

SKILLS FRAMEWORK FOR FOREST SCHOOL

	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Award	Spider Award	Ladybird Award	Robin Award	Fox Award	Blackberry Award	Acorn Award	Willow Award	Oak Award
Forest School Leader	Mrs Farrington	Miss Alexander	Miss Lord	Miss Lord	Mrs Farrington	Miss Alexander	Miss Lord	Miss Alexander
Term	Spring 2	Summer 1	Spring 1	Autumn 1	Spring 2	Autumn 2	Summer 1	Summer 2
CORE FOREST SCHOOL SKILLS PROGRESSION								
Tool Talk	Small hammer Use a hammer safely	Peeler Use a peeler to peel the bark off a stick or peel off a carrot	Secateurs Use secateurs safely to cut sticks into specific lengths	Loppers Use loppers to create something from natural materials	Mora knives Whittle a stick safely	Bow saw Work with a partner to saw a length of wood into two sections	Billhook Work with a partner to split a length of wood into two sections	Folding saw Use a saw independently to make a tree cookie
Fire	Move around the fire pit safely with support	Move around the fire pit safely and independently	Collect different types of fire wood	Recall the fire rules and get a spark with the flint and steel	Light a piece of cotton wool using the flint and steel and recall the fire triangle	Light a campfire using the flint and steel	Maintain the campfire with support	Light, maintain and extinguish the campfire safely
Knots	Leaf threading	Tie a knot of their own	Timber hitch Create a rope walk in-between two trees	Clove hitch Create a wand	Square lashing Joining two pieces of wood together to create something from natural materials	Sheer lashing Christmas stars	Tension knot Building a tarp shelter	Adjustable tension knot Building a range of different shelters

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Cooking	Toasting Marshmallows with support	Toasting Marshmallows independently to make S'Mores	Popcorn Maker Make popcorn with support	Dutch oven Melting chocolate	Baking Damper bread	Frying Scotch pancakes	Toasting Bread/muffins/crumpets	Boiling Using the Kelly Kettle to make a hot drink Class choice of cooking activity
Nature	Identify one minibeast. Make a tree rubbing.	Go on a nature walk and create a journey stick.	Discuss the seasons and changes. Identify three minibeasts and begin to look at habitats.	Identify three trees/plants in Forest School.	Identify five trees/plants in Forest School, looking at leaves, bark etc.	Identify three animals/plants found in the Forest School pond. Clean and maintain this area.	Support work on site to improve the habitats of the wildlife e.g. habitats and planting	On site maintenance of trees and shrubs.
MINDFULNESS SKILLS PROGRESSION								
Mindfulness Skills	Introduce Sit Spot with adults and encourage listening to sounds.	Sit together on a tarp and listen to the natural sounds.	Sit independently for Sit Spot within an allocated area.	Sit independently in an area of own choosing for Sit Spot for 5 minutes.	Sit independently in an area of own choosing for Sit Spot for 5 minutes.	Sit independently in an area of own choosing for Sit Spot for 5 minutes.	Engage in a time of self-choosing for 5 minutes peace.	Engage in a time of self-choosing for 5 minutes peace.