

Selsted Primary School's Forest School

Progression of Skills

Forest School is a really exciting and important part of Selsted C of E Primary School. The children reap the benefits of learning new skills out in the woodland. This improves their wellbeing, confidence, social skills, the list is endless. It is a wholesome experience and the children learn so much. It is a follow on from the great teaching that happens in the classroom and the children actually learn better after having a forest school session. Improving concentration and reducing behavioural issues.

The Progression of skills chart is relevant for children if they are ready and willing. The activities are offered for all and some children move up through the skills quite quickly, others slowly. Forest School is used to find and follow the learners passions and interests giving them useful skills for their future but each learner follows in their own time, on their own journey.

Forest School helps us support the children by:

- ✓ Promoting the enjoyment of the great outdoors.
- ✓ Cultivating an awareness of the changing seasons.
- ✓ Develop both fine and gross motor skills.
- ✓ Expand personal & social skills by working in teams and individually.
- ✓ Adapt to working outside and the physical challenges it may bring.
- ✓ Learn a range of skills only Forest School can bring including: fire lighting, whittling and den building.
- ✓ Broaden knowledge of local flora & fauna.
- ✓ Encourage the children to take risks and develop their understanding of safety in a supported environment.
- ✓ Through practical skills, enhance resilience and problem solving skills.
- ✓ Expand the knowledge of being healthy and active.
- ✓ Provide practical activities which improve attention span, persistence and confidence.
- ✓ Ensure each child is catered for, providing them with tasks they need for their own development.

Also included are the six principles of Forest School from the Forest School Association:

<https://forestschoollassociation.org/full-principles-and-criteria-for-good-practice/>

Please see the Forest School Handbook for all details of activities and Risk Benefit Assessments.

EYFS & KEY STAGE 1 Year R Year 1 Year 2	Skills	Activities
	Forest School Rules: Learning & Understanding the boundaries. Learning how to Care & Respect the Woodland.	Seasonal Walks Scavenger Hunts Tree Climbing Swing Collecting Rain Bug Hunts/Bug Hotels Looking & Listening to birds Mini Den Build/Fairy House Mud Play/Kitchen Willow Crowns/Wands/Dream Catchers Hammocks Nature Art/Clay Creations Nordic Sling Toasting a Marshmallow on a stick. Spider Webs Team Games Elder Pencils Carrot Peeling Making a spark with a fire steel Tea tasting Wood collection
	Physical Development: Looking where I am going. Carrying a stick safely. Learning why outside is good for me, benefits & how it makes me feel. Voicing my ideas.	
	Environment & Nature: Learning to name Trees, plants and woodland animals. What sounds can I hear? Why we must look after our environment. Use of Directional Language. (N,E,S,W) Picking up rubbish/Tidying up.	
	Tools: Supported by an adult. Use of basic tools like; Scissors, gardening equipment, peelers, hammers, fire steels and secateurs.	
	Teamwork & Problem Solving: Working & playing within a team. Learning to tie a knot. Carrying together. Working together to solve problems. Asking for help.	
	Campfire: Being safe around a fire and understanding how & why? I can collect sticks for the fire. Learning about the fire triangle; Heat, Oxygen & Fuel.	

Early KS2 Year 3 Year 4	Skills	Activities
	Forest School Rules: Knowing the Boundaries. Care of & Respect of the Woodland.	Seasonal Walks Climbing Den Build-Survival Foraging Whittling Toasting & Cooking Food Making teas/drinks Weaving with Willow Lighting tinder card Bows & Arrows Team Games Paracord bracelets/men Sawing a stick to size Water filtration Wood collection Mud Kitchen Clay Creatures Tree climbing Hammocks Carrot Peel/Whittling
	Physical Development: Playing with sticks safely. Carrying equipment/tools safely. Describe the benefits of being outside and how it makes me feel. Taking part in activities independently or within a team. Come up with games and ideas.	
	Environment & Nature: Learn to name deciduous & evergreen trees. Learn to name some common birds, sounds and features. Can see evidence of types of animals. How to encourage wildlife. Looking after our environment. Leave no trace. Use more complex directional language (NE,SE,SW,NW)	
	Tools: Adult support if needed encourage independence if appropriate, Use of basic tools plus; Hand drill, Fire steel and Laplander saw, Bow saw & Knives if ready, with supervision.	
	Teamwork & Problem Solving: Make & Play games within a team & independently. Learn knots for paracord men/bracelets. Learn to tie different knots.	
	Campfire: Collect tinder, kindling & sticks for the fire. Learn & help to lay, build & light a fire. Be safe around the fire & remind others of fire safety briefings. I can toast a marshmallow and cook with supervision.	

KS2	Skills	Activities
Year 5 Year 6	Forest School Rules: Reminding others of the rules, safety and boundaries.	Seasonal Walks Climbing Den Build-Survival/Tarp Make a Rope Ladder Stick Picture Frame Foraging Whittling Toasting & Cooking Food Making teas/drinks Weaving with Willow Lighting tinder card/fires Bows & Arrows Team Games Paracord bracelets/men/keyrings Sawing logs/sticks Water filtration Kelly Kettles Wood collection Bullroarers Mud Kitchen Clay Creatures
	Physical Development: Playing with sticks safely. Carrying equipment/tools safely. Describe the benefits of being outside and how it makes me feel. Taking part in activities independently or within a team. Come up with games and ideas. I understand the benefits of being outside and let others know.	
	Environment & Nature: Can name some deciduous & evergreen trees. Can name some common birds, sounds and features. Can see evidence of types of animals. Know how to encourage wildlife. Looking after our environment and letting others know, including: Leave no trace. Can use the eight points on a compass	
	Tools: Adult support if needed encourage independence if appropriate. Can explain blood bubble to others and carry out safety checks themselves. Use of All tools if ready. Knives & Saws need supervision. Learn to use a Kelly Kettle.	
	Teamwork & Problem Solving: I can explain what we need to survive. Learning the rules of foraging. I can make and tend a fire. Learning suitable knots for different purposes. Can work in a team & independently.	
	Campfire: I can be safe around a fire and give a safety briefing. I can prepare the fire safety equipment and fire lighting equipment. I can safely light a fire with close supervision.	