



Stoke-by-Nayland Cof E Primary School

Forest School and National Curriculum Links

Forest School

Forest School is a type of outdoor learning that is child led and built around play-based learning. It builds and develops on a child's motivation, positive attitudes towards learning, self esteem, resilience, confidence, problem solving skills and communication skills. This is done through providing space and time for children in the outdoors, planning activities that give children opportunities to take risk, assess risk, make choices and develop their own interests in the outdoors. Forest School is run by a qualified Forest School Leader with help from support staff. Sessions provide play and learning in the outdoors all year round, in all weathers and through the seasons. As well as developing skills to assist their own wellbeing children can also gain an understanding of the forest and the outdoor environment and our role in maintaining our local area.

There are many ways that Forest School links to the National Curriculum and can be used to support the teaching and consolidation of areas taught explicitly in the National Curriculum.

In the below table some of the many ways Forest School supports and builds upon the National Curriculum are highlighted:

National Curriculum Area	Activities taking part in Forest School sessions
English	Through activities that encourage storytelling, learning new words like flora and fauna, capturing the imagination of the children, opportunities to speak and listen to each other around the sharing circle, using sensory experiences to stimulus discussion are all examples of some of the ways that Forest School can support the English curriculum.
Art	In the Forest a lot of the sessions are creative where children are making items. Whether its clay tree faces or mud painting the children are able to participate in an art and craft activity.
Music	Children get to hear lots of different sounds outdoors as well as creating their own music using the natural

	materials around them. For example banging sticks together or making musical instruments.
History	In Forest school children may research and learn about the history of woodland, linked to the local area and the history of tools, tool use and development.
Design and Technology	A lot of the creating activities in Forest school come under the aims of design and technology curriculum. By building dens, making animal homes, wood work and using tools and even cooking on the fire. The children have an active role in developing our outside area through designing and planning, creating and maintaining the wild garden.
Mathematics	Maths can be connected to lots of the activities conducted in Forest School. There is the use of 2D shapes in fire safety, the use of 3D shapes in building dens, measuring and counting. Investigating patterns in natural are just some of these activities.
Geography	Children go on nature hunts and may develop maps of their site for children to follow. Children also get to learn and experience the human impact on woodlands and green spaces.
Science	From learning about types of materials, food chains, life cycles, forces and investigating changes children experience science in most sessions in the forest.
Physical Education	The forest is a great space for children to develop their gross and fine motor skills, their coordination and balance. This is done through obstacle course, games, climbing, walking, running, jumping. All helping a child develop their stamina.

In the following table are some examples of the activities we complete during Forest School sessions and how these link to the National Curriculum:

<p>Shelter Building Using trees, wood, leaves, tarps and ropes we build shelters/dens for a place to rest or shelter from the weather, to play and create in. This activity is usually a team work activity.</p>	<p><u>Curriculum Links</u> <u>Science</u></p> <ul style="list-style-type: none"> • To recognize that there are hazards in living things, materials and physical processes and asses risks and takes actions to reduce these risks to themselves and others. • Sorting objects into groups on the basis of simple material properties. • Learning that both pushes and pulls are forces. • Find out how a variety of materials are chosen for specific uses on the basis of their simple
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properties.

- The difference between things that are living and things that have never been alive.

Design and Technology

- Developing, planning and communicating ideas.

Mathematics

- Observe, handle and describe common 2-d and 3-d shapes.

PSHE

- To listen to other people, and play and work collaboratively.
- To take and share responsibility.

English

- Ask questions to clarify their understanding.
- To listen, understand and respond to others.
- To join in as a member of a group and to be able to take turns in speaking, giving reasons for opinions and actions.
- Create and sustain roles individually and while working with others.

Geography

- Make observations about where things are located and about their features in the environment.

History

- The way of life of people in the past in the local area or elsewhere in Britain.

Exploring

In Forest School part of every session is spent exploring and foraging on the Forest site.

Curriculum Links

Science

- Find out about the different kinds of animals in the local environment .

It is said that exploring and seeking activities helps in the emotional and social development of children, whether their exploring with friends or by themselves exploring and being outside releases dopamine in the brain which is linked to emotional development and a healthy wellbeing.

