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| FOREST SCHOOL ACTIVITIES | ACTIVITY BENEFITS |
| General Outdoors | * Accessing a woodland environment.
* Gaining extra exercise in addition to P.E.
* Evaluating and managing risk for themselves.
* Building up an appreciation of nature and the outdoors.
* Opportunities to participate in a new and positive experiences in a safe environment.
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| Environmental Art | * Identifying and using natural materials
* Developing creativity and using imagination
* Using appropriate vocabulary to explain their art work
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| Mini-beast hunt | * Extending I.D. knowledge.
* Becoming aware of and creating own habitats for mini-beasts.
* Building up an appreciation of nature.
* Opportunities to carefully and safely explore the environment.
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| Fire lighting and cooking | * Gaining new skills (simple cooking).
* Developing an awareness of food hygiene.
* Safety awareness of self and others.
* Understanding the importance of following rules and instructions.
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| Shelter building | * Gaining new skills (knot tying).
* Working as a team.
* Developing fine and gross motor skills.
* Using imagination and developing various areas of play.
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| Bird feeders | * Extending I.D. knowledge.
* Considers seasonal changes and the impact that this has on birds feeding.
* Appreciate natural materials and their uses.
* Expand knowledge and understanding of birds.
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| Tree climbing | * Evaluating and managing risks for themselves.
* Engaging in physical activity.
* Building self-confidence.
* Recognise own limitations.
* Understanding the importance of following instructions and rules.
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| Tool use | * Evaluating and managing risks for themselves.
* Gaining new skills.
* Opportunities to participate in new and positive experiences in a safe environment.
* Safety awareness of self and others.
* Understanding the importance of instructions and rules.
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| Throwing games | * Develop spatial awareness.
* Safety awareness – in particular the safety of others.
* Opportunities to engage in and enjoy an activity not often encouraged – “throwing”.
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| Hammocks | * Gaining new skills (knot tying).
* Time to relax/reflect.
* Developing social skills
* Turn taking
* Allowing others space
* Improving balance
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| Running and hiding games | * Developing spatial awareness
* Developing social skills
* Playing fairly
* Assisting others
* Problem solving
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