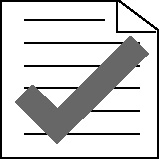
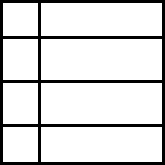
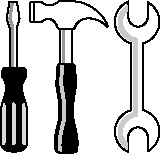
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**Handout 33: Exemplar explanation text: Why do we change the clocks twice a year?**

Are you sometimes confused about why the clocks are changed twice a year and which way to alter them?

**British Summer Time (BST)** maximises the amount of useful summer daylight there is by making the clocks go forward an hour in the spring. This means that in summer the sun rises an hour later, when most people are still asleep, while the evenings stay light an hour later. BST was originally introduced as a wartime measure in 1916 because the government wanted to use daylight efficiently.

In wintertime, when there is much less daylight, the clocks go back an hour. This causes the mornings to be lighter but the evenings darker. This is a return to what is known as ***Greenwich Mean Time****.*

Sometimes people can’t remember whether the clocks move backward or forwards an hour in the spring or in the autumn.

If you want an easy way of remembering which way the clocks move, this clever phrase may be useful: Spring forward; fall (Autumn) back.