



Fulham Primary School
The best in everyone™
Part of United Learning



Langford Primary
The best in everyone™
Part of United Learning



Queen's Manor Primary School
The best in everyone™
Part of United Learning



Sullivan Primary School
The best in everyone™
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Wilberforce Primary
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FOREST SCHOOL

An overview of our Forest School offer

West London Primary Cluster

The Six Principles of Forest School

Long-term Principle: Frequent and regular sessions

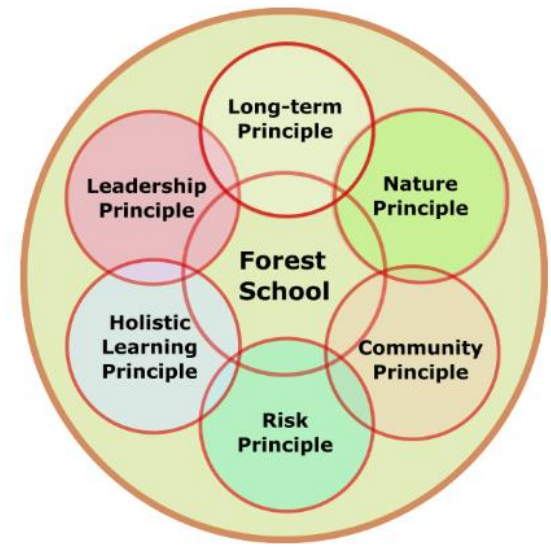
Nature Principle: Sessions take place in a natural woodland environment

Risk Principle: Children are supported to take risks appropriate to the environment

The Holistic Learning Principle: promotes the holistic development, fostering resilient, confident, independent and creative children.

The Leadership Principle: ran by a qualified practitioner who develop their professional practice

Community Principle: child centred processes to create a community for development and learning.



The Why Behind Forest School

- Develops confident, resilient and independent children through real-life challenges and supported risk-taking.
- Strengthens children's connection to nature and understanding of the world around them.
- Provides rich opportunities for problem-solving, creativity and critical thinking.
- Supports physical development through climbing, balancing, building and exploring the natural environment.
- Promotes wellbeing, self-regulation and positive mental health through regular time outdoors.
- Builds communication, collaboration and leadership skills through child-led and cooperative experiences.
- Encourages curiosity, responsibility and respect for the natural environment.

"Forest School offers children the opportunity to take supported risks appropriate to the environment and to themselves." – Forest School Association

Forest School Curriculum Overview

Cycle 1 Exploring and Belonging	Cycle 2 Growing and Building	Cycle 3 Making and Using Tools
Autumn Term	Spring Term	Summer Term
Welcome to Forest School	Signs of Spring	Introduction to Tools
Nature Detectives	Planting and Growing	Woodland Jewellery
Trees and Seasonal Change	Building for Wildlife	Woodworkers
Habitats & Homes	Knots with a purpose	Advanced Shelter Challenge
Working Together	Shelter Builders	Caring for our Woodland
Autumn Woodland Cooking	Fire Circle and Campfire Cooking	Forest School Celebration

Forest School Yearly Session Overview

		Cycle 1 Exploring and Belonging		Cycle 2 Growing and Building		Cycle 3 Making and Using Tools	
		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Weekly Session	Monday	Queen's Manor & Sullivan	Langford	Queen's Manor & Sullivan	Langford	Queens Manor & Sullivan	Langford
	Thursday	Fulham	Wilberforce	Fulham	Wilberforce	Fulham	Wilberforce

- Children will arrive with class teacher at Sullivan for 12:30 on their Forest School Day.
- Children will have from 12:30 until 1:00 to get into appropriate clothing, including blue suits and wellie boots.
- Sessions will run from 1:00 until 3:00.
- Children will walk or take public transport back to their own schools and be collected by 4:00pm on their Forest School afternoon, depending on their school.

Cycle 1: Exploring and Belonging

Session	Focus	What Children Do	What Children Will Make
1	Welcome to Forest School	Learn boundaries, explore site, discuss risks, create group agreement	Forest school agreement
2	Nature Detectives	Use magnifiers, sensory exploration, collect and compare natural objects	Natural book mark
3	Trees & Seasonal Change	Identify trees, collect leaves/seeds/buds, compare seasonal features	Leaf or seasonal print on fabric square
4	Habitats & Homes	Search for animal homes, discuss needs of living things, build miniature shelters using simple tools/wood	Woodland creature shelter
5	Working Together	Introduce rope handling, collaborative challenges, shape making, rope trails	Group rope challenge photographs
6	Autumn Woodland Cooking	Learning expectations of fire, how to light a simple fire and make hot chocolate	Hot chocolate
Seasonal Adaptations		By the end of cycle 1 children can:	
Autumn 1 - Falling leaves - Seeds - Squirrels - Harvest		Autumn 2 - Evergreen trees - Bare branches - Winter birds - Preparing for winter	
		- Follow Forest School routines independently. - Stay within boundaries. - Identify and manage simple risks. - Observe and describe the natural world. - Recognise seasonal changes. - Work collaboratively. - Begin to understand habitats.	

