

Forest School at York Road Nursery School and Nursery

Intention: At York Road Nursery children are encouraged to be outdoors as much as possible regardless of the weather. Being in nature helps to keep children physically healthy, promotes well-being, boosts immunity and helps build resilience.

Implementation: Much evidence points to the benefits of being outdoors for children and adults alike. The Forest School ethos is to encourage children to be curious about the world around them, giving them time outdoors in a woodland environment to support and develop:

- their personal, social and emotional skills as they learn to work together as a team.
- their physical skills by running, climbing, etc.
- their practical skills such as den building;
- learn to take and manage risks.
- their independence, self-esteem and confidence as they learn these new skills.

Inclusion: Every child is unique and Forest School at York Road takes into account each child's capabilities, needs and interests alongside encourage a 'can do' attitude for all.

Pre-school 2-3 year olds

Introduction to the rules and boundaries of Forest School to keep ourselves safe
<ul style="list-style-type: none"> ○ To develop gross motor skills ○ To negotiate space when moving around and climbing. ○ To develop strength, balance and co-ordination when climbing and moving around. ○ To develop confidence and resilience and an 'I can do it' attitude.

Nursery School 3-5 year olds

Introduction to the rules and boundaries of Forest School to keep ourselves safe. All of the above to develop further.
To develop gross motor skills <ul style="list-style-type: none"> ○ To negotiate space when moving around and climbing. ○ To develop strength, balance and co-ordination when climbing and moving around.
Introduction to basic tools (develop fine motor skills) <ul style="list-style-type: none"> ○ palm drill (holes in conkers), hammers, peelers (whittling). ○ Key vocab ○ Supporting skills/extending/challenging learning
Simple knots <ul style="list-style-type: none"> ○ shoe tying, tying string to a stick.
Den building <ul style="list-style-type: none"> ○ Mini den building for small animals ○ Learn to carry sticks safely
Fire Safety - develop understanding of keeping safe and the fire circle.

<ul style="list-style-type: none"> ○ Contribute to fire lighting by collecting wood ○ Learn to use a fire striker - light a piece of cotton wool/"I can make a spark using the fire striker" ○ Toasting marshmallows/cooking popcorn
Nature <ul style="list-style-type: none"> ○ Learn names and be able to describe a woodland animal. ○ Show an interest in the world around them ○ Discover the animals that live in the wood. ○ Identify one or two trees/plants
SEND <ul style="list-style-type: none"> ○ Use of Pecs ○ Objects of Reference ○ 1:1 support

Reception/SEND 4-5 year olds

<p>Re-Introduction to the rules and boundaries of Forest School to keep ourselves safe. All of the above to develop further.</p>
Den Building <ul style="list-style-type: none"> ○ Continuation of den building using larger branches, logs
Tool Use <ul style="list-style-type: none"> ○ Develop further confidence in using tools such as loppers
Work as a team <ul style="list-style-type: none"> ○ cooperation and team building ○ sharing ideas ○ taking turns/helping each other - eg to carry a large log
Fire Safety - <ul style="list-style-type: none"> ○ Talk about the fire triangle - oxygen, heat, fuel ○ Contribute to fire lighting by collecting wood ○ Practise using a fire striker - light a piece of cotton wool over a small container of sticks
Nature <ul style="list-style-type: none"> ○ Extend knowledge of plants/trees in the wood ○ Know where you can find information about a plant etc, eg book, internet.
SEND <ul style="list-style-type: none"> ○ Use of Pecs ○ Objects of Reference ○ 1:1 support

Year 1 SEND 5-6 year olds

<p>Re-Introduction to the rules and boundaries of Forest School to keep ourselves safe. All of the above to develop further.</p>
Den Building <ul style="list-style-type: none"> ○ Extend skills to develop dens using rope and tarpaulin/covers/pegs ○ Use of a mallet ○ Make a den that protects you from the rain.
Knots <ul style="list-style-type: none"> ○ Introduce Knot techniques - lashing
Nature

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| <ul style="list-style-type: none">○ Extend knowledge of plants/trees in the wood○ Know where you can find information about a plant etc, eg book, internet. |
| SEND |
| <ul style="list-style-type: none">○ Use of Pecs○ Objects of Reference○ 1:1 support |

Impact: The children at York Road Nursery become confident, independent, resilient learners. They are supported in developing a love and knowledge of nature and being active outdoors.

Debbie McAllister

Forest School Lead at York Road Nursery and Pre-school