



19<sup>th</sup> October 2017

## Changes to KS2 Afternoon Play

### How has this been communicated to the children?

There will be a class discussion on this and then each class will come up with their agreed plan. For example, one class has already discussed the days they feel a 5 minute run around would help and the days they'd like to relax. This class have also voted on a class novel that they would like to share.

### The children need playtime to let off steam from sitting in the classroom.

The children will still have 15 minutes of morning play, followed by an hour long lunchtime, which is much longer than some other schools. If the teacher feels that the class would benefit from a quick run around then they will still have the option to take them outside in the afternoon. The children also regularly do the 5-a-day activity, which is a movement programme played on the whiteboard.

### The changes will have a negative impact on the children's health and wellbeing.

The time will be dedicated to relaxing and reading for pleasure either independently or as a class. The children will be made aware that this is a relaxed activity. If it is not a whole class read, they can sit in small groups and share a book if they would like to. Some classes may also enjoy mindful massage or meditation.

### We're a Rights Respecting school- are the children's rights being respecting with these changes?

Our Rights Respecting Team shared these comment from our children:

"We should have time to relax inside."      "We still get our right to relax and play."

"We can open windows for fresh air."      "I like reading books."

"We have PE lessons for fresh air, as well as lunchtime and morning play."

"We exercise in class doing 5-a-day."      "I like being in more because of the cold."

"We don't get a lot of time to read and it's fun so it would be good to read. If you are not a fan of reading you could listen to someone else read aloud or do some mindful massage or meditation."

"I'm looking forward to getting my 'rights' in a different way inside the classroom."

"We can play some fun games that we can't play outside."



**Inspiration & Success**





## **My child struggles with concentration and will find it hard to sit and read independently.**

There is no pressure for the children to sit and read independently for the 15 minutes. If a child would prefer they will be able to sit in a small group with their teacher to enjoy a story together, if they are not already enjoying a class novel.

## **This will have a negative impact on the children's physical health.**

The school does a lot to promote exercise for physical health. Each class has two PE lessons a week, plus the children regularly do the 5-a-day activity in their classroom. Furthermore, we are now running even more lunchtime and afterschool clubs than ever to give the children an opportunity to engage in sport. On top of this, the children will still have 1 hour and 15 minutes of playtime a day.

## **My child often comes home feeling very tired due to the move up from KS1 to KS2 and the new work that comes with this transition.**

The 15 minutes dedicated to reading will be a relaxed activity that the children can do at their leisure and at their own pace. The teachers will make sure that they are made aware that this time will be a break from the usual classroom activities. Some classes may also choose to use this time for mindful massage or meditation.

## **Who was consulted on this change?**

This was a school decision. The KS2 teachers were consulted and the change has been approved by the Governing Body.

## **How do we know you won't just carry on teaching through the 15 minutes?**

We will have a tannoy announcement to signal the start and end of relax time.

## **How will this impact the children that have specific needs?**

Any child with 1:1 support can access outside play at any time. Class teachers will also ensure if an outside break is needed, this will happen.

## **When will the children have playtimes?**

The children will still have morning play (10:30-10:45am for Year 3, 10:45-11:00am for Years 4-6) and lunchtime (12:20-1:20pm) to play outside. Relax time will take place at 2:15-2:30pm).



**Inspiration & Success**

