



## LOSTWITHIEL PRIMARY SCHOOL FOREST SCHOOL PROGRESSION

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| YR | <b>Autumn Term: Partnership and Participation</b><br><b>Focus:</b> Building basic collaboration skills and active engagement through play and exploration   |  |
|    | <ul style="list-style-type: none"> <li>□ <b>Forest School Simple Collaborative Projects:</b> Weekly sessions with activities such as collecting natural materials for art, building small dens, and playing cooperative games to develop teamwork and cooperation.</li> <li>□ <b>Mini Garden Projects:</b> Planting easy-to-grow plants like beans, sunflowers, and herbs. Children work in pairs or small groups to plant seeds, water plants, and observe growth.</li> <li>□ <b>Breathwork and Mindfulness:</b> "Bunny Breathing," Just like a little bunny in the garden, encourage your child to take three quick sniffs in through the nose.</li> <li>□ <b>Oracy Focus:</b> Circle time discussions where children share their roles and experiences in garden and forest school activities, practicing taking turns and speaking clearly.</li> <li>□ <b>Environmental Education:</b> Introduction to nature through sensory activities like feeling different textures, listening to sounds, and exploring colours in the natural world.</li> </ul> | <b>5Ps Links:</b><br><b>Partnership:</b> Learning to work together in simple, fun activities.<br><b>Participation:</b> Encouraging active involvement and curiosity in all activities.     |
|    | <b>Spring Term: Pride and Perseverance</b><br><b>Focus:</b> Encouraging a sense of achievement and resilience through continued exploration and play  |  |
|    | <ul style="list-style-type: none"> <li>□ <b>Forest School Challenges:</b> Simple tasks such as navigating a mini obstacle course, tying basic knots, and participating in guided nature walks, fostering problem-solving and perseverance.</li> <li>□ <b>Garden Care and Observation:</b> Ongoing care of the garden with a focus on observing changes and celebrating growth. Children learn about the plant life cycle through storytelling and hands-on activities.</li> <li>□ <b>Breathwork and Mindfulness:</b> "Tree Pose," where children practice standing tall like trees, focusing on their breath and finding balance.</li> <li>□ <b>Oracy Focus:</b> Show and tell sessions where children present their garden and forest school experiences, emphasizing what they have learned and enjoyed, enhancing confidence and speaking skills.</li> <li>□ <b>Environmental Education:</b> Learning about the seasons and weather through outdoor play and exploration, using songs, stories, and crafts to reinforce concepts.</li> </ul>           | <b>5Ps Links:</b><br><b>Pride:</b> Celebrating the small successes and milestones in their projects.<br><b>Perseverance:</b> Encouraging children to try again when faced with challenges. |
|    | <b>Summer Term: Passion and Participation</b><br><b>Focus:</b> Fostering enthusiasm for learning and active engagement in caring for the environment  |  |
|    | <ul style="list-style-type: none"> <li>□ <b>Forest School Exploration:</b> Engaging in imaginative play, such as pretending to be animals, fairies, or explorers in the forest, with activities that promote curiosity and a love for nature.</li> </ul>  | <b>5Ps Links:</b><br><b>Passion:</b> Encouraging a love for nature and   |

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|        | <ul style="list-style-type: none"> <li>□ <b>Garden Harvest and Sharing:</b> Harvesting simple crops and sharing them with the class, learning about where food comes from and the joy of sharing. Students can also engage in planting flowers to attract pollinators.</li> <li>□ <b>Breathwork and Mindfulness:</b> "Nature Walks," where children practice mindful walking, paying attention to their surroundings and breathing deeply to enhance their sensory experiences.</li> <li>□ <b>Oracy Focus:</b> Group storytelling where children narrate their adventures and discoveries in the garden and forest school, using descriptive language and expressive voices.</li> </ul> <p><b>Environmental Education:</b> Introducing concepts of recycling and caring for the planet through fun activities like sorting materials, making recycled crafts, and discussing how to protect nature.</p>  | <p>enthusiasm for exploring the environment.</p> <p><b>Participation:</b> Fostering active involvement in all activities, encouraging curiosity and a sense of wonder.</p>                                       |
