



Even more PE & Sport!

It's been a very busy half term of sport. We hope you enjoy reading the latest edition.



Happy May half term to all the Beam family

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

Friday 23rd May

Beam County Primary PE & Sport Newsletter

Beam Me Up Scotty!



Year 5/6 NFL TEAM FINISH 4th

On the 2nd April we took 10 pupils to the Barking Rugby Club to take part in a NFL Flag Football Competition. Having only had 2 lunch time sessions to learn the game, master positions and plays, we made it to the semi-finals. We played a very competitive game against Montegale but fell short a possession, to advance to the finals. I'm very proud of the squad of players for learning so quickly.



Our mighty NFL team!

by Ms Ijelu

London Mini Marathon 2025!



Our amazing Mini Marathon runners

On Saturday 26th April, children represented Beam for the first time in the London Mini Marathon. The children had an amazing time running the last mile of the London Marathon course and crossing the finish line on the Mall! Along with other staff, I accompanied the children around the course and had the pleasure of trying to keep up with Darius from reception, he's quick!!! Thanks to all the parents who travelled into central London for the event and to Ms Whittington, Mr Coker, Ms Stock, Ms Pricopi and Ms Carter for giving up their Saturday so that the children could take part.

London Mini Marathon



Year 1&2 Multi Skills Club



Thursday 3.30-4.30

Our Year 1&2 after school multi skills club has continued this half term with the children enjoying tennis skills. It's lovely to see how many of the children have improved their co-ordination and finally stop accidentally hitting me with the ball!



Barking & Dagenham



Gymnastics Festival

On Tuesday 6th May a group of our Year 1 pupils attended the Borough gymnastics festival hosted by Catleaps Gymnastics Club at Robert Clack School. The children were able to enjoy a carousel of gymnastics activities, including launching themselves into the air from springboards!



Year 1 Gymnasts with Courtney Tulloch

World, European and Commonwealth medallist, Courtney Tulloch attended this event to help out, demonstrate some moves and inspire the children. Courtney demonstrated how strong his arms are when demonstrating wide armed handstands!



Year 5&6 Cricket Club



Friday 3.30-4.30

Cricket is back! Our Year 5&6 cricket club has started again on Fridays with quite a few places available for any children who would like to join. It would be great to see a few more girls get involved and be part of the upcoming borough competition. Please see Mr Purcell if you're interested in attending the club.

3v3 Basketball Competition



by Ms Ijelu

Well done to our Year 5/6 basketball teams who competed in the borough competition in the final week of this half term. We finished 2nd overall in the A competition and won the trophy in the C competition.

PE Curriculum Focus

SUMMER 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 (Summer 2).

RECEPTION

RUN, CHASE, THROW

YEAR 1

MOVEMENT TO MUSIC (DANCE)
RUN, JUMP, THROW 2

YEAR 2

BALL SKILLS FOR TENNIS 2
MOVEMENT TO MUSIC (DANCE)

YEAR 3

DODGEBALL
ATHLETICS

YEAR 4

ROUNDERS 2
CRICKET

YEAR 5

ATHLETICS
CRICKET

YEAR 6

CRICKET
SWIMMING



Inter House Competition

As we near the end of the house competitions, the push to be crowned champions continues. We have a few postponed events to complete after half term and then it's on to the big scoring Sports Day! Each year group competes across 2 lunchtimes every 4 weeks and accumulates points towards winning medals and a shield for the 1st place team at the end of the year, once we add the Sports Day points. They receive points for taking part, winning and the all important bonus points for demonstrating excellent sporting etiquette.

SCORES SO FAR.....

Year 3

- 1st place Green House 605 points
- 2nd place Blue House 600 points
- 3rd place Red House 595 points
- 4th place Yellow House 500 points



Year 4

- 1st Place Red House 630 points
- 2nd Place Green House 550 points
- 3rd Place Blue House 530 points
- 4th Place Yellow House 495 points



Year 5

- 1st Place Red House 715 points
- 2nd Place Blue House 690 points
- 3rd Place Yellow House 670 points
- 4th Place Green House 645 points

Year 6

- 1st Place Yellow House 550 points
- 2nd Place Red House 500 points
- 3rd Place Blue House 460 points
- 4th Place Green House 450 points



BEAM SUMMER TERM SPORTS CLUBS

Clubs are free of charge
unless stated otherwise

Monday 3.30 -4.30

GIRLS NETBALL - 4
PLACES AVAILABLE.



