

PE Curriculum and Forest Schools

Children attending Forest Schools will be enhancing their physical skills in many ways.

They will be running, jumping, climbing/balancing, rolling, lifting and carrying etc. This is usually seen in group role play or games, when they show the ability to take turns, support and encourage each other in a safe way and communicate with each other to solve problems and share their ideas.

Children enjoy challenging themselves in Forest Schools by taking supported risks and this in turn builds their resilience, confidence and shows their ability to persevere.

Children are able to identify not only their weaknesses but also their strengths. They challenge themselves and show just how rewarding it is to achieve. Children are leaders in Forest Schools and are able to play in various different ways, taking on different roles whether that be giving or following instructions and co-operating with others.

Curriculum assessment links with Forest Schools: -

Fundamental movement:

- I can change direction when moving at speed.
- I can recognize changes in my body when I do exercise.
- I can run at different speeds.
- I can select my own actions in response to a task.
- I can show hopping and jumping movements.
- I can work co-operatively with others to complete a task.
- I show balance and co-ordination when static and moving at a slow speed.

Team building:

- I can communicate simple instructions.
- I can follow instructions.
- I can listen to other's ideas.
- I can suggest ideas to solve tasks.
- I can work with a partner and a small group.
- I understand the rules of the game.

Athletics:

- I am able to throw towards a target.
- I am beginning to link running and jumping movements.
- I am beginning to show balance and co-ordination when changing direction.
- I am developing over arm throwing.
- I can run at different speeds.
- I can work with other's and make safe choices.
- I try my best.