of seven matches. This tour has its own handicap system and Jack progressed from Division 2 up to Division 1.

At the Start of this season, Jack was selected to train with the Hertfordshire County Emerging Players which is a subsidised training programme at Brockett Hall as an addition to his three times a week group and individual term time coaching commitments at Knebworth and Mill Green.

During the Season Jack improved his Hertfordshire County and England Golf Handicap Rating allowing him to qualify for entry into his home Knebworth Clubs Summer Junior Events Schedule which run twice or three times a week over 18 holes during the Summer Holidays. He achieved second place in the Jubilee Salver and Jack Mudd Trophy finishing the season at 27.2 handicap.

After a full diary of competitions completed, he was successful enough to be invited to play in the Order of Merit I Tour Final where he competed with the other season winners and collected a trophy his performance at one of the earlier matches played at Whipsnade Golf Club.

Additional to his coaching hours are the match plays. He, fully attended all of the weekly after school Knebworth Junior Club Roll Ups this Spring, Summer & Autumn under the Direction Of Matt Clarke. Jack won nine out of eleven sessions and has continued to average in the top five for the remaining six autumn sessions before the light has faded and ended the season this week. All in all in total with the tours and club events and roll ups he has completed about 40 organised events. He has had so much fun reaching his goal of breaking 100 and 90 and now is chasing breaking 80. He even managed to get another Birdie at Essendon and Aldenham Golf Club which really was fun to watch!

It's been a great journey and process and Jack has broadened his friendships and also seen the rewards but also built resilience through the tougher matches and challenges of the seasons weather. This Winter his Long Term Individual Coach Mark Day has invited him to join his own Single Digit Club squad as another addition to his training hours with the ambition to work towards a single digit handicap in the next two years.

Jack is a passionate and ambitious golfer which is clear for all to see. We wish jack every success in his golfing endeavours and we are looking forward to tracking your progress.



EASTERN REGIONAL TRAMPOLINE COMPETITION

Name	Class	Panel	Flight	Time	School + Team	Full name of School	R1	R2	Prelim	Pos	R3	R4	Total	Pos
Alex	Year 10-14 Boys Elite	2	1	16.15	Kings Langley	Kings Langley	26.85	33.25	60.10	1			60.10	1\1
Eva	Year 10-14 Girls Elite	1	1	16.15	Kings Langley	Kings Langley	23.80	28.80	52.60	9			52.60	9\13
Tom	Year 11-14 Boys Novice	2	1	12.10	Kings Langley	Kings Langley	23.00	23.45	46.45	1			46.45	1\3
Angel	Year 11-14 Girls Novice	2	2	11.20	Kings Langley A	Kings Langley	20.30	22.20	42.50	19			42.50	19\25
Daisy	Year 11-14 Girls Novice	2	2	11.20	Kings Langley A	Kings Langley	13.55	23.20	36.75	21			36.75	21\25
Siya	Year 11-14 Girls Novice	2	1	10.30	Kings Langley A	Kings Langley	23.65	24.95	48.60	11			48.60	11\25
Dylan	Year 9-10 Boys Novice	2	1	12.50	Kings Langley	Kings Langley	21.65	8.75	30.40	6			30.40	6\6
Max	Year 9-10 Boys Novice	2	1	12.50	Kings Langley	Kings Langley	15.95	24.40	40.35	4			40.35	4\6

Well done to the Novice and Elite jumpers who attended the regional trampoline competition in November. Some of our Novices had never jumped in competition before but showed great strength of character and worked hard to learn two routines and perform on the day. Notable performances from Tom and Alex who both won their class.



FOOTBALL

Congratulations to Rylie and Logan (Year 10) who were selected for the Hertfordshire Schools' FA U/15 Representative side for the 23-24 season. With over 150 players trialing for the team, their selection is an outstanding achievement.

We also had a number of players selected to represent Dacorum District this term. Billy, Kiara, Sam, Zayne, Ollie (Year 8), Brendan (Year 9) and Rylie & Logan (Year 10). They have played a number of games against other Districts and been amazing role models for the school.



The Year 8A boy's football team have made a good start this season. They have won all of their league games so far, and now one more match away from winning the title again. The team are also in the latter stages of the District and County Cup competition. Well done boys, keep up the good work!

Royal Ballet School



Honey was recently invited to an audition at the Royal Ballet School in Covent Garden. This is a testament to her talent and hard work. It is a huge achievement and we wish you the best of luck with the selection process.