| Year 1 | <p>Autumn Term: <b>Partnership and Participation</b></p> <p><b>Focus:</b> Building relationships, teamwork, and active involvement</p>   |  |
|        | <ul style="list-style-type: none"> <li>□ <b>Forest School Introductions:</b> Weekly sessions in the local woods, introducing children to the environment through collaborative games and exploration. Simple obstacle courses and nature scavenger hunts to build perseverance and problem-solving skills.</li> <li>□ <b>Garden Projects:</b> Planting bulbs and seeds, working in pairs or small groups to take care of a garden plot.</li> <li>□ <b>Breathwork and Mindfulness:</b> Simple breathing exercises and mindfulness activities like "Listening to Nature" where students sit quietly and note the sounds around them.</li> <li>□ <b>Oracy Focus:</b> Circle time discussions where students talk about what they observed and did in the garden, practicing turn-taking and active listening.</li> <li>□ <b>Environmental Education:</b> Introduction to local wildlife and plants, learning about the importance of taking care of our environment. Learning about recycling and waste management. Complete school litter picks and set up recycling opportunities.</li> </ul> | <p><b>5Ps Links:</b></p> <p><b>Partnership:</b> Working together in pairs/groups for garden projects.</p> <p><b>Participation:</b> Actively engaging in all activities, sharing thoughts during circle time.</p> |
|        | <p>Spring Term: <b>Passion and Pride</b></p> <p><b>Focus:</b> Cultivating interests and enthusiastic engagement</p>  |  |
|        | <ul style="list-style-type: none"> <li>□ <b>Forest School Exploration:</b> Guided discovery walks, encouraging curiosity about different plants, insects, and animals.</li> <li>□ <b>Garden Harvest:</b> Harvesting the plants they have grown, understanding where food comes from.</li> <li>□ <b>Breathwork and Mindfulness:</b> Square breathing, four part breath.</li> <li>□ <b>Oracy Focus:</b> Students share their favourite forest school discoveries and garden moments in small groups, practicing expressive communication.</li> <li>□ <b>Environmental Education:</b> Learning about habitats and the importance of protecting them, creating simple dioramas of different habitats.</li> </ul>   | <p><b>5Ps Links:</b></p> <p><b>Passion:</b> Encouraging enthusiasm for nature and the environment.</p> <p><b>Pride:</b> Celebrating the progress in the garden and personal achievements in challenges.</p>      |

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|        | <p style="text-align: center;"><b>Summer Term: Perseverance and Pride</b><br/> <b>Focus: Reflecting on growth and celebrating achievements</b></p>   |  |
|        | <ul style="list-style-type: none"> <li>□ <b>Forest School Reflections:</b> Revisiting previous activities to see improvements and growth in skills.</li> <li>□ <b>Garden Maintenance:</b> Preparing the garden for the next season, understanding the cycle of growth and decay.</li> <li>□ <b>Breathwork and Mindfulness:</b><br/>Teach belly breathing.<br/>"Reflection Time," where students sit quietly and think about their favourite activities and what they have learned.</li> <li>□ <b>Oracy Focus:</b> End-of-year presentations where students talk about their favourite forest school and garden activities, practicing public speaking skills.</li> <li>□ <b>Environmental Education:</b> Reviewing the year's learning, creating a "Year in Nature" book with drawings and writings about their experiences.</li> </ul>                                | <p><b>5Ps Links:</b><br/> <b>Perseverance:</b> Reflecting on challenges overcome and skills developed.<br/> <b>Pride:</b> Celebrating individual and group achievements throughout the year.</p>         |
| Year 2 | <p style="text-align: center;"><b>Autumn Term: Partnership and Participation</b><br/> <b>Focus: Enhancing teamwork and active involvement in learning activities</b></p>   |  |
