



Lowerhouse Junior School Forest School Overview Sheet



Autumn 2 - Year 3



Aims: During the Autumn term 2, Year 3 pupils will explore life in Prehistoric Britain through a range of practical Forest School experiences that develop their understanding of how people survived and lived thousands of years ago. Children will build dens using natural materials to recreate prehistoric shelters, take part in seasonal scavenger hunts to identify plants and signs of wildlife, and create charcoal artwork inspired by cave paintings. They will develop important outdoor skills through activities such as bark peeling, making journey sticks, willow weaving, and creating Christmas decorations using hand tools safely and responsibly. As the term progresses, pupils will learn about firecraft, including collecting tinder, understanding different fire lays, and using flint and steel under close supervision. Throughout the programme, children will build confidence, resilience, teamwork and problem-solving skills while developing a deeper appreciation of nature and the skills that were essential for survival in prehistoric times.

Overview:

Lesson 1: Pre-historic children as hunter gatherers - Children in pre-history lived in tribes/ communal upbringing. They would live in shelters/ temporary dens made from sticks, mud and leaves. Year 3 will attempt to build their own den to mimic how pre-historic children would live.

Lesson 2: Pre-historic children as foragers - Using a scavenger hunt – specific to the time of year in November – we will learn to identify plants and look for signs of animal life. We will also use charcoal to make pieces of art on rocks just as the pre-historic children would likely draw in caves.

Lesson 3: Tools/ journey sticks - The children will use potato peelers with safety gloves to peel off bark from a stick; this represents some of the skills pre-historic children would learn. The children can save these pieces of bark for future fire sessions at forest school as 'tinder'. The children will then use string to attach loose materials from the woodland floor – remembering information from our foraging session regarding what we can and cannot pick up – to a stick. This is called a journey stick, which children can use to reflect on some of the things we find at forest school.

Lesson 4: Weaving - The children will use willow to weave a wreath. They will use secateurs to cut the willow using safety gloves, and we will take the leaves off the branches. This activity once again mimics some of the skills of prehistoric children would practice.

Lesson 5: Christmas - In this session we will work on Christmas decorations. Using wooden discs we will drill a hole using a palm drill and draw a Christmas picture with felt tips, then thread some yarn through the hole and tie it up ready to hang up.

Lesson 6: Fire Session 1 - Fire session 1, in this session we will use tools to chop wood and then create our own campfire (without starting a fire) so that the children can discover the best 'fire lays' and the reasons why they support the fire so well.

Lesson 7: Fire Session 2 - Fire Session 2, In this session, using the information from the previous session we will be lighting a piece of cotton wool with the flint and steel. We will also be toasting marshmallow to make a smore with chocolate digestives as a final session treat.