



## Forest School and how it links with Jasmine Real P.E



Child-led and independent activities allows them to use the Forest School area creatively  
Creating their own play

Using natural materials in their own way

Having no 'right' or 'wrong' concept in FS allows children to become more creative

Bring free to choose and explore the ways they approach challenges and activities.

Children are encouraged to think critically and creatively

The ability to choose their own activities, allowing them to creatively use the woodland

Targeted open ended activities that encourage creativity, e.g. make your own woodland seat, build a house for the fairies, create some artwork using the nature around you.

Fostering the Forest School ethos, no idea/ interpretation is a bad one, allowing people to share their work, others can learn to be creative through watching those around them and hearing their ideas.



Children choose their own learning style (or use more than one) i.e. Visual, auditory, kinaesthetic.

Learning new topics first hand: ecosystems, seasons, and how the weather affects them, etc.

Language use improves. For example, names of tools, trees, fauna and flora, etc.

The FSL will scaffold a child's learning based on their current abilities. Therefore, increasing a child's Zone of Proximal Development.

Forest School encourages the development of schemas: scattering, transporting, rotating, trajectory or angles, and connecting.

FS encourages appropriate risk-taking and self-choice

Developing skills to recognise, understand and reason, allowing them to make sense of what is seen, touched, heard. etc. Language development- understanding others and expressing themselves.

Shelter building, collecting fire wood, building woodland crafts making art using the natural materials around them

Encouraging reflection following an activity, discussing what we achieved and learnt.

Encourage teamwork and the concept of 'thinking outside the box' in order to realise that there may be more than one way to solve a problem.





Health benefits from being outside and involved in physical activity- Vitamin D, serotonin, and endorphins- all improve our mental, physical health and well-being especially after covid.

FS provides exercise which helps foster muscle strength, fitness, co-ordination, spatial awareness, etc

Connecting to nature can improve a child's emotional and mental wellbeing

Developing Gross and Fine motor skills

Stops the development of myopia in the eye.



Using fine motor skills through tying knots, tool handling, shelter building, fire building, whittling and climbing trees

Using gross motor skills- running, walking, crawling, sitting (on potentially uneven terrain) balancing on logs, moving through the woodland.

Exploratory behaviours such as: transporting, going over and under, up and down, etc

Taking part in games and activities

Sensory – all senses enhanced by experiencing the woodland environment



Managing their own play, activities, and social interactions

Activities and social tasks- teamwork, sharing, etc

Songs and food around the fire

Performance feedback- praise off FSL

Engagement with others provides a sense of community

Imaginative/cooperative play with others

FS ethos supports the children in deciding their own conflict resolution

FSL/mentor is there to guide, support and amplify child's experience

Playing different games and then allowing children to develop their own. Children will have to develop rules that are fair and just.

Allows and encourage children to lead activities and to support each other with activities.



Independence is encouraged through exploring the forest without supervision, the use of tools independently once they have gained experience, and to decide their own activities/play through their own intrinsic motivations

Confidence is gained through the use of having a no 'right' or 'wrong' way, mastering new skills, scaffolding (making a task slightly more challenging based on the child's current

abilities) and the FS ethos of being all about 'the process not the product' - minimising the chances of failing.

- Connecting themselves to nature by selecting their own 'sit spot' and consciously choosing the space they occupy. Quiet meditation.

Gaining gratitude for the environment and sustaining it.

Exploring the elements through fire lighting and cooking.

Developing their spirituality by allowing the true authentic self to flourish and its connection to all that is around us.

Links to emotional development- setting tasks that require perseverance and resilience through having another go. Prime example is lighting a fire!!

Enhances calmness through not pressuring time restraints

Setting activities that give a sense of achievement when finished: fire lighting, building a shelter, woodland craft.

Respect and love for the woodland. Teach how to care and protect the woodland, considering the long term impact for future generations.