|        | <ul style="list-style-type: none"> <li>□ <b>Forest School Team Building:</b> Weekly sessions with activities such as building shelters, group scavenger hunts, and cooperative games to strengthen teamwork.</li> <li>□ <b>Garden Projects:</b> Planting a class garden with vegetables and flowers, assigning pairs or small groups to care for specific sections.</li> <li>□ <b>Breathwork and Mindfulness:</b> "Buddy Breathing," where students practice breathing exercises in pairs, focusing on synchronizing their breaths.</li> <li>□ <b>Oracy Focus:</b> Partner discussions where students talk about their roles in the garden and forest school activities, practicing explaining and listening skills.</li> <li>□ <b>Environmental Education:</b> Introduction to ecosystems and food chains through interactive activities and storytelling.</li> </ul> | <p><b>5Ps Links:</b><br/> <b>Partnership:</b> Working in teams for forest school and garden projects.<br/> <b>Participation:</b> Active engagement in all activities, contributing to group efforts.</p> |
|        | <p style="text-align: center;"><b>Spring Term: Pride and Perseverance</b><br/> <b>Focus: Encouraging a sense of achievement and resilience in overcoming challenges</b></p>  |  |
|        | <ul style="list-style-type: none"> <li>□ <b>Forest School Challenges:</b> More complex obstacle courses and problem-solving tasks like knot tying and navigation exercises.</li> <li>□ <b>Garden Care and Harvest:</b> Monitoring plant growth, learning about the life cycle of plants, and harvesting produce for a class meal.</li> <li>□ <b>Breathwork and Mindfulness:</b> "Nature Visualisation," where students close their eyes and imagine themselves as different elements of nature, focusing on their breath.</li> <li>□ <b>Oracy Focus:</b> Students give short presentations about the challenges they faced and how they overcame them in garden and forest school activities.</li> <li>□ <b>Environmental Education:</b> Learning about the importance of water conservation and conducting simple water-saving experiments.</li> </ul>                | <p><b>5Ps Links:</b><br/> <b>Pride:</b> Celebrating the successful completion of tasks and projects.<br/> <b>Perseverance:</b> Emphasizing the importance of not giving up, even when</p>                |

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|          |   | faced with difficulties.  |
|          | <b>Summer Term: Passion and Participation</b><br><b>Focus:</b> Fostering a love for learning and enthusiastic engagement in environmental activities  |   |
|          | <ul style="list-style-type: none"> <li>□ <b>Forest School Exploration:</b> Focused studies on local flora and fauna, with students keeping nature journals to document their observations.</li> <li>□ <b>Garden Projects Expansion:</b> Introducing more complex gardening techniques, like composting and creating mini greenhouses.</li> <li>□ <b>Breathwork and Mindfulness:</b> "Mindful Nature Walks," where students walk silently through the forest, focusing on their breath and the sensory experiences around them.</li> <li>□ <b>Oracy Focus:</b> Sharing nature journal entries with the class, using expressive language to describe their experiences and findings.</li> <li>□ <b>Environmental Education:</b> Studying renewable energy sources and creating simple solar-powered projects or wind turbines.</li> </ul>   | <b>5Ps Links:</b><br><b>Passion:</b> Encouraging enthusiasm for exploring and understanding the natural world.<br><b>Participation:</b> Active involvement in hands-on projects and sharing discoveries with peers. |
| Year 3/4 | <b>Autumn Term: Partnership and Participation</b><br><b>Focus:</b> Strengthening collaboration and active engagement in learning  |   |
|          | <ul style="list-style-type: none"> <li>□ <b>Forest School Collaborative Projects:</b> Weekly sessions with activities such as building shelters, creating nature art, and team scavenger hunts to enhance teamwork.</li> <li>□ <b>Garden Projects:</b> Planting a diverse garden with vegetables, herbs, and flowers. Students work in small groups, each responsible for different sections and maintenance tasks.</li> <li>□ <b>Breathwork and Mindfulness:</b> "Partner Breathing," where students practice synchronized breathing exercises with a partner, promoting mutual awareness and calm.</li> <li>□ <b>Oracy Focus:</b> Group discussions where students share their roles and experiences in garden and forest school activities, practicing clear and respectful communication.</li> <li>□ <b>Environmental Education:</b> Introduction to ecosystems, food webs, and the interdependence of plants and animals through hands-on activities and interactive lessons.</li> </ul> | <b>5Ps Links:</b><br><b>Partnership:</b> Emphasising teamwork in forest school and garden projects.<br><b>Participation:</b> Encouraging active involvement and contribution in all activities.                     |
