Here is another simulation with a gap of 0.79mm and plate of 16 GA (1.58 mm).

**GAP simulation in the assembly C BEAM EN ROTATION.sldasm**

First simulation is made automatically with the automatic mid-surface analysis for sheet metal (The promoted way of making sheet metal analysis ).
Max displacement : 2.57 mm

**NO-GAP simulation in the assembly C BEAM EN ROTATION.sldasm**
Here is the real answer with extended mid-surface
Max displacement : 11.85 mm

With a gap of 0.79 mm, the model is still 4.6 times stiffer than the reality.