



Even more PE & Sport!

It's been a very busy year of sport. We hope you enjoy reading the Summer 2 edition of Beam me up Scotty!



Happy holiday!

Remember to keep active over the Summer. Get outside even if it's for a walk around a local park.

Friday 18th July

Beam County Primary PE & Sport
Newsletter

Beam Me Up Scotty!



Year 2

1st & 2nd in B&D athletics champs!!!

On Wednesday 2nd July our magnificent Year 2 athletes competed in their first ever competition at Barking & Dagenham quadkids athletics. They had to compete in a 50m sprint, vortex throw, standing long jump and 300m run. They were given points for all their performance's which added to the overall team score. Both teams were amazing with the Plate team finishing 1st and the Cup team 2nd. They were all amazing but special mentions must go to Latoya for a very quick 300m run of 66 seconds and Aezanna-Ky for throwing the Vortex 27m!!!!

Inter Borough Athletics champions!



Our amazing inter Borough champions

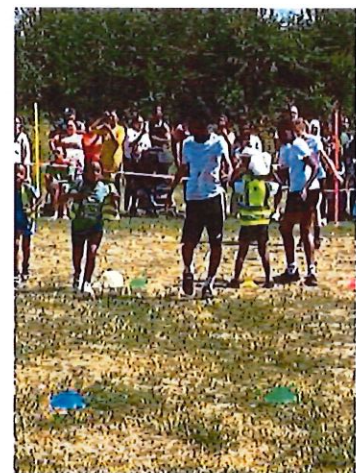
Despite last minute team changes due to injuries and ofsted interviews, our Year 4/5 athletics team put on an amazing show to finish 1st against the best teams in Barking & Dagenham and Redbridge. It's never easy to make late team changes but thankfully we had enough data on children's personal bests from PE lessons to still attend with a strong team. A special mention to Aisyah who despite a fall in the 600m, got up to finish 3rd and score valuable team points. Well done to Ms Ijelu for her team management and Mr Thomas for his support with the team.



Our wonderful Year 2 team

Sports day 2025

On Monday 16th June our Nursery and Reception 'munchkins' tackled our annual sports day on balmy Dagenham day. They all had lots of fun completing obstacle, egg & spoon and relay races. Thanks to all the parents for attending and cheering on your children, they really love it when you're able to support them.



Nursery/reception

Sports day 2025



Heatwave! Due to the heat, we had to move our planned afternoon Year 1&2 Sports day to the morning on Thursday 19th June. Despite the change, our parents were amazing and turned up in huge numbers to cheer and support all the children throughout the various events. As always, the children were amazing, running, throwing and jumping as quick and as far as they could.



Year 1&2

Sports day 2025



We completed our sports day week with the Year 3-6 event on Friday 20th June. The children completed a carousel of activities (Basketball, Football, Dodgeball & Athletics). This format is something the children really enjoy and allows us to cater for all our children in a supportive and inclusive environment. The house points for each team were added to the overall total which had been accumulated throughout the year during our house competitions. The results can be seen later in this issue.



Year 3-6



Sports day 2025



Sprint cup winners Year 3&4

Year 3-6 sports day started with our the inaugural sprint cup finals. All Year 3-6 children had competed in heats and semi finals during lunchtimes to qualify as one of the fastest 8 children in their year group. The standard of sprinting at Beam is very high so to make it into the final is a real achievement. Well done to all our top 3 children who made it onto the podium this year!



Sports day 2025



Sprint cup winners

Year 5&6



House competition



YEAR 6 RED HOUSE -RUBRUM



YEAR 5 YELLOW HOUSE - FLAVUM

Congratulations to our house competition winners who finished top after a year of competing in various competitions at lunchtimes and finishing with a big push on sports day to be crowned champions 2024/25



YEAR 4 RED HOUSE -RUBRUM

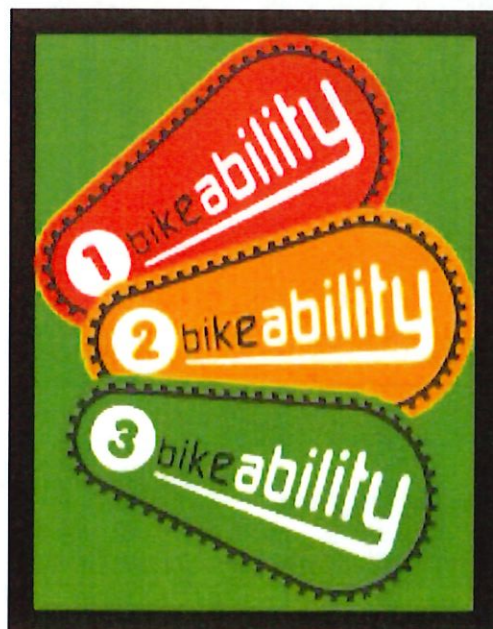


YEAR 3 GREEN HOUSE -VIRIDIS

Winners 2024/25

Bikeability Level 1

Well done to our 19 Year 3&4 children who completed their level 1 bikeability course in June. This course gives them the skill and confidence to ride safely and hopefully progress onto the level 2 course over the next two years.