|          | <b>Spring Term: Pride and Perseverance</b><br><b>Focus:</b> Building resilience and celebrating achievements  |   |
|          | <ul style="list-style-type: none"> <li>□ <b>Forest School Challenges:</b> More complex tasks such as orienteering, knot tying, and constructing simple tools or shelters, encouraging problem-solving and perseverance.</li> <li>□ <b>Garden Care and Harvest:</b> Ongoing maintenance of the garden, documenting growth, and harvesting produce for class projects like making salads or soups.</li> <li>□ <b>Breathwork and Mindfulness:</b> "Tree Meditation," where students practice standing still and tall like trees, focusing on their breath and grounding themselves.</li> </ul>   | <b>5Ps Links:</b><br><b>Pride:</b> Recognising and celebrating successful completion of projects and  |

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|  | <ul style="list-style-type: none"> <li>□ <b>Oracy Focus:</b> Students give presentations about their garden and forest school experiences, emphasizing challenges faced and solutions found, enhancing public speaking skills.</li> <li>□ <b>Environmental Education:</b> Learning about renewable energy sources, conducting experiments with solar panels, and understanding the importance of sustainable living.</li> </ul>  | <p>overcoming challenges.</p> <p><b>Perseverance:</b><br/>Encouraging students to persist through difficulties and reflect on their growth.</p>   |
| <p>Summer Term: <b>Passion and Participation</b><br/> <b>Focus:</b> Cultivating enthusiasm for learning and active engagement in environmental stewardship</p> |  |   |
|  | <ul style="list-style-type: none"> <li>□ <b>Forest School Exploration:</b> Focused studies on local biodiversity, with students keeping detailed nature journals to document and reflect on their observations.</li> <li>□ <b>Advanced Garden Projects:</b> Introducing techniques like composting, creating habitats for wildlife, and planning a garden layout for the next year. <ul style="list-style-type: none"> <li>□ <b>Breathwork and Mindfulness:</b> "Nature Walks with Intention," where students walk mindfully through nature, using their breath to enhance their sensory experiences and observations.</li> <li>□ <b>Oracy Focus:</b> Students share entries from their nature journals with the class, using descriptive language and storytelling techniques to convey their experiences and insights.</li> <li>□ <b>Environmental Education:</b> Exploring topics such as climate change, conservation, and the role of humans in protecting the environment through project-based learning and research.</li> </ul> </li> </ul>  | <p><b>5Ps Links:</b></p> <p><b>Passion:</b> Encouraging a deep interest in and enthusiasm for nature and environmental issues.</p> <p><b>Participation:</b> Fostering active involvement in learning activities and discussions, and encouraging students to take initiative in projects.</p> |
| <p>Year<br/>4/5</p>  | <p>Autumn Term: <b>Partnership and Participation</b><br/> <b>Focus:</b> Enhancing collaboration and active engagement in learning</p>  |   |
|  | <ul style="list-style-type: none"> <li>□ <b>Forest School Collaborative Projects:</b> Weekly sessions with activities such as building shelters, creating nature art installations, and team-based scavenger hunts to develop teamwork and cooperation.</li> <li>□ <b>Garden Projects:</b> Planting a diverse garden including vegetables, herbs, flowers, and pollinator-friendly plants. Students work in groups, each responsible for different garden areas and tasks.</li> <li>□ <b>Breathwork and Mindfulness:</b> "Partner Breathing," where students practice synchronised breathing exercises with a partner, promoting mutual awareness and calm.</li> <li>□ <b>Oracy Focus:</b> Group discussions where students share their roles and experiences in garden and forest school activities, practicing clear and respectful communication.</li> <li>□ <b>Environmental Education:</b> Introduction to ecosystems, food webs, and the interdependence of plants and animals through hands-on activities and interactive lessons.</li> </ul> | <p><b>5Ps Links:</b></p> <p><b>Partnership:</b> Emphasising teamwork in forest school and garden projects.</p> <p><b>Participation:</b> Encouraging active involvement and</p>  |

