Holy Family Catholic Primary School, Cronton Forest School Long Term Plan EYFS and KS1



Forest School is a recognised ethos and child-centred approach to outdoor education. Through regular sessions, children will take part in opportunities for holistic growth in a safe and secure learning environment. During Forest School, children will do activities and have experiences that support play, exploration and develop and foster curiosity. The children will also take part in risk taking activities to support their autonomy and safe understanding of risk. Children will develop confidence through learner inspired, hands-on experiences in an outdoor woodland or natural setting. Children engage in motivating, age-appropriate, achievable tasks and activities throughout the year and in almost all weathers, with suitable footwear and clothing. This enables children to develop their understanding of changes in seasons and how the woodland environment changes too. Forest School helps children to grow in all aspects of learning through outdoor play, developing an understanding of the natural world.

Our Forest School sessions will take place in the woodland area of our school grounds. We are lucky to have this space to have shared experiences together, lead by a Forest School leader who is currently studying for the Level 3 qualification.











			Spring Term 1a			
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Nursery	First session with	Sharing Our Shells	Lunar New Year	Mini Dens - the	Nature Wands -	Bark Rubbing-
	January new	- this activity links	Activity	children begin to	collect leaves and	Attach a large
	starters (no	with the children's		learn the basics of	then rip them into	piece of paper
	session)	book of the week		den making. Create	small pieces, then	onto a tree trunk
		"Sharing a Shell".	Make a Lunar New	a tripod using little	stick onto a	and then use a
		The children go on	Year fan	sticks and start	cardboard star	crayon to do
		a scavenger hunt to		building their own	template. Attach	some bark
		look for the shells		miniature dens. We	the star to the top	rubbing. The
		hidden around the		read The Three	of a stick and use it	children will be
		forest. The children		Little Pigs and talk	as a wand! This	able to feel and
		then sit around the		about different	supports	see the texture of
		campfire and		materials when	Communication	the bark and
		discuss different		creating structures.	and Language as	enjoy using
		kind qualities		This links to	well as Expressive	different colours.
		before placing their		Physical	Arts and Design.	This encourages
		shell in a chest.		development,	Children use their	Expressive Arts
		This links to		Understanding the	imagination and	and Design as well
		Personal, Social		World and	creativity when	as Understanding
		and Emotional		Expressive Art and	engaging in	the World.
		development as		Design.	pretend play with	
		well as Literacy.			their wands.	

Reception	Bug Hunt - discuss	Clay Snails - this	Lunar New Year	Mini Dens - the	Bird Watching - the	Nature Painting -
кесерион	basic rules about	· •				children use
		activity links with	Activity	children begin to	children investigate the woodland to	
	being respectful to	the children's book		learn the basics of		different colours
	the wildlife, habitat	of the week "the		den making. Create	notice any nests or	to decorate and
	and environment.	Snail and the	Make a Lunar New	a tripod using little	birds present. Use	mix a natural
	Settling in and	Whale". Children	Year fan	sticks and start	a bird check-list	object they have
	becoming familiar	use clay to create a		building their own	and identification	found on the
	with the woodland.	snail's body and		miniature dens. We	sheet. This	forest floor. The
	This encourages	then use a stone as		read The Three	supports	children use their
	Personal, Social	the snail's shell and		Little Pigs and talk	Understanding the	creativity skills to
	and Emotional	sticks as their facial		about different	World.	make patterns
	development as	features. This		materials when		and mark make.
	well as	supports		creating structures.		This supports
	Understanding the	Communication		This links to		Expressive Arts
	World.	and Language,		Physical		and Design.
		Physical		development,		
		development,		Understanding the		
		Literacy and		World and		
		Expressive Arts and		Expressive Art and		
		Design.		Design.		
Year 1	Bug Hunt - discuss	Mud Faces - use	Lunar New Year	Sensory Scavenger	Story Sticks -	Smelly Smoothies
Teal 1	basic rules about		Activity	Hunt - "can you	Decorate a stick	- Create your own
		their imagination	Activity	•		•
	being respectful to	to create faces on		find something	using pipe cleaners	"smoothie" by
	the wildlife, habitat	tree trunks using		hard?" "can you	and beads. Thread	working in teams
	and environment.	mud and other	Create natural	find something	the beads onto the	to mix leaves,
	Settling in and	natural materials.	paint (mud +	smooth?" "can you	pipe cleaner and	herbs, flowers etc
	becoming familiar	This helps the	water) and practice	find something	then wrap the pipe	together in a cup.
	with the woodland.	children to become	the first letter of	slimy?" This	cleaner around the	Swap the cup with
	This helps the	more familiar in	your name in	supports the	stick. This	a different team
	children to become	the woodland and	Chinese.	children's Science	encourages the	and they have to
	more familiar and	explore different		topic, discussing	children to create	use their senses
		emotions.			their own stories	to figure out what

confident in the	the texture of	of using their	ingredients are in
woodland.	different mater	ials. imagination. This	their smoothie.
		also supports the	
		children's fine	
		motor skills.	

