Be active Beamers!

A busy half term with lots of sport. We hope you enjoy seeing what we've been up to.

It's beginning to feel a lot like .....

Enjoy 'the mince pies but remember to also get outside, play and exercise.

Friday 19th December 2025

Beam County Primary PE & Sport Newsletter

Beam Me Up Scotty!

Beam basketball teams finish 2nd and 3rd.

Our basketball teams continue to make progress at Beam with a top 3 finish by both teams in the A competition this half term. The standard in Barking is always very high and the games very close. Well done to all our amazing players.

Year 5/6 basketball team

Year 5/6 Sportshall athletics team win round 1 heat 1.

In November our Year 5/6 sportshall athletics team took part in the 1st round qualifier of the Barking and Dagenham competition. As always, the Beam team were very strong and competitive in all the events and finished first. This means they qualify for the finals in January and will hope to repeat their success in winning and go onto the East London finals. The results are on page 2!

Our amazing Year 5/6 athletics team

Round 1 Heat 1 sportshall Results

As you can see from the results below, our girls were a bit stronger on this occasion with very consistent point scoring in their events.

12 NOVEMBER HEAT 1 SHA YR 56
XLS - 1.1 MB

Open in Excel

Hall

		RED		blue		yellow		red		blue		yellow		green			
		Richard Alibon		Beam		manor		south wood		thames view		warren		st teresa			
		Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
Track	Obstacle Relay	14	12	16	8	4	10	10	6	6	4	8	16	12	14		
	1 + 1 Lap Relay	8	6	16	8	12	14	10	4	4	16	14	10	6	12		
	2 + 2 Lap Relay	14	16	16	8	10	10	6	6	4	4	8	12	12	14		
	6 Lap Paarlauf	14	14	16	12	4	10	8	6	10	8	6	16	12			
	Over / Under Relay	16	14	14	6	12	12	6	4	4	10	8	10	10	16		
	4 x 1 Lap Relay	6	10	16	14	14	12	8	4	10	8	12	16	4	6		
Field	Chest Push	10	10	14	16	4	8	6	4	8	6	12	14	16	14		
	Speed Bounce	14	16	16	16	6	6	8	10	4	4	12	12	10	10		
	Standing Long Jump	10	10	16	12	14	8	4	4	8	6	12	16	6	14		
	Standing Triple Jump	14	12	16	16	12	10	6	6	4	4	8	8	10	14		
	Vertical Jump	10	10	16	12	8	14	6	6	4	4	12	16	14	8		
	Soft Javelin	4	10	16	12	14	14	6	4	8	6	10	16	12	8		
	Total	134	140	188	140	114	128	84	64	74	80	122	162	124	130		
	Combined Total	274		328		242		148		154		284		254			
	Combined Position	3		1		5		7		6		2		4			

Sportshall of Fame	Points	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	
	Award	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	
Last Years Points									
Points Change		#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	#N/A	

For more information on the **Sportshall** pathway go to **www.sportshall.org**

BRITISH ATHLETICS ENGLAND ATHLETICS SCHOOL GAMES Eveque

Introduction | TEAM NAMES & EVENTS | TEAM SCORES | Girls | Boys | Track Sheet

Barking & Dagenham

Barking & Dagenham

Well done to all our children who took part in the Borough tag rugby competition on 19th November. We played some brilliant rugby with 5 wins, one draw and 2 losses in our qualifying group. That should have been enough to send us into the quarter finals but the weather prevented the conclusion of the tournament.

Tag rugby championships 2025

SCHOOL GAMES

SCHOOL GAMES

Year 5/6 tag rugby Vs St Josephs (Barking)

On Wednesday 3rd December we had our first ever tag rugby friendly game against St Joseph's at Beam. It was an opportunity to play in separate boys and girls teams which we felt was more beneficial for the children. Both games were very competitive with some great attacking and defending skills on show. The girls lost their game 14-11 and the boys won 8-7 in the last minute of their game. Hopefully we will be able to get a few more teams to visit Beam and play in the future. Well done all.

Barking & Dagenham

RESULTS

BEAM GIRLS 11 SJB 14

BEAM BOYS 8 SJB 7

Barking & Dagenham

Last week our B basketball development squad attended the Barking & Dagenham competition. Whilst they didn't finish in the top 3 they demonstrated great improvement in their all round skills and game play. They have been very committed in attending training this year, even in the rain!