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|        |  | contribution in all activities.  |
|        | <b>Spring Term: Pride and Perseverance</b><br><b>Focus:</b> Building resilience and celebrating achievements   |  |
|        | <ul style="list-style-type: none"> <li>□ <b>Forest School Challenges:</b> More complex tasks such as orienteering, knot tying, and constructing simple tools or shelters, encouraging problem-solving and perseverance.</li> <li>□ <b>Garden Care and Harvest:</b> Ongoing maintenance of the garden, documenting growth, and harvesting produce for class projects like making salads or soups.</li> <li>□ <b>Breathwork and Mindfulness:</b> "Breathing colours" Think of a relaxing colour. Breathe in and out the relaxing colour. <ul style="list-style-type: none"> <li>□ <b>Oracy Focus:</b> Students give presentations about their garden and forest school experiences, emphasising challenges faced and solutions found, enhancing public speaking skills.</li> </ul> </li> <li>□ <b>Environmental Education:</b> Learning about renewable energy sources, conducting experiments and understanding the importance of sustainable living.</li> </ul>  | <b>5Ps Links:</b><br><b>Pride:</b> Recognising and celebrating successful completion of projects and overcoming challenges.<br><b>Perseverance:</b> Encouraging students to persist through difficulties and reflect on their growth.  |
|        | <b>Summer Term: Passion and Participation</b><br><b>Focus:</b> Cultivating enthusiasm for learning and active engagement in environmental stewardship  |  |
|        | <ul style="list-style-type: none"> <li>□ <b>Forest School Exploration:</b> Focused studies on local biodiversity, with students keeping detailed nature journals to document and reflect on their observations.</li> <li>□ <b>Advanced Garden Projects:</b> Introducing techniques like composting, creating habitats for wildlife, and planning a garden layout for the next year. <ul style="list-style-type: none"> <li>□ <b>Breathwork and Mindfulness:</b> "Nature Walks with Intention," where students walk mindfully through nature, using their breath to enhance their sensory experiences and observations. Could be barefoot.</li> </ul> </li> <li>□ <b>Oracy Focus:</b> Students share entries from their nature journals with the class, using descriptive language and storytelling techniques to convey their experiences and insights. <ul style="list-style-type: none"> <li>□ <b>Environmental Education:</b> Exploring topics such as climate change, conservation, and the role of humans in protecting the environment through project-based learning and research.</li> </ul> </li> </ul> | <b>5Ps Links:</b><br><b>Passion:</b> Encouraging a deep interest in and enthusiasm for nature and environmental issues.<br><b>Participation:</b> Fostering active involvement in learning activities and discussions, and encouraging students to take initiative in projects. |
| Year 6 | <b>Autumn Term: Partnership and Participation</b><br><b>Focus:</b> Building advanced collaboration skills and active involvement in learning   |  |

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|  | <ul style="list-style-type: none"> <li>□ <b>Forest School Collaborative Projects:</b> Weekly sessions with complex team-building exercises such as constructing multi-purpose structures, engaging in group problem-solving challenges, and creating detailed art projects using natural materials.</li> <li>□ <b>Advanced Garden Projects:</b> Planting and maintaining a diverse garden with vegetables, herbs, flowers, and native plants. Students work in rotating teams, each responsible for specific tasks like soil preparation, irrigation, pest management, and documenting growth through detailed journals.</li> <li>□ <b>Breathwork and Mindfulness:</b> "Partner Breathing," where students practice synchronized breathing exercises with a partner, enhancing mutual awareness and calm.</li> <li>□ <b>Oracy Focus:</b> Group discussions and peer reviews where students share their roles and experiences in garden and forest school activities, practicing clear and respectful communication. Recording their observations and reflections in nature journals and presenting them to the class.</li> </ul> <p><b>Environmental Education:</b> Exploring ecosystems and biodiversity with in-depth, hands-on activities. Topics include the role of pollinators, the balance of food webs, and habitat conservation.</p>                             | <p><b>5Ps Links:</b></p> <p><b>Partnership:</b><br/>Emphasising advanced teamwork in forest school and garden projects.</p> <p><b>Participation:</b><br/>Encouraging active involvement and meaningful contributions in all activities.</p>             |