	Spring Term 1b					
	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Nursery	Smelly Smoothies -	Icy Sun Catchers -	Clay Snails -	Woodland Wonder	Tataki-Zomé - a	Number
	Create your own	fill containers with	Children use clay to	Wheel - This	traditional	Scavenger Hunt -
	"smoothie" by	natural objects	create a snail's	activity encourages	Japanese way of	children recognise
	working in teams	found in the	body and then use	the children to	printing leaves and	the numbers on
	to mix leaves,	woodland, try and	a stone as the	explore the	flowers onto fabric	the number line
	herbs, flowers etc	use a variety of	snail's shell and	woodland in a safe	or paper. This	and then collect
	together in a cup.	objects, colours	sticks as their facial	and supported	activity works best	the specific
	Then, present your	and textures and	features. This	way. Children find	when the	amount of objects
	smoothie and	then add water and	supports	a stick and then	woodland is	for each number
	describe what you	freeze. Hang in the	Communication	stand in a circle,	blossoming and	to place on the
	have put in it, what	forest when frozen.	and Language,	placing the stick	there are a variety	number line. This
	it smells like and		Physical	down to make	of flowers and	encourages
	what it feels like.		development,	different sections.	plants available for	children to
	This encourages		Literacy and	Then, the children	children to use. this	explore the
	the children to use		Expressive Arts and	collect various	supports the	woodland as well
	their creativity and		Design.	natural objects to	children's Physical	as developing
	senses as well as			place in their	Development,	their counting and
	working well in a			section and	Expressive Arts and	number
	team.			describe the	Design and	recognition skills.
				different objects	Understanding the	(numbers 0-10)
				that they have	World.	
				found and what		
				they may be called.		
				, ,		

Reception	Nature Crowns -	Woodland Wonder	Bird Feeders - mix	Smelly Smoothies -	Number Scavenger	Bark Rubbing-
·	Children collect	Wheel - This	lard and bird seed	Create your own	Hunt - children	Attach a large
	different natural	activity encourages	together to create	"smoothie" by	recognise the	piece of paper
	materials to stick	the children to	bird feeders for the	working in teams	numbers on the	onto a tree trunk
	onto their crown	explore the	woodland. This	to mix leaves,	number line and	and then use a
	template. This	woodland in a safe	activity supports	herbs, flowers etc	then collect the	crayon to do
	encourages the	and supported	and encourages	together in a cup.	specific amount of	some bark
	children to feel	way. Children find	biodiversity in the	Then, present your	objects for each	rubbing. The
	comfortable in the	a stick and then	woodland and	smoothie and	number to place on	children will be
	woodland and	stand in a circle,	educates the	describe what you	the number line.	able to feel and
	become more	placing the stick	children on why it	have put in it, what	This encourages	see the texture of
	familiar and aware	down to make	is important to	it smells like and	children to explore	the bark and
	of their	different sections.	support wildlife in	what it feels like.	the woodland as	enjoy using
	surroundings. This	Then, the children	the woodland. Bird	This encourages	well as developing	different colours.
	activity supports	collect various	feeders can be	the children to use	their counting and	This encourages
	creativity and	natural objects to	made into different	their creativity and	number	Expressive Arts
	ensures the	place in their	shapes (using play	senses as well as	recognition skills.	and Design as well
	children's well-	section and	dough cutters) and	working well in a	(numbers 0-15)	as Understanding
	being in the	describe the	then the children	team.		the World.
	woodland is	different objects	can observe if any			
	positive.	that they have	birds have eaten			
		found and what	them over the next			
		they may be called.	few weeks.			
Year 1	Nature Painting -	Nature Crowns -	Introduction to	Introduction to	Introduction to	Mini Dens - the
	children use	Children collect	Basic Knots - The	Basic Knots -	Basic Knots - Finish	children begin to
	different colours to	different natural	overhand knot.	Recap the	the dream	learn the basics of
	decorate and mix a	materials to stick		overhand knot and	catchers. Challenge	den making.
	natural object they	onto their crown		then begin creating	- start the figure of	Create a tripod
	have found on the	template. This		their own dream	eight knot.	using little sticks
	forest floor. The	encourages the		catchers using		and start building
	children use their	children to feel		sticks and different		their own
	creativity skills to	comfortable in the		coloured wool to		miniature dens.

make patterns	and woodland and	put these skills into	We read The
mark make	e. become more	practise.	Three Little Pigs
	familiar and aware		and talk about
	of their		different
	surroundings. This		materials when
	activity supports		creating
	creativity and		structures. Use
	ensures the		different coloured
	children's well-		leaves to disguise
	being in the		the shelters.
	woodland is		
	positive.		