B team basketball

Bikeability Club

On Friday 12th December, the inaugural bikeability club started at Beam for all the children who had successfully completed the level 2 qualification. The children will meet once a month to improve their road skills and even learn how to fix a puncture!!

BIKE CLUB DATES:

WEDNESDAY 7TH JANUARY

WEDNESDAY 4TH FEBRUARY

WEDNESDAY 4TH MARCH

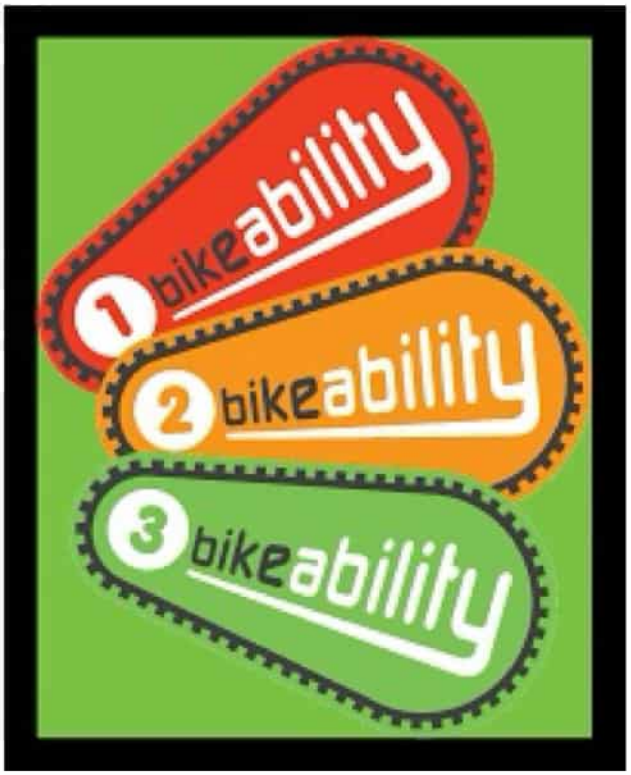
BEAM BIKE CLUB MEMBERS:

YEAR 5

MUDASIR
ALFIE
ABID

YEAR 6

ZITA
ZINA
AHMED
AMARI
IVY
HARPER
AAYAN
ANAYA
SULAYMAN



Farewell to Miss Ijelu

We're all really sad to see Miss Ijelu leave us at Beam. She's had an immeasurable impact on the development of all our children, both in lessons and in extra curricula activities. We wish her all the best in pursuing other career routes and hope she pops back to say hello, she'll always be welcome.

Barking & Dagenham

We attended the William Greaves indoor cricket tournament this week at Becontree Heath Leisure Centre. Despite being up against teams who had a number of club cricketers, the Beam children worked brilliantly as a team. We didn't manage to progress into the knockout phase but did show gradually improvements as we played more games. Well done everyone.

