



Forest School and Outdoor Adventures Curriculum Offer

Intent	<p>Purpose: Outdoor learning is an important part of the curriculum; it is both a form of pedagogy and a curriculum area in its own right. Forest School and Outdoor Adventures is a form of experiential learning which uses a holistic approach and is focused on how experiences, including cognition, environmental factors and emotions create learning opportunities.</p> <p>Relationships: Lessons take place outside, sometimes with a particular focus on Geography, Science, PSHE/RHE or Design and Technology, but at other times, a focus on following the children's interests.</p> <p>Impact: Children and young people are stimulated to explore and learn by the outdoors as well as the activities that are used as a hook. The impact can be seen through observations of children during the sessions. When using these observations with discussions with the children as a baseline assessment, it is possible to see improvements over time. An increase in a child or young person's self-belief, confidence, learning capacity, enthusiasm, communication, problem-solving skills and emotional wellbeing during and after the course has ended, can be measured.</p> <p>Metacognition: Each session is planned with freedom and flexibility at the forefront. The planned activities lead onto new learning through the children's own ideas and curiosity. This freedom and flexibility is crucial to allow the free flow of creativity and investigation from the children. Structuring activities at the beginning of the session gives the children their boundaries to work in, which in turn brings confidence to explore with 'permission': they are 'allowed to play'.</p> <p>Experiences: Forest School and Outdoor Adventures include a wide range of activities and develops pupils' personalities and talents. Being outdoors also promotes teamwork and communication skills, positive wellbeing and being active and healthy. Through outdoor learning, we provide opportunities to take on challenges and be risk takers. Forest School and Outdoor Adventures also improves pupils' connection with the natural environment and encourages pupils to take care of our planet.</p>
Implementation	<p>The sessions are run in our own 'Squirrel Wood' for the main school, and in the Nursery outdoor area for Nursery, which means we are on school premises. In addition to curriculum work, we provide a range of outdoor opportunities we believe every child should cherish, such as running around in the rain, making dens, climbing, cooking on an open fire and bug hunting to name but a few, as well as exploring the natural world in which they live. Currently, children in Reception attend weekly for 10 weeks each with 10 children at each session and therefore, this means that the whole Reception class are able to experience Forest School during their Reception year. Regular Outdoor Adventures sessions are held in Nursery.</p>
Impact	<p>Forest School and Outdoor Adventures are child centred and is deliberately designed to promote the holistic development of the child, with the intention of having a positive impact on children's resilience, problem-solving skills, confidence through risk taking, independence and an increased tendency to take initiative.</p>

Respectful - Kind - Resilient - Brave - Motivated