AQ class Tri-Golf

AQ Class finished their sporting year attending the B&D Tri-Golf festival at Crowlands on Monday 30th June. The children competed in a carousel of activities involving lots of targets and pitch and putt elements. The children were brilliant competing in tropical temperatures and making certain Mr Thomas and Ms Nursimloo kept up to date with their score cards! It's been great to see how this class has become more confident in their PE & Sports participation over the past year. Well done AQ.



Year 5&6 Girls Netball club



Farewell to Year 6

We say a fond farewell to our Year 6 netball team/club players this week. They have braved various conditions from blizzards to heatwaves to turn up each week and develop their skills alongside Miss Ijelu. It's great to hear that 4 of them recently attended the New Cambell netball club trials and have been asked to return and join them for training.

Year 5 Girls' Physical Activity & well being day

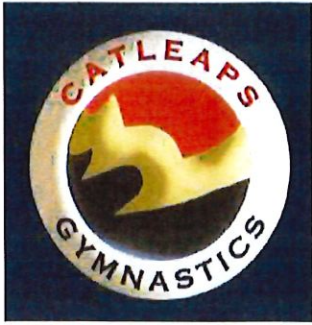


On Friday 11th July our incredible Year 5 girl's attended B&D Physical activity and well being day. They had an amazing time dancing, doing martial arts and boxing at Becontree Leisure Centre. Hopefully the event will inspire some of them to think about the various exercise options available to them and how they can be more active. A massive thanks Ms Cookson and Ms Waldron for taking them and getting involved in the activities.

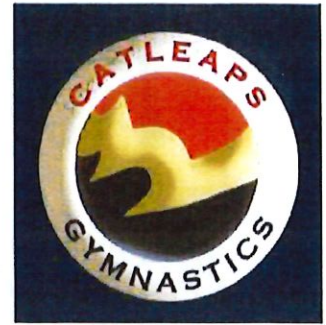


**Barking &
Dagenham**



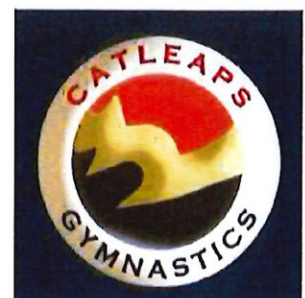


Barking & Dagenham



Gymnastics Festival

On Monday 7th July a group of our Year 3 pupils attended the Borough gymnastics festival hosted by Catleaps Gymnast club. This was an excellent opportunity for the children to take part in a club gymnastics setting and use some equipment we don't have at school. I was really impressed with how many of them remembered the gymnastics work they did in PE and which helped most of them stay on their feet through some difficult moves!



Year 4-6 Dynamos



A huge thanks to Essex Cricket and chance to shine who delivered after school sessions this half term for a select group of Year 4-6 children. As part of the programme, the children were given a free t-shirt with their name and chosen number! Despite my efforts, I couldn't convince them that I deserved a free t-shirt!

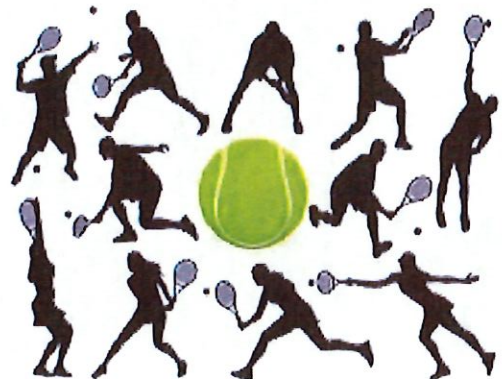


PE Curriculum Focus

Year 1 Dance - we're going on a bear hunt!!!!



Year 1 had great fun learning a dance to the book 'We're going on a bear hunt. Auri and Jason were very enthusiastic about screaming loudly when they saw the bear and had to run away!!!



Year 5 Essex Cricket



Year 5 have benefitted from working with Jeevakan Kumar from Essex cricket chance to shine programme. He was able to help them with their batting, fielding and bowling over the 6 week course and share details of how to get involved in playing cricket locally.

PE Curriculum Focus

Autumn 1 curriculum

At Beam, Reception children get a 40 minute PE lesson each week and all children in Years 1-6 get 2 60 minute lessons a week. Please see below for which activities your son/daughter will be taking part in during the next half term (Autumn 1).

RECEPTION

BALL SKILLS

YEAR 1

BALL SKILLS & DODGING GAMES 1

BALL SKILLS FOR FOOTBALL 1

YEAR 2

BALL SKILLS FOR FOOTBALL 1

BALL SKILLS & DODGING GAMES 1

YEAR 3

TAG RUGBY ROUNDERS

YEAR 4

DODGEBALL TAG RUGBY

YEAR 5

TAG RUGBY SPORTSHALL ATHLETICS



Beam Sports interview

This half term Aezanna-Ky from Year 2, answers questions about his experience at the Barking & Dagenham quadkids athletics competition.

What went well?

I enjoyed the vortex throw

What skills did you learn?

I learnt to be ready at the start of a sprint race and try your best.