William greaves Cricket

Year 4/5 boys football team

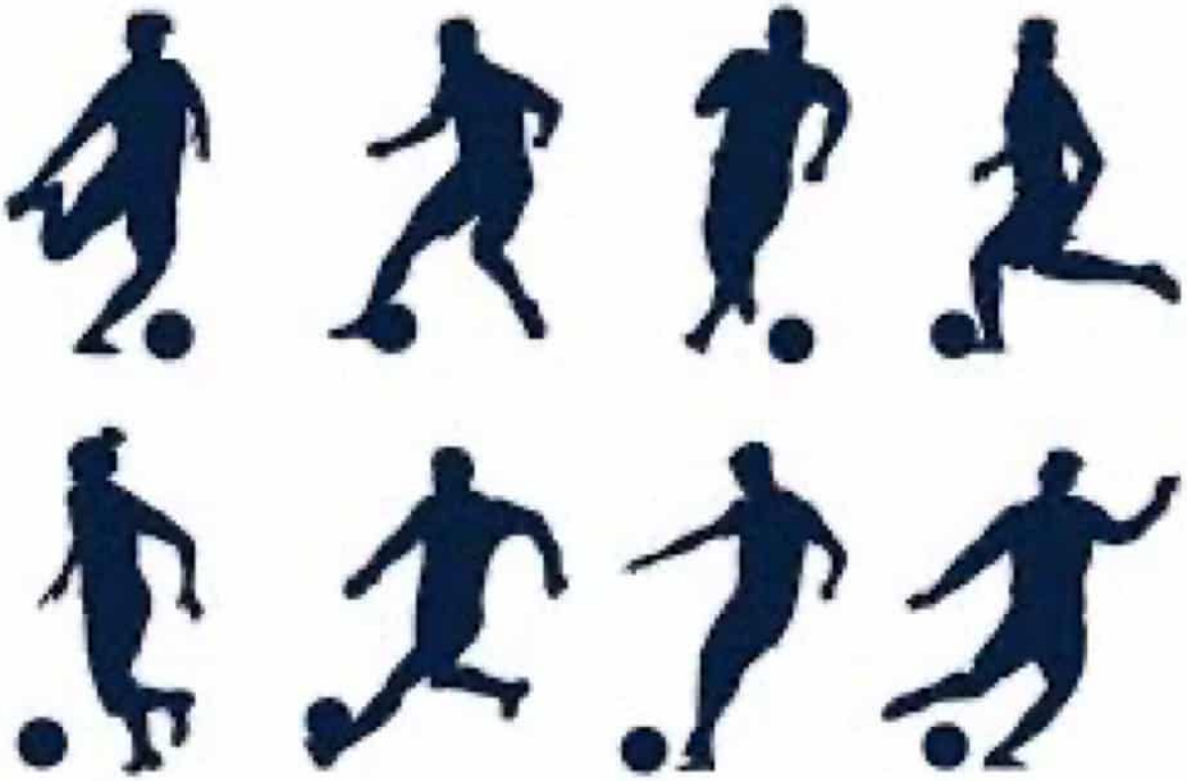
The Y4/5 football team have spent every Monday of the autumn term preparing for the Ballerz League competition. They have trained with real intensity and embraced high levels of competition throughout. Over the term, the children have developed their ball mastery, 1v1 defending, and passing skills, with a key focus on creating space when in possession and taking space away from opponents when out of possession.

A selected squad of eight represented the school in our first competitive fixture against Rush Green, where Beam secured an impressive 7–2 win.

A special mention must also go to the boys who were not selected for this match but continued to attend training every week. Their commitment and high standards have played a huge part in raising the overall level of the group, directly contributing to the team's strong performance.

Written by Mr Obaye

Year 5/6 boys football team



Beam 4-1 Manor Junior

The Year 6 football team opened their Barking & Dagenham Cup campaign with a flourish against Manor Junior. The home side raced into a 3-0 lead with two goals from Emmanuel and one from Yeziah. The second half was a closer affair with several subs being made. Yeziah added to the scoresheet as Beam ran out comfortable 4-1 victors. The team continue their season in January with games against Richard Alibon, Ripple and Thames View to come before matches against Manor Primary and Eastbury in February. Beam are aiming to finish in the top 3 of this 7 team group in order to progress to the quarter finals where the competition becomes knockout.

Squad: Yunus, Beqa, Ethan, Leon, Kamal, Isaac, Maheeb, Yeziah, Nathan, Michael, Emmanuel, John

Written by Mr Wilson

PE Curriculum Focus

Year 4 sportshall athletics

This half term, Year 3-4 children have been taking part in our sportshall athletics personal best programme. We record all of their results in a range of events and they see if they can come back the following year and beat their individual/total point score. Our top 10 boys and girls scorers from year 3-4 can be seen on the right.

TOP 10 BOYS

1	Isa 4PJ		230
2	Mubarak 3WA		226
3	Daved 4PJ		218
4	Ezekiel 4OO		218
5	Afrad 4OO		214
6	Demilade 4OO		213
7	Aezanna-KY 3SY		208
8	Shaheed 4OO		206
9	Ye'Andree 4PJ		206
10	Jireh 4PJ		201

TOP 10 GIRLS

1	Rebecca 4OO		249
2	Dorothy 4FW		224
3	Latoya 3SY		195
4	Caren 4FW		175
5	Vivian 4OO		172
6	Nakisha 4PJ		170
7	Arafat 4OO		162
8	Hawa 4FW		155
9	Arielle 4PJ		153
10	Jasmine 4PJ		151

PE Curriculum Focus

Spring 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 (Spring 1).

