



Lowerhouse Junior School Forest School Overview Sheet







Summer 2 - Year 4



Aims: The Forest School scheme aims to develop children's confidence, creativity and environmental understanding through hands-on outdoor experiences. Across the sessions, children explore habitats, care for the Forest School environment, try new skills such as archery and fire lighting, and express themselves through natural art. They learn to work collaboratively, build resilience through practical challenges like den building, and deepen their connection to nature. The programme supports wellbeing, independence and a sense of achievement, culminating in a reflective campfire celebration.

Curriculum Links:

-  Science- Living things and their habitats
-  History- Why did the villagers of Eyam quarantine themselves during the Great Plague?
-  DT- Structures
-  PE- Athletics

Overview:

Session 1: In this session we will look at habitats. The children will consider the habitats of bugs at forest school by doing a scavenger hunt to find various bugs that live in this environment. Following this, the children will attempt to make their own mini habitat by collecting loose bits from the forest floor and creating a 'bug hotel' style micro-habitat, using their imagination to create somewhere bugs will enjoy.

Session 2: The children will do some gardening and maintenance around forest school. This may include; pulling weeds from the big planters, planting their own summer flowers, and making compost heaps. This allows the children to further understand maintaining our forest school to keep it a special place and giving back to nature through composting.

Session 3: The children will do some soft archery, giving them a chance to keep working towards hitting a target and potentially embark in a new activity which will boost their self-esteem and confidence.

Session 4: In this session we will do some hapazome, where we will use a piece of material, gather some loose natural objects, fold the material over them and then bash the material to create patterns. This is a great way to use nature for art, which is an ancient practise for humans and considers sustainability through using loose bits from the forest to create things with.

Session 5: In this session we will look at expressing ourselves through art made from what we can find in the forest. We will create our 'canvas' from sticks and create an image within it using different materials from the forest. We will discuss 'interpretation' and how we may all interpret things differently.

Session 6: This session we will revert back to our habitats, and think more about mammals in the forest school. We will consider what mammals would like the environment at forest school, and what sort of shelters they would make to keep them warm and safe. We will then talk about humans, and the type of shelters we would make naturally for the same benefits as the ones which animals make. We will then make our own dens using materials such as sticks, moss and leaves.

Session 7: In the last session we will have a campfire and make smore's (toasted marshmallow in two chocolate digestives). This is a great way for the children to reflect on their time at forest school and finish with a treat before the summer holidays. The children will also get an opportunity to start their own fire using cotton wool and strikers, which they have done before- but it's great to revisit these challenging tasks so we can observe improvement.