

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

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

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

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

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