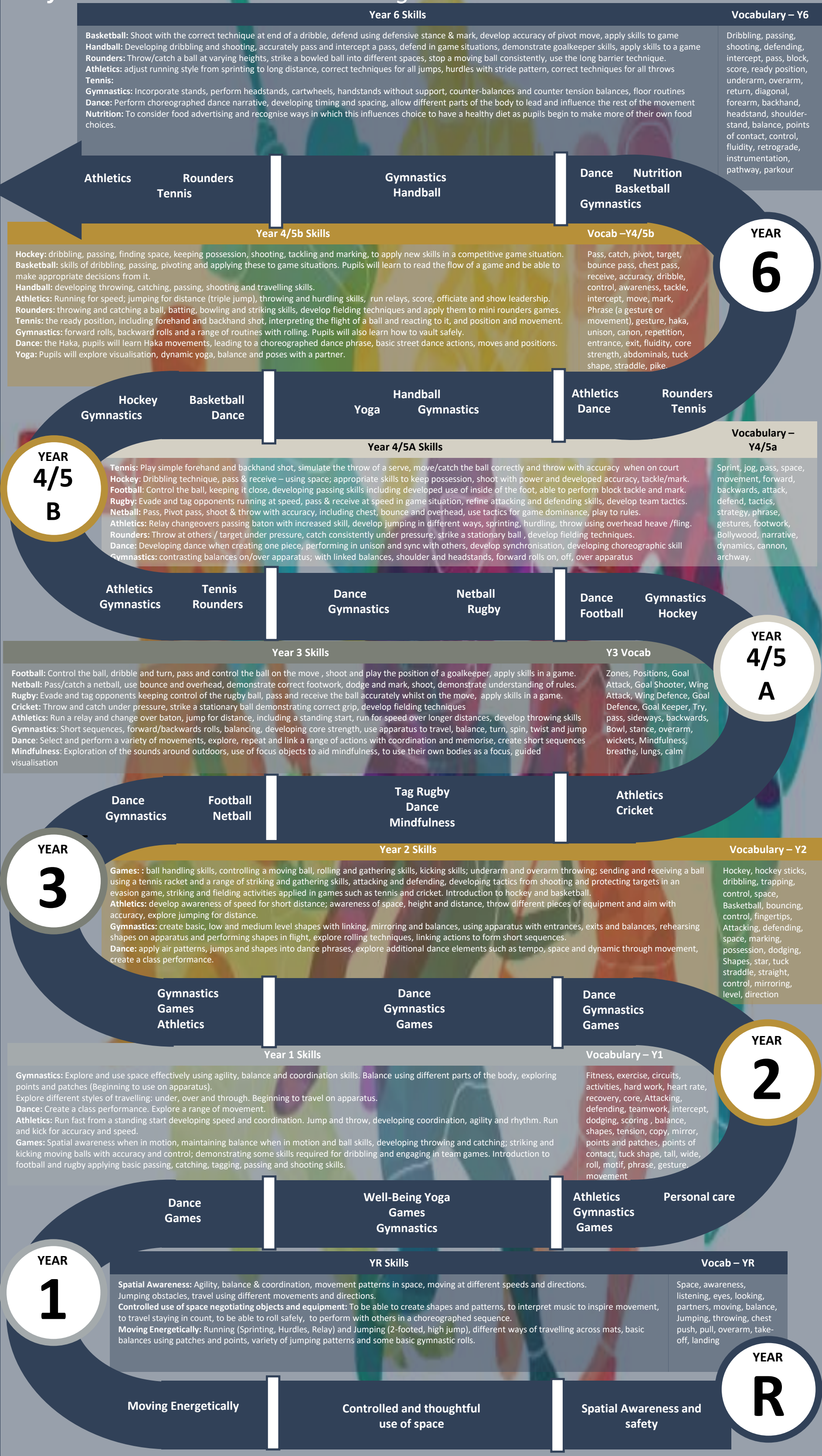


“Sports teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose-it teaches you about life.” – *Billie-Jean King*



Forest Schools

All the children have a timetabled afternoon each week in Forest School. This is run by a qualified member of staff.

This encourages physical and practical ,child-led, hands-on learning where a range of different play types can be observed.

It involves application of both gross motor and fine motor skills.

Holistic Learning (SPICES)

- ❖ **Social** – communicate and work successfully with others
- ❖ **Physical** – use body and senses to move and interact with the world
- ❖ **Intellectual** – use thoughts and ideas to reason, question, clarify, analyse, recall, understand and problem solve.
- ❖ **Communication** – communicate ideas and beliefs verbally and non-verbally
- ❖ **Emotional** – ability to recognise own emotional state and the effect that can have on ourselves and those around us.
- ❖ **Spiritual** – have a sense of own identity and self-worth

The 5 R's

These 5 values underpin each session.

Respectful
Resilient
Resourceful
Responsible
Risk-taker

Types of play that can be observed:

Symbolic
Rough and Tumble
Socio-dramatic
Social
Creative
Communication
Dramatic
Locomotor
Deep
Exploratory
Fantasy
Imaginative
Mastery
Object
Role
Recapitulative

Examples of different types of activities that may take place:

Tie dye, Nature pictures, Stick painting, dream catchers, story-telling, campfires, giant loom, outdoor junk percussion area, flower pressing, mud kitchen, log jewellery, mud faces, clay frog life cycles, clay moulds, knot tying, spider web mobiles, earthworm watch, nature table, bee hotels, bird boxes, counting rope, den building, log Santas, stick weaving, making natural dyes, driftwood art, pinecone bird feeders.

PE: We aim to utilise fine and gross motor skills, cultivate character, ambition and healthy competition