RECEPTION

GYMNASTICS (APPARATUS)

YEAR 1

GYMNASTICS (FLOOR)

RUN, JUMP, THROW

YEAR 2

BALL SKILLS & DODGING GAMES 2

GYMNASTICS (APPARATUS)

YEAR 3

GYMNASTICS
OUTDOOR & ADVENTUROUS

YEAR 4

GYMNASTICS
FOOTBALL

YEAR 5

BASKETBALL
FOOTBALL

YEAR 6

BASKETBALL
FOOTBALL

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Beam Sports interview

This half term we talk to Beqa about his experience taking part in a local swimming club.

Which club do toy train with?

Barking & Dagenham aquatics.

How often do you train and at what time?

7-8 times a week with some of my sessions starting at 5.45 a.m!

What's your favourite stroke?

Back stroke.

Do you eat any special food to help

A protein and carbohydrate rich diet.

How often do you compete?

2 times a month.

Beqa Year 6

Inter House Competition

The house competitions continue at pace with some amazing basketball, benchball and new age curling games being played at Beam. Occasionally, the hall has been out of use due to special events so we couldn't complete all of the competitions this term. We will try and catch up and complete any missed events before sports day.

SCORES SO FAR!!!!

Year 3

1st place Red House 230 points
2nd place Green House 1180points
3rd place blue House 175points
4th place yellow House 145 points

Year 4

1st Place Green House 300 points
2nd Place Yellow House 250 points
3rd Place Red House 230 points
4th Place Blue House 220 points

Year 5

1st Place Red House 410 points
2nd Place Green House 395 points
3rd Place Blue House 385 points
4th Place Blue House 365 points

Year 6

1st Place Yellow House 265 points
2nd Place Red House 240 points
3rd Place Green House 230 points
4th Place Blue House 185 points

Spring term Sport clubs

Clubs are free of charge unless stated otherwise

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.

Monday 3.30 -4.30

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 3/4 ATHLETICS

Spring term
Sport clubs

Wednesday 3.30-4.30

BARKING RFC RUGBY YEAR 5/6

INVITATION ONLY

Wednesday 3.30-4.30

YEAR 2 MULTI SKILLS CLUB

Thursday 3.30-4.30

YEAR 3-6 GYMNASTICS

Friday 3.30-4.30

YEAR 3&4 GIRLS FOOTBALL

Sports Fixtures

PROVISIONAL DATES

THURSDAY 15TH JANUARY – TEN PIN BOWLING AT NAMCO FUNSCAPE (SEND AQ).

TUESDAY 20TH JANUARY – YEAR 5/6 SPORTSHALL ATHLETICS FINALS AT SYDNEY RUSSEL SCHOOL

THURSDAY 22ND JANUARY – YEAR 1&2 GIRLS CRICKET FESTIVAL AT BECONTREE LEISURE CENTRE

WEDNESDAY 28TH JANUARY – YEAR 3&4 SPORTSHALL ATHLETICS HEATS AT SYDNEY RUSSEL SCHOOL

WEDNESDAY 4TH FEBRUARY – YEAR 3&4 NETBALL FESTIVAL AT EASTBROOK SCHOOL

TUESDAY 10TH FEBRUARY – YEAR 5&6 NETBALL FINALS AT BARKING ABBEY SCHOOL

THURSDAY 12TH FEBRUARY – YEAR 5&6 BOCCIA (SEND) AT BECONTREE LEISURE CENTRE

TUESDAY 24TH FEBRUARY – YEAR 3&4 NEW AGE CURLING (SEND) VENUE TBC

WEDNESDAY 25TH FEBRUARY – YEAR 3&4 GIRLS FOOTBALL FESTIVAL AT EASTBROOK SCHOOL

MONDAY 9TH MARCH – YEAR 5&6 NFL TOURNAMENT AT BARKING RUGBY CLUB.

THURSDAY 12TH MARCH – YEAR 5&6 INCLUSIVE DYNAMOS CRICKET (SEND) VENUE TBC

MONDAY 23RD – YEAR 1&2 GYMNASTICS FESTIVAL AT ROBERT CLACK

Barking & Dagenham