| <p>Spring Term: <b>Pride and Perseverance</b></p> <p><b>Focus:</b> Developing resilience, celebrating achievements, and reflecting on progress</p>             |   |   |
|  | <ul style="list-style-type: none"> <li>□ <b>Forest School Advanced Challenges:</b> Complex tasks such as detailed orienteering, advanced knot tying, constructing functional tools or shelters, and creating comprehensive nature maps. These activities foster problem-solving skills, resilience, and perseverance.</li> <li>□ <b>Garden Care and Sustainable Harvest:</b> Continuing garden maintenance with a focus on sustainable practices, documenting growth, and harvesting produce for class projects like preparing healthy snacks or meals. Students explore plant life cycles, seasonal changes, and sustainable gardening techniques.</li> <li>□ <b>Breathwork and Mindfulness:</b> 4,7,8, breathing or similar inhale, hold, exhale techniques.</li> <li>□ <b>Oracy Focus:</b> Students deliver presentations about their garden and forest school experiences, highlighting challenges faced and solutions found, enhancing public speaking and reflective skills. They also create and share multimedia presentations or detailed reports on their projects.</li> <li>□ <b>Environmental Education:</b> Delving into renewable energy sources through experiments with solar panels, wind turbines, and sustainable living practices. Students analyse the impact of human activities on the environment and brainstorm actionable solutions.</li> </ul> | <p><b>5Ps Links:</b></p> <p><b>Pride:</b> Celebrating successful project completions and overcoming significant challenges.</p> <p><b>Perseverance:</b><br/>Encouraging students to persist through complex tasks and reflect on their development.</p> |
| <p>Summer Term: <b>Passion and Participation</b></p> <p><b>Focus:</b> Fostering enthusiasm for learning and active engagement in environmental stewardship</p> |   |   |
|  | <ul style="list-style-type: none"> <li>□ <b>Forest School In-Depth Exploration:</b> Detailed studies on local biodiversity, with students maintaining comprehensive nature journals to document and analyse their observations. Activities include identifying and classifying plants and animals and understanding their roles within the ecosystem.</li> <li>□ <b>Advanced Sustainable Garden Projects:</b> Implementing advanced techniques like composting, creating wildlife habitats, and planning an environmentally sustainable garden layout for the next year. Students focus on soil health, organic gardening, and sustainability.</li> <li>□ <b>Breathwork and Mindfulness:</b> Mountain breathing or one nostril breath.</li> </ul>   | <p><b>5Ps Links:</b></p> <p><b>Passion:</b> Cultivating a deep interest in and enthusiasm for environmental studies and issues.</p>   |

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|  | <p>□ <b>Oracy Focus:</b> Students share detailed entries from their nature journals with the class, using descriptive language and advanced storytelling techniques to convey their experiences and insights. They engage in debates, discussions, and role-plays about pressing environmental issues and potential solutions.</p> <p>□ <b>Environmental Education:</b> Investigating topics such as climate change, conservation, and human roles in environmental protection through project-based learning and research. Students participate in citizen science projects, monitor local wildlife, and engage in community clean-up campaigns.</p> | <p><b>Participation:</b><br/>Fostering active and meaningful involvement in all learning activities and discussions, encouraging students to take initiative and lead projects.</p> |
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