

# Forest

# School

## Overview



The purpose of Forest School is to provide a learner-centred, inspirational learning process, that offers opportunities for holistic growth through regular sessions. It is a long-term program that supports play, exploration, and supported risk-taking in a natural setting. It develops confidence and self-esteem through learner inspired, hands-on experiences in a natural setting.



### Half Term 1

#### Site Exploration and Development

- Getting to know the site.
- Construction of areas (Fire Pit, Seating areas, Fixed Shelters, Log Storage, Play section etc).
- Construction of new equipment.
- Understanding of layout for function, practicality, safety.
- Identify and classify local flora and fauna.



### Half Term 2

#### Introduction to Fire and Safety

- Safe and effective construction of Fires.
- Resources and Tools for fire starting.
- Maintaining a fire.
- Basic introduction to cookery (Making hot drinks)
- Understand and Demonstrate knowledge of campfire safety and risk assessment.



### Half Term 3

#### Introduction to Tools, Skills and Safety

- Select and use outdoor tools safely and precisely, demonstrating competence as required for practical skills.
- Introduce a range of specialist outdoor tools (e.g., saws, knives, loppers, Hatchet).
  - Covers tool selection, maintenance, and safe handling.
  - Introduce Whittling and craft making activities
- Understand and Demonstrate knowledge of tool safety and risk assessment.

### Half Term 4

#### Camp Fire Cooking

- Demonstrate safe and hygienic use of outdoor cooking equipment. Applying principles of nutrition and health from Food Technology.
- Introduces outdoor cooking equipment, safe food handling, and hygiene practices.
- Covers the principles of nutrition, food safety, and the preparation of Savory dishes using outdoor methods, referencing curriculum requirements for healthy eating and safe cooking.
- Understand and Demonstrate knowledge of cookery tools, and Fire safety and risk assessment.



### Half Term 5

#### Outdoor play and activity

- Develop creative and practical solutions in outdoor arts and crafts, demonstrating proficiency in materials and techniques.
- Explores the use of natural materials for creative expression, including sculpture, weaving, and environmental art.
- Construct simple structures using wood, demonstrating safe tool use and creative problem-solving.
- Teamwork in building shelters or small structures.



### Half Term 6

#### Consolidation and Demonstration

- Review and consolidate key knowledge and skills developed throughout the Year, including health and safety, practical competence, creative expression, ecological understanding, and teamwork.
- Students lead a holistic Forest School showcase, presenting their learning, demonstrating practical skills, and setting personal targets.
- Focuses on self-evaluation, reflection, and setting targets for future improvement.