What didn't you enjoy?

The standng long jump, I found it hard.

What can help me be prepared better for next time?

Be focussed and try my best in all the events.



Aezanna-Ky Year 2

Inter House Competition

What an inter house season it's been at Beam. The children had the chance to compete in their house groups in various sports throughout the year, accumulating points to be added to the sports day points at the end of the season. As always, dodgeball seems to be the most popular event and the most dangerous for staff umpiring! I lost count of how many times I was accidentally hit, I know who you are!!!

FINAL SCORES!!!!

Year 3

1st place Green House 1505 points
2nd place Yellow House 1410 points
2nd place Red House 1410 points
4th place Blue House 1380 points



Year 4

1st Place Red House 1380 points
2nd Place Green House 1250 points
3rd Place Yellow House 1165 points
4th Place Blue House 1050 points



Year 5

1st Place Yellow House 1440 points
2nd Place Red House 1375 points
3rd Place Blue House 1320 points
4th Place Green House 1295 points

Year 6

1st Place Red House 1375 points
2nd Place Yellow House 1275 points
3rd Place Blue House 1220 points
4th Place Green House 1200 points



Autumn term Sport clubs

Clubs are free of charge
unless stated otherwise

Monday 3.30 -4.30

Mr Obaye & Mr
Wilson organise
trials and training
on Monday's/
Tuesday's for boys
football in year
4-6. You need to be
selected for these
sessions.

**YEAR 4-6 GIRLS
NETBALL**



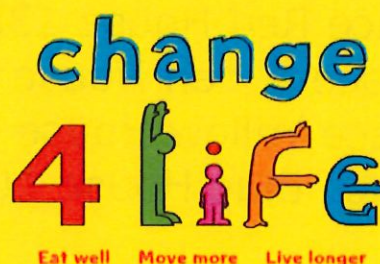
YEAR 5/6 ATHLETICS



**KARATE CLUB -YOU
NEED TO PAY FOR THIS**



**YEAR 3-6 MULTI SKILLS
CHANGE FOR LIFE ACTIVE CLUB**



Tuesday 3.30-4.30

**YEAR 5/6 GIRLS
FOOTBALL**



**YEAR 2 MULTI SKILLS
CLUB**



YEAR 3/4 ATHLETICS



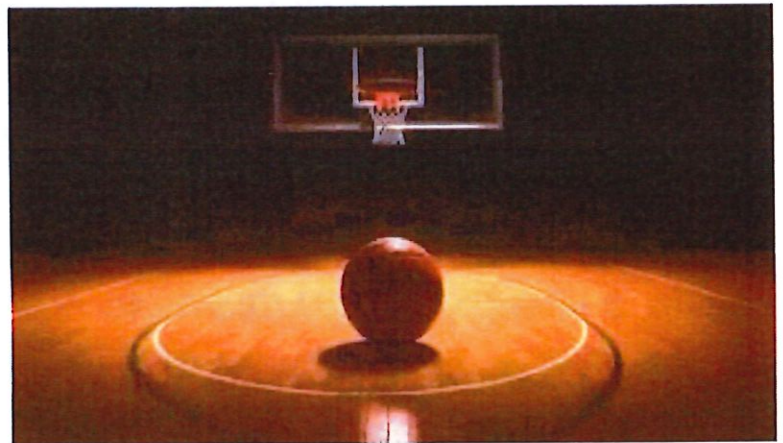
Autumn term Sport clubs

Thursday 3.30-4.30

YEAR 3-6 GYMNASTICS



YEAR 3&4 BASKETBALL



Friday 3.30-4.30

YEAR 5&6 BASKETBALL CLUB



YEAR 3&4 GIRLS FOOTBALL



Sports Fixtures

PROVISIONAL DATES

YEAR 2 GIRLS FOOTBALL FESTIVAL WEDNESDAY 24TH
SEPTEMBER

YEAR 5/6 NFL FLAG FOOTBALL FESTIVAL MONDAY 22ND
SEPTEMBER.

YEAR 3-6 CROSS COUNTRY CHAMPIONSHIPS WEDNESDAY
1ST OCTOBER.

YEAR 3-6 PANATHLON CHALLENGE (SEND) TUESDAY 7TH
OCTOBER

YEAR 3-4 BADMINTON FESTIVAL MONDAY 13TH OCTOBER

YEAR 5/6 TAG RUGBY COMPETITION WEDNESDAY 22ND
OCTOBER.

YEAR 3-6 TEN PIN BOWLING (SEND) DATE TBC.

YEAR 5/6 4V4 BASKETBALL A-TEAM TUESDAY 11TH
NOVEMBER.

YEAR 5/6 4V4 BASKETBALL B-TEAM WEDNESDAY 12TH
NOVEMBER.

YEAR 5/6 GIRLS FOOTBALL FESTIVAL THURSDAY 27TH
NOVEMBER.

YEAR 5/6 SPORTSHALL ATHLETICS DECEMBER DATE TBC.

YEAR 4-6 BOYS WILLIAM GREAVES FOOTBALL TROPHY
TUESDAY 16TH DECEMBER.



**Barking &
Dagenham**

