



Forest School at St. Paul's CofE Primary School

Utkinton and Cotebrook

Forest School Leader- Claire Chaloner



St. Paul's Forest School Long Term Plan

Forest School- "Forest School is a child-centred inspirational learning process that offers opportunities for holistic growth through regular sessions. It is a long-term programme that supports play, exploration and supported risk taking. It develops confidence and self-esteem through learner inspired, hands-on experiences in a natural setting" (Forest School Association FSA, 2021)

Forest School is based on the children having opportunities to explore and take ownership of their own learning, whilst sessions are structured with plans and ideas for learning the children are encouraged and supported to facilitate their own learning and experiences.

Through free play and activities, children can develop problem-solving skills, critical thinking, and decision-making abilities, which are essential life skills. They also learn how to interact and communicate with others, form positive relationships, and build resilience, which can help them overcome challenges and setbacks.

Here are some examples of free play activities that can be incorporated into Forest School programs:

1. Natural building: Children can use natural materials like sticks, leaves, and stones to build structures like dens, nests, or shelters.
2. Role-play: Children can dress up in natural materials and act out scenarios related to the forest environment, such as pretending to be animals or insects.
3. Mud play: Children can experiment with mud, water, and natural materials to create sculptures, paintings, or sensory experiences.
4. Exploring: Children can be given the opportunity to explore the forest environment independently, using their senses to discover new things.
5. Woodland crafts: Children can use natural materials like bark, twine, and feathers to create crafts like dream catchers, wands, or mobiles.

By providing children with opportunities for free play and activities in Forest School, we can help them to develop a lifelong love and respect for nature, and a sense of connection to the natural world.

Forest School – Intent, Implementation and Impact

"They're not just playing in nature, they are: Learning, creating, sensing, believing, relaxing, exploring, observing, wondering, connecting, discovering, appreciating, understanding, experimenting..." - Penny Whitehouse

Intent – What do we aspire for our children?

- Inspire children's natural curiosity for the world around them.
- Promote responsibility, knowledge and care for the natural world.
- Support the children with opportunities to take risks in a safe environment building their resilience and self-esteem.
- Foster a love for being outdoors and knowledge of the benefits being inside has for our physical and mental well-being.

Implementation- How Will We Deliver the Curriculum?

Mrs. Chaloner gained her Level 3 Forest School Leader qualification in 2021 and plans and delivers the curriculum based on the children's interests and developing key outdoor skills. These skills include; using tools, bush craft, fire safety and management, using natural materials, 2D and 3D sculpture, den building and knowledge of local flora and fauna.

This is done through-

- Weekly Forest School Sessions, whatever the weather.
- Authentic, hands on experiences.
- The curriculum builds and progresses with the children from Nursery to Year 6, building on prior knowledge and skills to ensure confidence and knowledge.
- Observations of the children's interactions and interests.
- Completing the Royal Society for the Protection of Birds (RSPB) wild challenge. Challenges like this benefit the children's creativity and perseverance as well as local wildlife. For example, collecting natural resources to create a bug hotel.
- Learning about fire safety and management, fire lays and lighting fire with a flint and steel.
- KS2 will learn how to correctly use tools such as a bow saw, peeler, bill hook, sheath knife, loppers and secateurs.

Impact- How will we ensure we deliver high quality learning?

- Regular dialogue with children about what they gain from their forest school sessions.
- The Forest School Leader will complete a whole school 'big book' to share weekly learning.
- Observations of the children's engagement with tasks and interactions with peers.
- The children will show development through gaining confidence in their Forest School skills.

The Forest School Association list 6 principles of high quality Forest School Provision



6 Principles of Forest School

1

LONG TERM

It's a process of regular sessions, rather than one-off visits. The cycle of planning, observation, adaptation and review are integral elements.

2

IN THE WOODLAND

It takes place in the natural environment to support the development of a lifelong relationship between the learner and the natural world.

3

HOLISTIC

It promotes the holistic development of everyone involved, creating resilient, confident, independent and creative learners.

4

RISKY

It offers the opportunity to take supported risks appropriate to the environment and themselves.

5

PRACTITIONER-LED

It's run by qualified Forest School Leaders who invest in and maintain their professional practice.

6

LEARNER-CENTRED

It uses a range of learner-centred processes to create a community for being, development and learning.

