



Let your light shine (Matthew, 5:16)

Forest School Curriculum 2024-2025

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Vision Statement:

Bierton CofE Combined School aims to use the natural outdoor woodland area to offer the children an insight into the Forest School ethos. This approach to outdoor learning encourages children to become independent, use their imagination, take appropriate risks within boundaries and initiate learning for themselves. Forest School is a holistic approach to learning, incorporating children's individuality and develops their skills for lifelong learning. It can cover many areas of learning, including the emotional and spiritual aspects of learning where self-esteem and self-confidence can grow and positive relationships with peers can be formed. Forest School explores the outdoors and the natural environment with practical, useful activities all year round. It develops peer learning with the adults providing support and enabling activities to take place. The child's interest will be at the heart of any activity.

Rules of Forest School:

- ◆ Look after your Forest School.
- ◆ Do not pick anything growing.
- ◆ Do not put your fingers or anything else in your mouth.
- ◆ Stay within the boundary rope – We don't go over it. We don't go under it.

The Countryside Code:

There are five sections of The Countryside Code dedicated to helping us learn how to respect, protect and enjoy the countryside.

- 1) Be safe, plan ahead and follow any signs.
- 2) Leave gates and property as you find them.
- 3) Protect plants and animals and take your litter home.
- 4) Keep dogs under close control.
- 5) Consider other people.

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Session Procedures and Forest School Routines:

Before each Forest School session, I will conduct a safety sweep, to identify any hazards and to document any steps taken to reduce the risk. The safety sweeps will be recorded and stored in the Health & Safety folder. During my safety sweep I will also check the Forest area for litter and animal faeces. If any of the items have been found, they will be collected/removed by using disposable gloves and a plastic bag.

In addition to this, before every Forest School session I will check the weather forecast. If the weather is a condition in which Forest School is unsafe to happen (e.g. too windy or thunderstorm) then the session will be cancelled for the safety of both the members of staff and the children.

When it comes to the Forest School routine, this will stay the same for each and every session as this promotes confidence and self-esteem within the children attending. The overall routine for Forest School will be as follows:

- ◆ Dress for Forest School and the children to go to the toilet.
- ◆ The children to line up in an orderly manner, allowing a head count to be conducted.
- ◆ Walk down to Base Camp in the Forest.
- ◆ Discuss and remind the children of the Rules of Forest School.
- ◆ Mindfulness moment.
- ◆ Introduction to the session activity(ies).
- ◆ Role model/support and encourage children throughout the session.
- ◆ At session children to return to Base Camp to allow children to review of the session. (What did you enjoy? What didn't you enjoy? Ideas for next week).
- ◆ The children to line up in an orderly manner, allowing a head count to be conducted.
- ◆ Walk back up to the classroom.
- ◆ Children to change and remove Forest School clothing.
- ◆ Sit on the carpet/sit at tables ready for the next item on the school timetable.

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Nursery (Weekly Sessions):

- ◆ All Forest school sessions will start with a 5-minute well-being activity.
- ◆ At the start of the academic year, the first session will cover the rules of forest as well as a tour of the forest, showing the children all the different areas. This tour will also cover the boundaries of the forest, to enable the safety of the children.

	Fires	Tools	Knots	Dens	Orienteering and Geographical	First Aid
Nursery Children Achievements by the end of the academic year	<p>The children will be able to understand basic fire safety rules.</p> <p>The children will be able to collect sticks for the fire.</p> <p>The children will be able to sort the sticks by size with the help of an adult.</p> <p>The children will be able to observe the lighting of a fire.</p>	<p>The children will be able to use a vegetable peeler to peel a carrot with adult support.</p> <p>The children will be able to start to use small digging tools in the mud kitchen area.</p>	<p>The children will be able to use pipe cleaners to lash two sticks together with the support of an adult.</p>	<p>The children will be able to build a den for a character/teddy with the help of an adult.</p>	<p>The children will be able to follow the forest school rules set and stay within the forest school boundaries.</p> <p>The children will be able to identify what they can see by looking in different directions around the forest.</p> <p>The children will be able to start to identify the different insects and mini beasts found with in the forest with the help of an adult.</p>	<p>The children will be able to tell an adult if they are hurt or unwell.</p>

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	The children will be able to roast a marshmallow with full adult support.					
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Reception (Weekly Sessions):

- ◆ All Forest school sessions will start with a 5 minute well-being activity.
- ◆ At the start of the academic year, the first session will cover the rules of forest as well as a tour of the forest, showing the children all the different areas. This tour will also cover the boundaries of the forest, to enable the safety of the children.

