



Even more PE & Sport!

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



Happy Halloween!!!

Enjoy 'trick or treating' but remember to also get outside, play and exercise.

Friday 24th October 2025

Beam County Primary PE & Sport
Newsletter

Beam Me Up Scotty!



The inaugural Beam Cross Country championships 2025!

On Friday 26th September we held the inaugural Beam cross country competition on a 2 lap course at School. The pupils were all aiming to achieve their own personal goal from completing the course, not walking, running all the way and for some, trying to get into the top 8 places so they could be selected for the school team. There were some very competitive races and sprint finishes to get a medal or just finish in front of a friend! Well done to all the children in years 3-6 who took part (top 3 & top 10 finishers are on the following pages).



All of our top 3 finishers with their trophies

Beam achieve School Games Gold!



It's great to share that Beam achieved the School Games Gold Award for all of our hard work over the past year in getting so many children involved in PE & school sport in/outside lessons. We offer a range of clubs before, during, and after school as well as many opportunities to attend sports events and trips. Our delivery is fully inclusive with a variety of events catering for different abilities. Whilst the PE teaching team drive this work forwards we are supported by a number of other staff such as the office who get information to parents/organise registers and the catering staff who prepare packed lunches. Along with the support of Ms Whittington we are able to deliver such a variety of activities. Well done team Beam!

Amazing team work achieved the award.

Beam County Cross country 2025



Top 3 Boys



Top 3 Girls

1ST DANIEL
2ND LONZO
3RD JOSHUA

Year 3

1ST AMBRA
2ND LADELLE
3RD RAYA



Top 10 Boys



Top 10 Girls

Beam County Cross country 2025



Top 3 Girls



Top 3 Boys

1ST BECKY
2ND DOROTHY
3RD NAKISHA

Year 4

1ST SHAHEED
2ND AFRAD
3RD JIREH



Top 10 Boys



Top 10 Girls

Beam County Cross country 2025



Top 3 Boys

1ST JAMAL
2ND AMAAN
3RD MASON



Top 3 Girls

1ST AISHAH
2ND TIANNA
3RD MICHELLE

Year 5



Top 10 Girls



Top 10 Boys

Beam County Cross country 2025



Top 3 Girls

1ST AMAYA
2ND NADIA
3RD LUCIA



Top 3 Boys

1ST YEZIAH
2ND NATHAN
3RD KAMAL

Year 6



Top 10 Girls



Top 10 Boys

Barking & Dagenham

Well done to all our children who competed in the Borough Cross Country competition on Wednesday 1st October. You can see how well our teams and individuals did below. A huge well done to Aishah from year 5 who won her age group for the second year in a row!

Event	1 st	2 nd	3 rd
Cross Country Team scores			
Year 6 girls	Richard Alion	Beam	Southwood
Year 6 Boys	William Bellamy	St Peters	Beam
Year 5 Girls	Beam	William Bellamy	Warren JR
Year 5 Boys	Monteagle	St Peters	William Bellamy
Year 4 Girls	Richard Alibon	Manor Primary	Beam
Year 4 Boys	St Peters	Richard Alibon	Beam
Year 3 Girls	William Bellamy	Monteagle	Valance
Year 3 Boys	Richard Alibon	Beam / Valance	Manor JR
Cross country Individuals			
Year 6 girls	Manor JR - Amgia	Southwood - Jemimah	Monteagle - Lilly
Year 6 Boys	St Peters – Aavon	Beam – Yeziah	William Bellamy – Tomi
Year 5 Girls	Beam - Aishah	St Peters – Ariaah	William Bellamy - Trecia
Year 5 Boys	William Bellamy - Collins	St Peters – Noble	NO NAME ON ENVELOPE
Year 4 Girls	Richard Alibon - Kumba	Richard Alibon – Elena	Richard Alibon – Adaeze
Year 4 Boys	William Bellamy – Isaac	St Peters – Jidenna	Manor Primary - Kenzo
Year 3 Girls	St Tereasa – Kendra	Valance – Venice	St Jo Barking - Adanna
Year 3 Boys	Richard Alibon – Gabrielius	Valance – Deen	Valance – Victor

Cross country championships
2025

Barking & Dagenham

BEAM TOP 3 FINISHING TEAMS



Year 3 boys - 2nd



Year 4 boys - 3rd



Year 5 girls - 1st



Year 4 girls - 3rd



Year 6 girls - 2nd place

Cross country championships
2025

Year 1 Girls football festival

On Wednesday 8th October our amazing Year 1 girls footballers attended a football festival at Eastbrook School. They completed a carousel of football activities aimed at developing their individual and team skills. They all had a great time and returned to school with big smiles and skills to share once back on the Beam football pitch!



**Barking &
Dagenham**

UNFORTUNATELY WE
COULDN'T USE THE GROUP
PHOTO DUE TO A NUMBER OF
CHILDREN NOT HAVING
SCHOOL PHOTO PERMISSION.

Badminton festival

It was great to see members of our change for life (multi skills club) attend the badminton festival at Sydney Russel School on Monday 13th October. The children had fun being active and learning badminton skills. Well done everyone.