Cycle 2: Growing and Building

Session	Focus	What Children Do	What Children Will Make
1	Signs of Spring	Hunt for buds, shoots and new growth, record observations	Spring/winter plant hunt
2	Planting and growing	Plant seeds, learn what plants need, establish care routines	Individual plant pots
3	Building for wildlife	Investigate habitats and create homes for wildlife	Bug hotel or pollinator habitat
4	Knots with a purpose	Learn overhand knots (reef knot) and use them to put up a bird-feeder	Hanging bird feeder
5	Shelter Builders	Use ropes, pegs and tarpaulins to create dens	Child-built shelter
6	Fire Circle & Campfire Cooking	Revisit fire routines and prepare food (pop corn)	Campfire food (pop corn)
Seasonal Adaptations		By the end of cycle 2 children can:	
Spring 1 Text links: <i>The Tiny Seed</i> <i>Jasper's Beanstalk</i> <i>Sam Plants a Sunflower</i> Focus: Buds Early flowers New growth	Spring 2 Text links: <i>The Very Hungry Caterpillar</i> <i>Yucky Worms</i> <i>Mad About Minibeasts</i> Focus: Pollinators Minibeasts Life cycles	• Explain what living things need. • Care for plants and habitats. • Tie a simple overhand knot. • Build structures collaboratively. • Follow fire-circle routines. • Cook safely with support.	

Cycle 3: Making and Using Tools

Session	Focus	What Children Do	Product / Evidence
1	Introduction to Tools	Learn tool rules, practise using peelers, palm drills and hammers	Tool skill record
2	Woodland Jewellery	Use palm drills to create wooden pendants or nature necklaces	Finished necklace/pendant
3	Woodworkers	Hammer and join materials to create a simple project	Wooden model or frame
4	Advanced Shelter Challenge	Plan, build and improve shelters independently	Team shelter
5	Caring for Our Woodland	Improve site through conservation projects	Bird feeder, habitat feature or pollinator station, planting area
6	Forest School Celebration	Lead favourite activities, cook together, reflect on progress	Graduation keepsake
Seasonal Adaptations		By the end of cycle 3 children can:	
Summer 1 Focus: Flowers Pollinators Plant growth		Summer 2 Focus: Habitats at their busiest Seed dispersal Caring for nature	
		• Use tools safely and responsibly. • Complete simple woodworking projects. • Apply rope and construction skills independently. • Improve habitats for wildlife. • Demonstrate leadership and responsibility. • Reflect on their learning.	

Session Structure

12:30 – 1:00	Arrival and Preparation • Gather at Forest School circle. • Check clothing and equipment. • Remind children of boundaries. • Revisit Forest School agreements and expectations. • Discuss any site-specific risks (weather, slippery ground, low branches etc.).
1:00 – 1:15	Welcome Circle & Warm-Up Game Examples: • 1, 2, 3 Where Are You? • Camouflage • Squirrel & Tree • Nature Bingo • Follow the Leader
1:15 – 1:30	Introduce Learning Intention • Discuss today's challenge or enquiry question. • Link to previous learning. • Share any new vocabulary. • Explain what children will be making, building or investigating.

Session Structure

1:30 – 1:45	Modelling New Skill Examples: Using a palm drill safely. Tying an overhand knot. Identifying seasonal changes. Fire circle expectations. Shelter-building techniques. Adult models and children practise briefly before applying independently.
1:45 – 2:30	Activity Time This section should include: Core planned activity. Opportunities for choice and creativity. Adult support and observation. Time for children to extend ideas independently. Examples: Build shelters. Create nature artwork. Woodworking. Habitat investigations. Campfire cooking.

Session Structure

2:30 – 2:45	Share, Reflect & Celebrate Gather back at the circle. Share creations, discoveries or challenges. Reflect on learning. Key Questions: • What did you learn today? • What learning muscles did you use? • What was challenging? • What are you proud of? • How did you help someone else?
2:45 – 3:00	Leave No Trace • Tidy resources. • Check site. • Return equipment. • Leave the area ready for wildlife.