	Fires	Tools	Knots	Dens	Orienteering and Geographical	First Aid
Reception Children Achievements by the end of the academic year	<p>The children will be able to understand basic fire safety rules.</p> <p>The children will be able to collect sticks for the fire.</p> <p>The children will be able to sort the sticks by size independently.</p> <p>The children will be able to observe the lighting of a fire.</p>	<p>The children will be able to use a vegetable peeler to peel a carrot independently.</p> <p>The children will be able to use a vegetable peeler to whittle wood with the help of an adult.</p> <p>The children will be able to use</p>	<p>The children will be able to use pipe cleaners to lash two sticks together with little support from an adult.</p> <p>The children will be able to tie a simple granny knot with adult support.</p>	<p>The children will be able to build a den for a character/teddy independently.</p>	<p>The children will be able to follow the forest school rules set and stay within the forest school boundaries.</p> <p>The children will be able to identify what they can see by looking in different directions around the forest.</p> <p>The children will be able to start to identify the different insects and mini beasts found with in the</p>	<p>The children will be able to tell an adult if they are hurt or unwell.</p> <p>The children will understand how to make an emergency call.</p>

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	<p>The children will be able to roast a marshmallow with some adult support.</p>	<p>small and large digging tools in the mud kitchen area.</p> <p>The children will be able to use a hammer safely with the help of an adult.</p>			<p>forest with the help of an adult.</p> <p>The child will be able to use and follow simple directional language (near and far, left and right) with the support of an adult.</p>	
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Year 1 (Fortnightly sessions):

- ◆ All Forest school sessions will start with a 5 minute well-being activity.
- ◆ At the start of the academic year, the first session will cover the rules of forest. The rules will cover the boundaries of the forest to enable the safety of the children.

	Fires	Tools	Knots	Dens	Orienteering and Geographical	First Aid
Year 1 Children Achievements by the end of the academic year	<p>The children will be able to observe the lighting of a fire.</p> <p>The children will be able to when asked, answer what is needed to light a fire.</p> <p>The children will be able to roast a marshmallow independently.</p>	<p>The children will be able to use a vegetable peeler to whittle wood independently.</p> <p>The children will be able to use small and large digging tools in the mud kitchen area.</p> <p>The children will be able to use a</p>	<p>The children will be able to use pipe cleaners to lash two sticks together independently.</p> <p>The children will be able to tie a reef knot with support from an adult.</p> <p>With an adults support, the children will be introduced to more complex knots such</p>	<p>The children will be able to construct a tripod structure with support of an adult.</p> <p>The children will be able to erect a lean-to shelter with support of an adult.</p>	<p>The children will be able to follow the forest school rules set and stay within the forest school boundaries.</p> <p>The children will be able to identify the different insects and mini beasts found with in the forest with independently.</p> <p>The children will be able to identify the trees and plants within the forest with the help of an adult.</p>	<p>The children will be able to tell an adult if they are hurt or unwell.</p> <p>The children will understand how to make an emergency call.</p> <p>The children will understand the procedure that takes place when a small first aid incident occurs. E.g. a small</p>

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		<p>hammer safely independently.</p> <p>The children will be able to use a bow saw to cut discs with the support of an adult.</p>	<p>as lashing to assist with their shelter building.</p>		<p>The child will be able to use and follow simple directional language (near and far, left and right) independently.</p> <p>The children will be able to use and follow simple compass directions (North, South, East and West) with the support of an adult.</p> <p>The children will be able to devise their own simple map of the forest with the support of an adult.</p>	<p>cut or insect bite/sting.</p>
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Year 2 (Fortnightly sessions):

- ◆ All Forest school sessions will start with a 5 minute well-being activity.
- ◆ At the start of the academic year, the first session will cover the rules of forest. The rules will cover the boundaries of the forest to enable the safety of the children.

	Fires	Tools	Knots	Dens	Orienteering and Geographical	First Aid
Year 2 Children Achievements by the end of the academic year	<p>The children will be able to observe the lighting of a fire.</p> <p>The children will be able to when asked, answer what is needed to light a fire.</p> <p>With adult support, the children will be able to start a fire using a 'flint and steel' fire starter.</p>	<p>The children will be able to use a vegetable peeler to whittle wood.</p> <p>The children will be able to use a hammer safely independently.</p> <p>The children will be able to use a bow saw to cut discs independently.</p>	<p>The children will be able to tie a reef knot independently.</p> <p>The children will be introduced to more complex knots such as lashing to assist with their shelter building. This will be with little adult support.</p>	<p>The children will be able to construct a tripod structure independently.</p> <p>The children will be able to erect a lean-to shelter independently.</p> <p>Independent shelter building challenges in groups – The</p>	<p>The children will be able to follow the forest school rules set and stay within the forest school boundaries.</p> <p>The children will be able to identify the different insects and mini beasts found with in the forest with independently.</p> <p>The children will be able to use and follow simple compass directions (North, South, East and West) independently.</p>	<p>The children will be able to tell an adult if they are hurt or unwell.</p> <p>The children will understand how to make an emergency call.</p> <p>The children will understand the procedure that takes place when a small first aid incident occurs. E.g. a small</p>

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	<p>With the support of an adult the children will be able to cook more complex foods on the fire. (e.g. Chocolate stuffed bananas and forest chocolate cake oranges).</p>	<p>The children will be able to use a pen knife with adult support.</p>		<p>children will be tested on the sturdiness and durability of the shelter.</p>	<p>The children will be able to identify the trees and plants within the forest independently.</p> <p>The children will be able to devise their own simple map of the forest independently.</p>	<p>cut or insect bite/sting.</p> <p>The children will be able to put another person into the recovery position.</p>
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