

Mere Green Primary School Forest School Progressive Overview

Year Group	Tool talk	Fire	Knots	Cooking	Nature	Mindfulness
EYFS	Use a peeler to peel the bark off a stick or peel off a carrot	Move around the fire pit safely and independently	Tie a knot of their own (overhand knot)	Toasting Marshmallows independently to make S'Mores	Identify one mini beast. Go on a nature walk and create a journey stick	Sit together on a tarp and listen to the natural sounds.
Year 1	Secateurs Use secateurs safely to cut sticks into specific lengths	Collect different types of firewood	Timber Hitch Create a rope walk between two trees	Popcorn maker Make popcorn with support	Discuss the seasons and changes.	Sit independently for Sit Spot within an allocated area. Explore wild plants verses garden and deciduous and evergreen plants.
Year 2	Use loppers to create something from natural materials	Recall the fire rules and get a spark with the flint and steel	Clove hitch Create a wand	Dutch Oven Melting chocolate	Explore how seeds and bulbs grow into mature plants and to understand different types of seed dispersal within our Forest School area	Children to explore different breathing techniques such as breath counting, belly breathing, 4-7-8 breathing, morning breathing.
Year 3	Mora knives Whittle a stick safely	Light a piece of cotton wool using the flint and steel and recall the fire triangle	Square lashing Joining two pieces of wood together to create something from natural materials	Baking Damper brea	Identify four trees/plants in Forest School, looking at leaves, bark etc.	Children to understand the positive health impact of relaxation on their bodies. Children to understand that mental wellbeing is a normal part of daily life, in the same way as physical health.

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Year 4	Bow saw Work with a partner to saw a length of wood into two sections	Light a campfire using the flint and steel	Sheer lashing Decorative stars	Frying Scotch pancake	Identify five trees/plants in Forest School, looking at leaves, bark etc.	Children to utilise visualisation to create and/or think of their happy place and memory. Children to understand how visualisation can play an important role in goal and target setting.
Year 5	Billhook Work with a partner to split a length of wood into two sections	Maintain the campfire with support	Tension knot Building a tarp shelter	Toasting Bread/muffins/ crumpets	Support work on site to improve the habitats of the wildlife e.g. habitats and planting	Children will articulate a range of different ways to relax and understand the impact of these on both the mind and body. Suggesting how to adopt breathing techniques to adapt according to their situation.

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<p>Year 6</p>	<p>Use a saw independently to make a tree cookie</p>	<p>Light, maintain and extinguish the campfire safely</p>	<p>Adjustable tension knot Building a range of different shelters</p>	<p>Boiling Using the Kelly Kettle to make a hot drink</p>	<p>On site maintenance of trees and shrubs</p>	<p>Children to practice self-regulation and to select & use strategies when emotional regulation is required. Children to explain what strategies they chose, and why.</p>
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