EYFS Forest School Curriculum

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS						
Activity	<ul style="list-style-type: none"> -Mud Kitchen -Den Building -Autumn Walk -Leaf Printing -Collecting pine cones -Leaf Crown 	<ul style="list-style-type: none"> -Make a Stick Man - Snow, ice, melting -Seasonal Changes -Mud Slide -Pine Cone Christmas Decorations 	<ul style="list-style-type: none"> -Making a den for nocturnal animals. -Bark Rubbing -Winter Walk 	<ul style="list-style-type: none"> Mud Kitchen- Make Gruffalo Crumble -Den Building using natural; resources - log pile house, Gruffalo Den -Spring Walk 	<ul style="list-style-type: none"> -Fairy Houses -Tree Climbing -Making models with clay and natural resources. -Natural Weaving - Designing your own set of wings inspired by a pollinating insect or a bird. 	<ul style="list-style-type: none"> -Minibeast Hunt -Minibeast Natural Art -Natural Jewellery -Sun safety Summer Walk -Scent Trails
Campfire Cooking	Toast	Pumpkin Soup	Pancakes	Campfire Hot Chocolate	Corn on the cob	Vegetable Kebabs
Bush Craft, Fire Safety and Management	Fire Circle, Fire pit rules, fire safety Use a flint and steel 1:1 Observe teacher preparing and supporting lighting of the fire		Fire Circle, Fire pit rules, fire safety Use a flint and steel 1:1 Observe teacher preparing and supporting lighting of the fire		Fire Circle, Fire pit rules, fire safety Use a flint and steel 1:1 Observe teacher preparing and supporting lighting of the fire	
Forest School Tools	Peelers 1:1-Whittling, Secateurs 1:1, Hand Saw 1:1					
Wellbeing	Outdoor Mindfulness, Bare foot grounding, Tree Climbing, Mud Kitchen Each session begins and ends with a check in and checkout.					

Forest School Curriculum KS1

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	-Forest School Safety -Nature Walk -Leaf Rubbings -Autumn Colour Wheel -Andy Goldsworthy – Natural Sculpture -Build an A Frame shelter using natural materials. -Design and make a photo frame.	-Stick Figures -Recording Seasonal Changes Bark Rubbing -Using tools to design and create a Christmas decoration -Natural Rangoli patterns. -Eco Friendly Reindeer Food	-Mud Kitchen -Creating and painting with mud paint. -Make a paint brush -Going on sound walks using recordable devices. -Creating music makers using natural objects. -Friendship Bracelets -Journey Sticks	-Tree Identification -Bark Rubbing -Natural perfume making and sensory exploration -Leaf identification -Summer Colour Wheel -Make a natural Mobile -Make a waterproof shelter	-Bird Spotting and Identification -Making Bird Nests using natural materials. -Bird themed art -Making a bird feeder -Bird Song -Making a home for birds RSPB Wild Challenge.	-Build a mini raft that floats. -Wild Weaving -Using our senses- scent trails, blindfold walking, -Creating a butterfly Garden -Texture Hunt- looking for things that are tickly, soft, hard, bumpy, spikey, prickly, smooth, silky, rough and brittle.
Key Vocabulary	Seasonal Vocabulary- Conkers, Acorns, Harvest, Migration and Fungi	Common English nocturnal animals- hedgehogs, bats, owls, foxes, badgers, and moths. Hibernation.	Seasonal changes Winter to Spring- Germination, Pollination, Nesting, Blossom, Migration	Common Trees- Oak Tree, Sycamore, Hawthorn, Rowan, deciduous , evergreen	Birds- Robin, Blue Tit, Great Tit, Black Bird, Woodpecker.	Habitats, ecosystems, wildlife, food chains, food webs
Campfire Cooking	Baked Apples	Sweet potato and Apple Hash	Campfire Hot Chocolate	Campfire Banana Boat	Grilled Corn on the Cob	Campfire quesadillas
Bush Craft, Fire Safety and Management	Fire Circle - Discuss safety and importance of the fire circle. Safety Management Fire Preparation Fire Tools- Using a flint and steel 1:1, Storing fire tools safely Forest School leader to model building a fire Be able to extinguish a fire safely To understand that fire needs fuel + oxygen + heat. To use fire to cook.		Using a Flint and Steel Choosing a safe location for a controlled fire Extinguishing a fire safely. Tinder materials Gathering fire materials- dry leaves, twigs and bark Fire Lay- Waffle Technique		Using a flint and steel Building own waffle lays Tipi Lay Log fire	
Forest School Tools	Peelers1:1-Whittling, Secateurs 1:1, Loppers 1:1, Hand Saw 1:1					
Den Building	-Den Building- Clove Hitch		-Den Building- Reef Knot		-Bow Line Knot	
Science Links	Everyday Materials		Plants		Animals and Living Things	
Art Links	Andy Goldsworthy- Sculpture	Natural Rangoli patterns.	Creating and painting with mud paint.	Summer Colour Wheel	Bird themed art	Wild Weaving
DT Links	-Design and make a photo frame.	-Using tools to design and create a Christmas decoration	-Creating music makers using natural objects.	Make a natural Mobile	Making a bird feeder	Design and Make a raft that floats
Wellbeing	Outdoor Mindfulness, Bare foot grounding, Tree Climbing, Mud Kitchen Each session begins and ends with a check in and checkout.					