Children can explore for objects they need to use or investigate different habitats and look for mini beasts, researching the flora and fauna on the site or carrying or digging its all comes under exploring and investigating.

- Understand that animals need food and water to survive.
- Recording observations.
- Recognizing the leaf, flower, stem and root of flowering plants.
- How to treat animals with care.
- Exploring using the sense of sight, touch and smell.

PSHE

- To realise that people other living things have needs and that they have responsibility to meet them.

Geography

- Identify and describe what places are like.
- Make observations about where things are located and about other features in the environment.

Art

- Learn about visual and tactile elements.
- Explore a range of starting points for practical work.

English

- Sharing ideas and experiences.
- Take turns in speaking.
- As a member of a group they should give reason for opinions and actions.
- Describing events and experience.
- Speaking to different people.
- Choose words with precision, including relevant detail.
- To listen, understand and respond to others, pupils should; remember specific points that

interest them, make relevant comments and ask questions to clarify their understanding.

Arts and Crafts

In Forest School the children have a chance to be creative and create items using natural materials around them. They have a chance to be creative, imaginative and explore the processes of making .

Curriculum Links

Art

- Investigates the possibilities of a range of materials and processes.
- Identify what they might change in their current work or develop in their future work.
- Experience visual and tactile elements including colour, pattern and texture, shape, form and space.
- Represents observations, ideas and feelings, and designing and make images and artefacts.
- Explore a range of starting points for practical work e.g. natural objects.
- Using a range of materials and processes.
- Try out tools and techniques and apply these to materials and processes.
- Working on their own, and collaborating with others, on projects in two and three dimension.

PSHE

- To recognize what they like and do not like.
- To think about themselves, learn from their experiences and recognize what they are good at.

Design and Technology

- Plan by suggesting what to do next as their ideas develop.

Mathematics

- Recognise simple spatial patterns and relationships and make predictions about them.

Science

- Find out how the shapes made from some materials can be changed by some processes including squashing, bending, twisting and stretching.
- Care for the environment.
- To recognize the stem and root of a plant.

	<ul style="list-style-type: none"> • Grouping living things according to observable similarities and differences. <p><u>English</u></p> <ul style="list-style-type: none"> • Handwriting, how to hold a pencil.
<p>Construction</p> <p>Most children love to build and create things in Forest School. Whether it's a den, fence or fairy village to name a few. During the construction the children may use rope to connect items together, they may dig or hammer. Children get a chance to be free to experiment with different tools, techniques and materials.</p>	<p><u>Curriculum Links</u></p> <p><u>Design and Technology</u></p> <ul style="list-style-type: none"> • Assemble, join and combine materials and components. • How mechanisms can be used in different ways. • Select tools, techniques and materials. • Generate ideas by drawing on their own and other people's ideas. • Plan by suggestions, what to do next as their ideas develop. <p><u>English</u></p> <ul style="list-style-type: none"> • To join in as a member of a group, to relate their contributions and give reasons opinions and actions. <p><u>History</u></p> <ul style="list-style-type: none"> • Identify differences between ways of life at different times. • Use common words and phrases relating to the passage of time. <p><u>Physical Education</u></p> <ul style="list-style-type: none"> • Remember and repeat simple skills and actions with increasing control and coordination. <p><u>Science</u></p> <ul style="list-style-type: none"> • To find out about, and describe the movement of familiar things. • That pushes and pulls are examples of forces. • Planning the design together and taking turns. <p><u>PSHE</u></p> <ul style="list-style-type: none"> • Develop relationships through work and play.
<p>Using ropes</p>	<p><u>Curriculum Links</u></p>

We use ropes in Forest School for many things from team challenge courses, to rope bridges, to rope swings or construction. Children develop their knot skills along with their coordination skills.

Design and Technology

- Generate ideas by drawing on their own and other peoples experiences.
- Learn about the working characteristics of materials.

Mathematics

- Observe, visualize and describe positions, directions and movements using common words.

Physical Education

- Develop a range of skills (balancing, throwing etc).

