



# Our World

**Week Beginning: Monday 30 March 2020**



## This Week in Our World...

This week the focus of **'Our World'** is why we change the clock twice a year.

In March the clocks 'spring' forward and in October the clocks 'fall' (another name for Autumn) back.

# Clock Changes



## When they change!

This year, clocks jumped forward on Sunday 29 March, but as the actual time change was during the night, you were probably fast asleep in bed when it happened!

When the clocks change like this, we are moving from what is called Greenwich Mean Time (GMT) to British Summer Time (BST) - also known as Daylight Saving Time (DST) or GMT+1.

Thankfully most smart phones, computers, and other devices connected to the internet and normally update the time automatically. If your watch doesn't update automatically, you will need to do it manually.

# Clock Changes



## History

An American politician and inventor called Benjamin Franklin first came up with the idea while in Paris in 1784. He suggested that if people got up earlier, when it was lighter, then it would save on candles.

But it arrived in the UK after Coldplay singer Chris Martin's great-great-grandfather, a builder called William Willett, thought it was a good idea too.

In 1907, he published a leaflet called *The Waste of Daylight*, encouraging people to get out of bed earlier.

# Clock Changes



## History

Willett was a keen golfer and he got cross when his games would be cut short because the Sun went down and there wasn't enough light to carry on playing.

The idea of moving the clocks forwards and backwards was discussed by the government in 1908, but many people didn't like it so it wasn't made a law.

Willett spent his life trying to convince people that it was a good idea, but it was only introduced in the UK in 1916 - a year after he died.

# Clock Changes



## History

It was actually first introduced by the Germans in World War One, just before the UK did it.

During World War Two, the UK actually used what was called British Double Summer Time (BDST), when the clocks were ahead by an extra hour during the summer. But this didn't last for very long.

Now, the UK's clocks always go back by one hour on the last Sunday in October and forward by one hour on the last Sunday in March.



**manually**

## **Manually (adverb)**

Using the hands.

By hand rather than automatically or electronically.





Watch...



### Clip 1

<https://www.bbc.co.uk/cbbc/quizzes/why-do-we-change-clocks>

**This is a quiz for you to complete – there are other quizzes on the page if you would like to take up the challenge.**