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS1	-James Brunt Artist -Signs of Autumn -Seeds identification -Seed Artwork -Whittling a Peg	-Story Stones -Elf Carving -Using tools to design and create a Christmas decoration – Festive Stars -Eco Friendly Reindeer Food -Natural Rangoli Patterns.	-Signs of Winter nature walk. -Clay faces. - Look for and identify animal tracks.	-Flower identification -Planting Flowers -Flower Crowns -Leaf and Flower Pressing -Hapa Zome -Making natural perfume -Planting a Bee Garden -Save the Bees	-Minibeast Hunt. -Identifying and Observing -Minibeasts. -Making Minibeast Hotels -Creating and Exploring -Natural Minibeast Art	-Identifying animals in our forest school area and sorting them into groups- mammals, birds, insects. -Habitat Scavenger Hunt -Tree Study- how does it provide shelter, food, water? -Identifying ecosystems -Create a model habitat- e.g. woodland, meadow, pond
Key Vocabulary	Seeds- Ash Seeds, Holly, Yew, Horse Chestnut, oak	Foliage, dormancy, decompose, Fungi	Hibernation, Pheasant, Buzzard, Roe Deer, fox, badger.	Bee Pollinators- Sunflowers, Lavender, Honey suckle, cosmos, verbena	Minibeasts- Ladybird, Butterfly, Bee, Worm, Spider, Snail	Mammals, birds, insects, habitats, shelter, food, water
Campfire Cooking	Toast	Hot Dogs and Beans	Pancakes	Campfire bread	Vegetable Kebabs	Elderflower Cordial
Bush Craft, Fire Safety and Management	Fire Circle - Discuss safety and importance of the fire circle. Safety Management Fire Preparation Fire Tools- Using a flint and steel 1:1, Storing fire tools safely Forest School leader to model building a fire Be able to extinguish a fire safely To understand that fire needs fuel + oxygen + heat. To use fire to cook.		Using a Flint and Steel Choosing a safe location for a controlled fire Extinguishing a fire safely. Tinder materials Gathering fire materials- dry leaves, twigs and bark Fire Lay- Waffle Technique		Using a flint and steel Building own waffle lays Tipi Lay Log fire	
Forest School Tools	Peelers1:1-Whittling, Secateurs 1:1, Loppers 1:1, Hand Saw 1:1					
Den Building	-Den Building- Clove Hitch		-Den Building- Reef Knot		-Bow Line Knot	
Science Links	Everyday Materials		Plants, Seeds and Growth		Animals and Living Things	
Art Links	James Brunt Natural Art	Natural Rangoli Patterns.	Clay Faces	Hapa Zome		
DT Links	-Whittling a peg	-Using tools to design and create a Christmas decoration – Festive Stars		Natural Mobile	Minibeast Hotels	Design and Make a model habitat.
Wellbeing	Outdoor Mindfulness, Bare foot grounding, Tree Climbing, Each session begins and ends with a check in and checkout.					

