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| **School/Setting:** Chollerton C of E First School | **Ages:** Reception, Year 1 |
| **Date:** Autumn 2023 | **Timing:** 1pm – 3pm |
| **Forest school Leader:** Anna Gray |  |
| **Programme Learning Aims & Outcomes:**  To become confident in the outdoor woodland area.  To know the Forest School rules and to be able to assess risk safely.  To develop an understanding and respect of their natural surroundings.  To be able to work well as a team and individually.  To be able totalk about past and present events in their own lives and in the lives of family members.  To know about similarities & differences between themselves & others, and among families, communities and traditions.  To be able to look closely at similarities, differences, patterns and change.  To be able to talk about features of their own environment and how places might vary from one another.  To be able to make observations of animals and plants & explain why some things occur.  To observe changes across the 4 seasons and describe the associated weather and day length variations.  To identify, name & describe the basic structure of a variety of common wild & garden plants, including deciduous & evergreen trees.  To identify & name a variety of common animals and understand the terms carnivore, herbivore & omnivore.  To use their own experiences and stories they’ve heard to make up their own stories.  To be able to travel with confidence and skill around, under, over and through balancing and climbing equipment.  To use simple tools to effect changes to materials.  To handles tools, objects, construction and malleable materials safely and with increasing control.  To show good control and co-ordination in large and small movements and to move confidently in a range of ways, safely negotiating space.  To be able to handle equipment and tools effectively.  To show an understanding of the need for safety when tackling new challenges, and consider and manage some risks.  To be able to transport and store equipment safely.  To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. | |
| **Bad weather plans:** Sessions will be cancelled if it’s too windy. Children have water proofs etc. so sessions will go ahead in the rain. Children informed of the correct clothes to wear to keep warm and in the sun. Long sleeves and trousers and strong footwear at all times and hats in sunny weather. | |

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| **Below is a brief outline of the focus and activities of each session. However, following the ethos of Forest School and early years teaching, the content may change depending on the needs & interests of the children and changes in weather. For the children to get the most out of these sessions we will be flexible e.g. snow, rain activities will take precedence when these weathers occur.** | | |
| **Date** | **Activities Planned**  This term they will be shown a variety of activities that they could do and they can choose which ones and when to do them. This should help to make the sessions a little more free flow and allow children to spend as long or as little time as they want on an activity without feeling that they are being moved on. | **Resources** |
| **08.09.23** | **Refamiliarisation**  **Arrival:** tidying sticks, pine cones etc  **Introduction:** Refamiliarisation to rules  **Main Activities:**  Exploring the area, choose their favourite area – sit in it, lie in it , roll in it, smell it, listen in it etc. describe it to a friend and why you like it. Can your friend find the spot just from your description?  Play group games  Night line – lead your blindfolded friend along the rope  **Review:** Talking stick – I liked….. | Night line blindfolds |
| **22.09.23** | **Hibernation**  **Arrival:** Finding soft toys in the woods.  **Introduction:** Read ‘The wide awakeHedgehog’Talk about hibernation. Who does it and why?  **Main Activities**  Making hibernation dens for the soft toys or for Isaac the hedgehog.  Cooking on the fire – marshmallow sandwiches  **Review:** Talking stick – I liked….. | Soft toys  Marshmallows  Biscuits fire pit  Water |
| **06.10.23** | **World Mental health Day (10th)**  **Arrival:** collecting stick and making organised piles of them Introduction: read some pages from [The Boy, The Mole, The Fox and The Horse](https://www.amazon.co.uk/Boy-Mole-Fox-Horse/dp/1529105102/ref=sr_1_1?crid=2E5XXHLFWQLQ3&keywords=the+boy+the+fox+the+mole+%26+the+horse&qid=1693918977&s=books&sprefix=the+boy%2C+the+mo%2Cstripbooks%2C112&sr=1-1). **Main Activities:**  Making a happy spot that you can do to when you want to be alone, reflect or have time to calm down.  Fire cooking – spiced apple juice  **Review:** Talking stick – I felt proud…… |  |
| **20.10.23** | **Recycle week (16th – 20th)**  **Fairies**  **Arrival:** collecting wood for the fire  **Introduction:** Finding a letter from the fairies asking for help. It will be the Queen Fairy’s Birthday this weekend and they have run out of time to get things ready. Could the class help?  They would like to recycle things to make the decorations.  **Main Activities:**  Cooking marshmallows on the fire  Helping sort out things for the birthday party – leaf bunting, a fairy birthday hall, fairy cakes, road and signs, gifts – necklaces, bracelets, bunches of flowers/leaves    **Review:** Talking stick – I felt proud….. |  |
| **10.11.23** | **Remembrance day** (11.11.23)  **Leaf rainbows and snakes**  **Arrival:** Leaf ID  **Introduction:** Sorting leaves into different colours (paint pallet)  **Main Activities:**  Making poppies from leaves to make a refection corner.  Using mud to make leaf snakes and rainbows on trees and branches. Leaf threading.  **Review:** Talking stick - I was interested …… | Clay tarps |
| **24.11.23** | **Tree week**  **Arrival :** Winter twig id  **Introduction**: Read ‘Tree’ what trees do they like? Which season?  **Main activities:** play find a tree using the blindfolds.  Making decorations for the trees.  Making their own tree from natural finds – flat or 3D  **Review:** Talking stick - I was interested …… |  |
| **22.12.23** | **Elf Day**  **Arrival:** finding elf picture pairs  **Introduction:** Read we’re going on an elf chase. Decide on actions for each obstacle.  **Main Activities:**  Making wooden elves using peelers  Making woodland elf hats  Making an elf house    **Review:** Talking stick - I liked…… |  |



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