



# William Bellamy Primary School

- William Bellamy Primary school is a five form entry school within the London Borough of Barking and Dagenham. We have 1070 pupils, ranging from Nursery to Year 6. The number of staff delivering teaching and additional support is 184.
- Barking and Dagenham's population is just over 210,711. Deprivation is high amongst a young population where education and socio-economic status levels are lower than the London average.
- We are rated 'Good' by Ofsted, we hold Platinum status for School Sports, Gold status for PE from the Youth Sports Trust, The Inclusion Quality Mark and we are working towards the Healthy Schools and Mental Health award.
- As a school, we understand the range of factors which may inhibit our pupils from reaching their potential. Due to these issues we have a range of interventions and opportunities to support our pupils to have good physical and mental health.

# Our main problem was that we could not identify one individual problem.



**So where did we start????????????????????**

# Looking at the wider picture

## Looking at barriers



Questionnaires to parents, pupils and staff.

Interviews, formal and informal

Attitudes

Monitor activity levels.

Girls

Living arrangements

BAME

Travel to school

Family patterns

Extra-curricular timetable

Playtimes and Lunchtimes

# Barriers we found

Parents did not have money in September to pay for uniforms and football signing fee. Some did not have access to transport for away games.

Pupils did not know 'how to play' an activity, so therefore avoided it.

Pupils did not have shoes that fitted them or were appropriate for the activity on offer.

Pupils referred to other pupils as 'The sporty ones' so there was a preconception of who should play sport and who shouldn't. We found this also linked to any physical activity.

In PE, pupils looked out the outcome e.g. distance someone could throw rather than the technique of the person. Focus was on outcome not potential.

Pupils, staff and parents didn't value pupil leadership, coaching or officiating in the same way as pupils who 'made the team'.

There were so many individual barriers and did not seem to be a one size fits all solution.

**Pupils did not view physical activity, school sports and physical education as different areas. This was our starting point!**

# So what did we do??

Celebration events

Pay and play

Set up a football club

Introduced coaches at lunch time

Promote local activities

Bellamy's Bikes

Wake and Shake

Cross Country and Fairy Fitness

New sports

SEB provision

Young Sports Leaders across all KS2

Active Sheds

3 fold focus: Elitist, competitive and recreational

Use website and social media

Promote growth mind set across whole school

Wristbands

Middle playground with boxing bags

Dodgeball at lunch for targeted pupils

Believe that physical activity and mental health are linked



Coaches at lunch times



Cheer leading fun



Active sheds



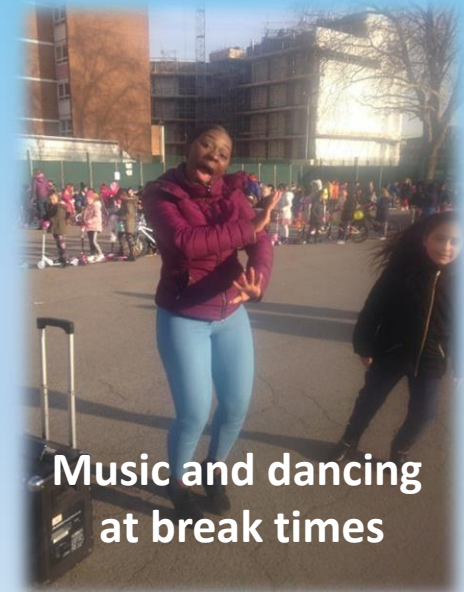
Active travel celebration



Bike club



Young leader



Music and dancing at break times

# Sports and competitions on offer





# Intra comps and sports activities





# Who is involved?



This is led by our PE team.



**SLT,  
Ultimate Vision Sports,  
Nurture Teams,  
SEB group,  
Staff: Teachers, attendance team, SENCo,  
assistants,  
other sports companies,  
THE PUPILS**

As a result of physical activity being promoted across our school we now have 100% of pupils enjoying PE.

Every week we have over 20 extra curricular clubs which help our pupils become physical active.

We offer clubs during the school holidays and weekends.

“Being a young leader is very important to me, when I can help someone learn to throw and catch then I know that this is a starting point for them to play games with their friends, their lunchtimes will be so much more fun”  
Adetoun in year 5

“ I love fitness fairies, I get to run with all my friends, it makes me happy” Roxy in year 3

“I’m really lucky to go to William Bellamy, we have so many opportunities to stay fit and have fun” Jayden Year 5

“Being part of a sport team has really helped my confidence, we have to train to get better, I have learned how to be disciplined, focus and prepare myself for competition, we have to travel to compete and sometimes that can make me nervous too. We learn about how competitions can make us nervous, my teacher calls it adrenalin, we learn about it and how to control it, before I just thought I felt sick, I now realise that this is my body preparing to perform” Elijah year 6

## How do we know that we have been successful?

Physical activity, school sports and PE are part of our everyday life at school. Our pupils know the difference and enjoy different levels in different ways.

Pupils' voice shows that through our physical activity clubs and school sports they have made many friends, 70% said these friendships are now outside of school as well as in school.

100% of the pupils who have received their wristband for ambition, confidence and resilience said that at least one of their ticks were given while playing sport or delivering a physical activity session.

100% of our pupils said that without the activities on offer at school they would feel sad.

We have received Platinum award in recognition for school sports and physical activity within our school

**Let's hear from the ones who really matter, our pupils.**

# Resilience is the Word

Resilience is the word,  
That you can discover,  
Have some courage and be respectful to each other,

Never fear,  
Focus and you will achieve,  
You will feel good when you begin to believe.

I am a boy,  
I am 8,  
I am very positive which makes me feel great.

I like football  
I like to play  
When I used to not score it spoilt my day.

Now I am confident,  
I like to inspire,  
To help others is now my desire.

I hope you enjoy  
Reading my poem,  
This is my message, just keep going!

Name: Tajus Gaspervicis

Age: 8

Teacher: Mrs Rose

School: William Bellamy Primary

# My Athlete Dream

My dream is to be an athlete,  
I know it is going to be hard,  
I need to keep on trying,  
And be on my guard.

I need to have the power,  
But I don't know how,  
I need to strive to be my best,  
And I need to do it now.

My dream is to be an athlete,  
I know I have to be strong,  
I have to keep believing,  
And accept when I am wrong.

I need to be resilient  
And to lose my fear,  
My dream of my achievement,  
Is looking very near.

My dream is to be an athlete,  
I'm now running very fast,  
I need to keep my courage,  
And I will be an athlete at last.

By Daniel Pike  
Teacher Mrs Rose  
Year 3  
William Bellamy Primary