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS2	-Forest School Safety and Rules. -Outdoor Health and Wellbeing. -Team Games - Andy Golding Artist and Sculptor -Fire Triangle- collecting kindling and wood for the fire. -Photo Frame	- Ecosystems, food chains, and biodiversity, as well as the impact of human activity on the environment. -Identify and classify the living things in our Forest School Area. -Leaf Litter Investigation -Rangoli Patterns -Using tools to design and create a Christmas decoration - Festive Stars	-Orienteering -Tracking -Stick Journey -Create a music maker	-Planting Vegetables and strawberries. -Identifying the plants in our forest school area. -Design and Make a Kite -Clay Flower Pots.	-Natural Perfume Making - Planting a Bee Garden -Identifying the trees in our forest school area. -Coppicing and tree management. -How can we promote bee health and the importance of Bee conservation? -Create a Bee Hotel	-Making catapults - Create a pulley systems - children can work together to create pulley systems using ropes and branches. They can experiment with different pulley configurations to see how they affect the force needed to lift objects. -Making wind chimes -Building bridges
Key Vocabulary	Kindling, tinder, fire risk assessment, extinguish, fire lay	Adaption, Habitat, Ecosystems Invasive Species, Conservation, endangered species	Map, compass, bearings, navigational skills, orienteering course, teamwork.	Germination, Photosynthesis, Soil composition, Nutrients, Seed dispersal, Biodiversity, Ecosystem Sustainable practices, Gardening tools	Bee Pollinators- Sunflowers, Lavender, Honey suckle, cosmos, verbena	Identifying trees- Oak Tree, Sycamore, Hawthorn, Rowan, deciduous , evergreen
Campfire Cooking	Baked Apples	Sweet potato and Apple Hash	Campfire Hot Chocolate	Campfire Banana Boat	Grilled Corn on the Cob	Campfire quesadillas Elderflower cordial
Bush Craft, Fire Safety and Management	Build a fire using techniques- Tipi Use a flint and steel to safely light a fire Cook using individual pans Use a Kelly Kettle used with 1:1 supervision Be able to extinguish a fire safely and independently Discuss safety and importance of the fire circle.		Build a fire using techniques- Log cabin Use a flint and steel to safely light a fire Cook using individual pans Use a Kelly Kettle used with 1:1 supervision Be able to extinguish a fire safely and independently Discuss safety and importance of the fire circle.		Build a fire using techniques- Lean to Use a flint and steel to safely light a fire Cook using individual pans Use a Kelly Kettle used with 1:1 supervision Be able to extinguish a fire safely and independently Discuss safety and importance of the fire circle.	
Forest School Tools	Traditional peelers to be used under supervision Secateurs and Loppers to be used under close supervision Bow saw to be used 1:2 ratio Bush knife to be used for splitting wood with 1:2 ratio Billhook to be used for splitting wood with 1:2 ratio					
Den Building	Lean-to using the perimeter fence Aframe with pre-constructed frame TeePee Knots- Sheer lashing Half Hitch Reef Knot Clove hitch		A free-standing lean-to Kennel or Aframe shelter using the knots taught Square lashing Slip knot		Tight, taught tarp Timber hitch	
Science Links	Living Things and their Habitats		Animal including Humans (5) Animal including Humans (6)		Forces (5) Electricity (6)	
Art Links	Andy Goldsworthy- Sculpture	Natural Rangoli patterns.		Sculpt- Clay Flower pots		Wild Weaving
DT Links	-Design and make a photo frame.	-Using tools to design and create a Christmas decoration	-Creating music makers using natural objects.	Design and Make a Kite	Bee Hotel	Design and build a bird house.
Wellbeing	Outdoor Mindfulness, Bare foot grounding, Tree Climbing, Mud Kitchen Each session begins and ends with a check in and checkout.					

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KS2	-Forest School Safety and Rules. -Outdoor Health and Wellbeing. -Team Games - James Brunt Natural Art -Clay Leaf Bowl	- Ecosystems, food chains, and biodiversity, as well as the impact of human activity on the environment. -Identify and classify the living things in our Forest School Area. -Leaf Litter Investigation -Rangoli Patterns -Using tools to design and create a Christmas decoration - Festive Stars	-Orienteering -Tracking -Stick Journey -Create a music maker	-Planting Vegetables and strawberries. -Identifying the plants in our forest school area. -Plant pollen rich plants- wallflowers • primroses • crocus • bugle • hellebores - Plant a butterfly garden	-Cloud Watching -Flower Embroidery -Hapa Zome -Make a water filter - Rain Gauge -Wind Vane	-Summer Equinox -Wild Weaving -Make a pond -Pond Dipping -Make Nettle Tea
Key Vocabulary	Kindling, tinder, fire risk assessment, extinguish, fire lay	Adaption, Habitat, Ecosystems Invasive Species, Conservation, endangered species	Map, compass, bearings, navigational skills, orienteering course, teamwork.	Germination, Photosynthesis, Soil composition, Nutrients, Seed dispersal, Biodiversity, Ecosystem Sustainable practices, Gardening tools	Precipitation, temperature, wind, humidity, barometer, meteorology, climate, forecast.	Aquatic, Biodiversity, Ecosystem, Invertebrate ,Larva, frogs, tadpoles, toads, newts, Dragonfly and damselfly nymphs
Campfire Cooking	Baked Apples	Sweet potato and Apple Hash	Campfire Hot Chocolate	Campfire Banana Boat	Grilled Corn on the Cob	Campfire quesadillas Elderflower cordial
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Science Links	Properties and Changing Materials (5)		Living Things and Their Habitats (6) Evolution (6)		Light (3) Sound (4) Electricity (4)	
Art Links	James Brunt Artist	Natural Rangoli patterns.		Sculpt- Clay Flower pots		Wild Weaving

DT Links	-Clay Leaf Bowl	-Using tools to design and create a Christmas decoration	-Creating music makers using natural objects.	Design and Make a Kite	Bee Hotel	Design and build a bird house.
Wellbeing	Outdoor Mindfulness, Bare foot grounding, Tree Climbing, Mud Kitchen Each session begins and ends with a check in and checkout.					