



Morning Break Policy: September 2023

Review Date: September 2026

Introduction

Medlock Primary School recognises the positive impact a break in learning during the morning session has on all pupils in Key Stage 1 and Key Stage 2.

The morning break should follow the guidelines of this policy to ensure the break has the desired impact through structured physical exercise that ensures both healthy bodies and alert minds.

Key Stage 1 and Year 3

For KS1 and Year 3, the morning break should offer a range of activities for the children to choose from. The choice of activities should be refreshed regularly to ensure engagement and enjoyment. Where a specific need is identified in relation to a child/children's physical education or social learning, activities should be provided that cater for the targeted learning need.

Adults should model and engage with play to ensure children are able to get the most out of each activity.

Morning break happens at a natural break in the mornings learning and should last no longer than 15 mins.

Key Stage 2

Morning break in key stage 2 should be separated into two distinct parts, a structured physical activity followed by a communal 'cool down'. Morning break should total no more than 15 minutes in all.

The physical activity aspect should always have a health and fitness aspect looking at improving and increasing children's stamina. It should never involve 'free play'.

All pupils should participate.

If it is thought to benefit engagement, teachers can choose to set up more than one activity.

The focus of any activity chosen should be on health and fitness as well as personal achievement - children should never be in competition with each other. Team games should be avoided due to the likelihood of conflict arising. If a teacher feels team games will benefit the children in their class they will need to demonstrate that the team game is inclusive (open to all) and an adult must lead the game. Adults are encouraged to participate in order to model the activities and promote participation.

The cool down activity should be calming and support children to be ready for their learning. This can take any form the teacher chooses with suggested activities including mediation, shared reading or guided discussions. Fruit can be eaten at this time if appropriate.

The cool down activity will usually take place in the classroom unless the activity chosen requires more space, such as a gross motor 'balance' activity or Tai Chi style activity etc.

Year 3 will follow the Key stage 1 model until summer term where they will move to the key stage 2 model as part of transition.