



Forest School

Intent

At Burford Forest School we strive to allow children the time and space to develop skills, interest and understanding through a range of activities which provide practical, hands-on experiences in a natural environment. Forest School focuses on developing children's personal, social and emotional development through regular outdoor woodland experiences.

Implementation

The children take part in regular weekly afternoon sessions at Forest School which allow for skills to be explored and built upon over time. The Forest School Leader introduces new ideas and activities but essentially the children make their own choices, developing their own challenges and games and increasing their physical skills at their own pace. The School Values of Curiosity, Perseverance, Respect, Resilience and Responsibility are all embedded in the sessions and the children's sense of well-being is enhanced by being outdoors and having the opportunity to direct their own play and learning.

Impact

- Being outside and playing outside is vital to a child's growth.
- Regular exposure to natural settings increases children's ability to focus and therefore enhances cognitive abilities.
- Forest School allows young children to learn predominately through sensory and physical experiences which supports brain development and creation of neural pathways.
- Forest School allows children to play safely and freely while they learn to assess risk and develop the skills to manage new situations.
- It supports the development of healthy and active lifestyles.
- It provides opportunities for children to do physical activities, experience freedom and movement and promotes a sense of well-being.
- Forest School gives children contact with the natural world and offers them experiences that are unique to outdoors - such as weather and the seasons.
- It helps children to understand and respect nature and the environment.
- It supports children's problem-solving skills, nurtures creativity and develops imagination, inventiveness, perseverance and resourcefulness.