

Resource 2

Look at the resource below, which shares some of the pros and cons of having more breaks.

There should be more breaktimes within the school day.

Pros

It will provide more opportunity and time to take part in activities and games of choice that children enjoy.

Children will be refreshed and ready to learn, meaning they will be more productive and achieve more in lesson time.

Lessons in school are so engaging and interactive and often involve movement that additional movement breaks are not needed.

Sitting for long periods of time can end up in children becoming restless, fidgeting and unable to concentrate, which would result in them being unable to learn and becoming a distraction to others.

There will not be enough time to fit in all the subjects that need to be taught so children's learning will suffer.

Socialising with friends during breaks is part of learning.

Cons

There will be more problems with bad behaviour and children falling out with one another.

Opportunity to use the toilet and have a snack and a drink more frequently will disrupt lesson times less.

Can you sort these?

Can you think of any other pros and cons?