YEAR 3/4 ATHLETICS -
FULL



KARATE CLUB -YOU
NEED TO PAY FOR THIS



YEAR 3&4 MULTI SKILLS
CHANGE FOR LIFE ACTIVE CLUB
- 4 PLACES AVAILABLE

change
4 life
Eat well Move more Live longer

Tuesday 3.30-4.30

GIRLS FOOTBALL -
10 PLACES AVAILABLE



DANCE CLUB - YOU
NEED TO PAY FOR THIS
CLUB



YEAR 5/6 ATHLETICS -
FULL



BEAM SUMMER TERM SPORTS CLUBS

Thursday 3.30-4.30

YEAR 1&2 MULTI
SKILLS - FULL

YEAR 5&6
BASKETBALL - FULL



Friday 3.30-4.30

YEAR 5&6 CRICKET - PLEASE
BOOK A PLACE ONLINE

YEAR 3&4 TENNIS - FULL



Sports Fixtures

PROVISIONAL DATES

YEAR 5/6 FRIENDLY ATHLETICS TOURNAMENT AT ROBERT CLACK TUESDAY 3RD JUNE

DYNAMOS GIRLS CRICKET YEAR 5/6 (8 CHILDREN)
WEDNESDAY 4TH JUNE

QUADKIDS ATHLETICS YEAR 3/4 (20-30 CHILDREN)
THURSDAY 5TH JUNE

DYNAMOS BOYS CRICKET YEAR 5/6 (10 CHILDREN)
WEDNESDAY 11TH JUNE

YEAR 5/6 INVITATION NETBALL TOURNAMENT FRIDAY 13TH JUNE

FOOTBALL & SKILLS FESTIVAL FOR GIRLS YEAR 4-6
(SEND) TUESDAY 17TH JUNE

QUADKIDS ATHLETICS YEAR 5/6 (20-30 CHILDREN)
WEDNESDAY 18TH JUNE

TRI GOLF FESTIVAL YEAR 4-6 BOYS/GIRLS (10 CHILDREN)
MONDAY 30TH JUNE

QUADKIDS ATHLETICS YEAR 1/2 (12 CHILDREN)
WEDNESDAY 2ND JULY

GYMNASTICS FESTIVAL YEAR 3-6 (10 CHILDREN) MONDAY
7TH JULY



**Barking &
Dagenham**



Bikeability Level 2



Well done to our 12 Year 5 pupils who successfully completed the Bikeability level 2 course at Beam and on local roads. This course is excellent for giving children skills and confidence to stay safe whilst cycling on local roads.



Panathlon Challenge



Our wonderful Apollo class took part in the Panathlon challenge on Monday 28th April at Eastbrook school. This was a SEND multi event competition, with the children having the chance to try lots of different events. The children had a great time and came back to Beam with big smiles and large medals! Well done team Apollo.

Mini Tennis Red

It's great to see our tennis playing standard improving each year at Beam. At the recent B&D tennis competition, all 4 of our teams finished in the top 3! A special mention must go to Daved in Year 3 who was unbeaten at the tournament and to Izzy in Year 4 who demonstrated excellent progress.

Results:

Year 5/6 A team - 3rd Place

Year 5/6 B team - 2nd Place

Year 3/4 A team - 1st Place

Year 3/4 B team - 2nd Place



Mini Tennis Orange

Cricket News.....

Essex County Cricket in partnership with the Chance To Shine program, will be delivering curriculum cricket lessons from Monday 19th June to our lucky Year 5 pupils. Coach Ben will also be offering a free after school session for 24 selected children.



PE Curriculum Focus

Year 5 Tennis



Year 5 have continued to develop their tennis skills this half term. They have learnt how to serve overarm, receive serve and how to apply their skills effectively to hit the ball away from their opponents.



Year 5 Dance



Year 5 have been learning the Haka dance this half term. The Haka is a traditional dance of the Maori people from New Zealand. The children have really enjoyed how expressive they can be, making lots of noise and sticking their tongues out!

Beam Sports Reporter

This half term our budding reporter is Freya from Year 4, who writes about her experience at the Barking & Dagenham Tennis championships.

What went well?

I enjoyed playing against players from other schools.

What skills did you learn?

I learnt to always try to use the forehand as it's easier than the backhand and I can generate more power.

What didn't you enjoy?

Some umpires weren't paying attention and getting the scores wrong!

What can help me be prepared better for next time?

I could do more practise before the tournament next year.

***Written by Freya
Year 4***