**Barking &
Dagenham**

Barking & Dagenham

Most active award



During the school Year 2024/25 Beam attended every Barking & Dagenham sports competition in the calendar! In recognition of this, we received the award pictured. It was a very busy year with lots of children going on their first trip and returning with smiling faces. Well done to all the children who helped achieve this award and thanks to all our staff for their time and effort in making our attendance possible.

Bikeability Level 2

Well done to our Year 5 children who progressed onto successfully completing the level 2 course this year. They were so skilled they spent the majority of their time out on local roads learning to ride safely.



Panathlon (SEND)

Our Atlantis children recently attended the B&D Panathlon challenge at Eastbrook school. This was a great opportunity for them to travel to another school and take part in a carousel of fun activities. Thanks to all the staff who supported the children in this annual event.



**Barking &
Dagenham**

**SCHOOL
GAMES**



Year 5&6 Girls football team



Beam 2 Roding Hewitt 2 (that feels like a win!!!)

We continue to make good progress with girls football at Beam, with the girls now regularly playing games in the local schools league. Whilst we are up against a lot of very experienced teams with club standard players, the girls have been very resilient and supportive of each other. The latest draw against a more experienced team with district players demonstrated how much improvement they've made. Well done girls, we're all really proud of you.



Change for life club



KIN BALL ARRIVES AT BEAM!

Our change for life (multi skills club), were the first to use our Kin balls to play fun games after School on Monday. They all got very excited when they saw what looked like giant beach balls being blown up! Kin ball is a very fast paced game involving 3 teams playing at the same time and aiming to keep the ball off the floor. The children played some mini games as well as a Kin ball wrestling game!



Barking Rugby Club

We're very grateful to Barking Rugby Club for their amazing support and starting a club link with Beam this half term. Coach Dan has been offering his time freely to work with some of our more advanced tag rugby players over the past few weeks. We hope some of our children will consider joining Barking Rugby club to try this fast paced and exciting sport.



Barking RFC Under 11/12
Looking for additional players



Training every Thursday
5.30pm–7.00 pm

Barking RFC, Gale Street, RM9 4TX

Contact Chris : 07832735814

Email: barkingrfc-minis@outlook.com

PE Curriculum Focus

Year 4 Tag Rugby



This half term, Year 3-6 children have been learning tag rugby during PE lessons. They've all been developing their attacking and defending play during small sided games. We have some incredibly talented players who I hope will consider going along to the local rugby club and giving this game a try (please see the article about Barking Rugby club earlier in this edition for more details).



PE Curriculum Focus

Autumn 2 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 2).

RECEPTION

GYMNASTICS

YEAR 1

BALL SKILLS & DODGING GAMES 2

BALL SKILLS FOR TENNIS 1

YEAR 2

RUN, JUMP, THROW

GYMNASTICS

YEAR 3

FOOTBALL SPORTSHALL ATHLETICS

YEAR 4

OUTDOOR & ADVENTUROUS SPORTSHALL ATHLETICS

YEAR 5

GYMNASTICS DANCE

YEAR 6

GYMNASTICS DANCE



Beam Sports interview

This half term Archie from Year 4 answers questions about his experience at the Barking & Dagenham badminton festival.

What went well?

It was lovely to learn badminton.

What skills did you learn?

I learnt how to serve and how to keep the shuttle balanced on the racket.

What didn't you enjoy?

I didn't enjoy the stacking game.

What can help me be prepared better for next time?

Learning how to play a bit more and the skills involved.



Archie Year 4

Inter House Competition

What a start to the inter house season it's been at Beam. We have played dodgeball and started the basketball competition. These take place every week on Wednesday & Thursday lunchtime with each year group competing once every 4 weeks. As usual, I was accidentally hit by a few dodgeballs from some pupils! I know who you are!!!!

SCORES SO FAR!!!!

Year 3

- 1st place Red House 180 points
- 2nd place Yellow House 115 points
- 3rd place blue House 105 points
- 4th place Green House 90 points



Year 4

- 1st Place Green House 160 points
- 2nd Place Red House 130 points
- 3rd Place Blue House 120 points
- 4th Place Yellow House 110 points



Year 5

- 1st Place Red House 310 points
- 2nd Place Yellow House 265 points
- 3rd Place Green House 255 points
- 4th Place Blue House 245 points

Year 6

- 1st Place Yellow House 145 points
- 2nd Place Red House 120 points
- 3rd Place Green House 110 points
- 4th Place Blue House 65 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

change
4 life
Eat well Move more Live longer

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

YEAR 5/6 SPORTSHALL ATHLETICS WEDNESDAY 12TH
NOVEMBER

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

YEAR 5/6 4V4 BASKETBALL B-TEAM THURSDAY 11TH
DECEMBER

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

WE'VE BEEN WORKING VERY HARD TO GET FRIENDLY
SPORTS FIXTURES LOCALLY BUT AT THE MOMENT WE
CAN'T FIND ANYONE TO PLAY! WE HAVEN'T GIVEN UP,
WATCH THIS SPACE.