English

- Listen to others reactions, make relevant comments and ask questions to clarify their understanding.
- As part of a group discussions children should give reasons for opinions and actions.
- As a member of a group they should relate their contributions to what has gone on before, take different views into account and extend their ideas in the light of discussion.

Geography

- Make observations about where things are located and about features in the environment.

Maps, hunts and labelling

In Forest School children may take part in scavenger hunts, planning and preparing the site, labelling tree species on site, producing maps of the site for hunts and games.

Curriculum Links

Mathematics

- Observe, visualize and describe positions, directions and movements using common words.
- Recognise movements in a straight line and rotations, and combine them in simple ways.

Geography

- Use field work skills

	<ul style="list-style-type: none"> • Communicate in different ways • Carry out field work investigations, outside the classroom. • Make maps and plans.
<p>Music Sometimes children may have the chance to make music with the natural materials onsite, make instruments or sing songs around the fire or even part of a game. Being outdoors children also get to hear the different sounds of the outdoor environment. And patterns in the sounds they can hear from a bird singing to the wind blowing through the trees. These sounds can create a calming environment so children feel relaxed in what they are doing, whether its laying in an hammock listening or banging sticks to make their own sounds. Music is a very therapeutic tool to add to the feeling of the forest school site.</p>	<p><u>Curriculum Links</u></p> <p><u>Music</u></p> <ul style="list-style-type: none"> • Create musical patterns. • Explore and express their ideas and feelings about musical language. • How the combined musical elements of pitch, duration, dynamics, tempo, timbre, texture and silence can be organized and used expressively with different structures. • Explore choose and organize sounds and musical ideas. <p><u>Science</u></p> <ul style="list-style-type: none"> • The variety of sounds and sources of sound. <p><u>PSHE</u></p> <ul style="list-style-type: none"> • Develop relationships through work and play. • Feel positive about themselves.
<p>Sharing stories , telling stories and picture books Whether it is in their dens/shelters they've made or</p>	<p><u>Curriculum Links</u></p> <p><u>English</u></p> <ul style="list-style-type: none"> • Listening to a story the children should sustain concentration.

around the sharing circle, the children in Forest School can share stories, their experiences and read picture books.

- In retelling a story children should organize what they want to say.
- Use actions and language to explore and convey situations, characters and emotions.

PSHE

- To share their opinion in things that matter to them and share their opinion with others.
- How to set simple goals.

Geography

- Express their own views about people, places and the environment.

Managing risk and calculating the safety of myself and others

At Forest School no matter the activity children are having to manage and assess risk. Children have to manage their own and others safety to be able to get the full potential of Forest School.

Curriculum Links

PSHE

- Take and share responsibility.
- Make real choices.
- Agree to follow rules for their group, and understand how rules can help.
- Rules for, and ways of keeping each other safe, including basic road safety.
- Encourages them to think about how other people can keep them safe and how they can help each other.
- That family and friends should care for each other.
- To recognise that their behaviour affects others.
- Develop relationships through work and play.
- To recognise choices they make and understand the difference between right and wrong.

Science

- Recognise that there are hazards in living things, materials and physical processes and

understanding that taking risks is okay if they take actions to ensure they didn't hurt themselves or others.

Games

In a Forest School session we play lots of different games.

Curriculum Links

Science

- To recognise that there are hazards and living things, materials and physical processes and assess risks and takes actions to reduce these risks to themselves and others.
- Exploring using the sense of sight, touch and smell.
- Follow simple instructions to control the risks to themselves and to others.

PSHE

- To listen to other people, and play and work collaboratively.
- To take and share responsibility.
- To make real choices. Ask for help.
- Develop relationships through work and play.
- Feel positive about themselves.

Mathematics

- Recognise movements in a straight line and rotations, and combine them in simple ways.

English

- To listen, understand and respond to others.
- To join in as a member of a group and to be able to take turns in speaking, giving reasons for opinions and actions.
- Create and sustain roles individually and while working with others. #
- Take turns speaking.
- Speaking to different people.

Physical Education

- Develop a range of skills (balancing, throwing etc).

Geography

- Make observations about where things are located and about their features in environment.