


Grow & Learn Outdoors – Programme Overview

School/Setting: Chollerton C of E First School	Ages: Reception, Year 1
Date: Spring 2019	Timing: 9.30am-11.50am
Forest school Leader: Anna Gray	
<p>Programme Learning Aims & Outcomes:</p> <ul style="list-style-type: none"> To become confident in the outdoor woodland area. To know the Forest School rules and to be able to assess risk safely. To develop an understanding and respect of their natural surroundings. To be able to work well as a team and individually. To be able to talk about past and present events in their own lives and in the lives of family members. To know about similarities & differences between themselves & others, and among families, communities and traditions. To be able to look closely at similarities, differences, patterns and change. To be able to talk about features of their own environment and how places might vary from one another. To be able to make observations of animals and plants & explain why some things occur. To observe changes across the 4 seasons and describe the associated weather and day length variations. To identify, name & describe the basic structure of a variety of common wild & garden plants, including deciduous & evergreen trees. To identify & name a variety of common animals and understand the terms carnivore, herbivore & omnivore. To use their own experiences and stories they've heard to make up their own stories. To be able to travel with confidence and skill around, under, over and through balancing and climbing equipment. To use simple tools to effect changes to materials. To handles tools, objects, construction and malleable materials safely and with increasing control. To show good control and co-ordination in large and small movements and to move confidently in a range of ways, safely negotiating space. To be able to handle equipment and tools effectively. To show an understanding of the need for safety when tackling new challenges, and consider and manage some risks. To be able to transport and store equipment safely. To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. 	
<p>Bad weather plans: Sessions will be cancelled if it's too windy. Children have water proofs etc. so sessions will go ahead in the rain. Children informed of the correct clothes to wear to keep warm and in the sun. Long sleeves and trousers and strong footwear at all times and hats in sunny weather.</p>	

Below is a brief outline of the focus and activities of each session. However, following the ethos of Forest School and early years teaching, the content may change depending on the needs & interests of the children and changes in weather. For the children to get the most out of these sessions we will be flexible e.g. snow, rain activities will take precedence when these weathers occur.

Date	Activities Planned	Resources
	This term they will be shown a variety of activities that they could do and they can choose which ones and when to do them. This should help to make the sessions a little more free flow and allow children to spend as long or as little time as they want on an activity without feeling that they are being moved on.	

<p align="center">10.01.20</p>	<p><u>Winnie the Pooh Day (18.01.20)</u> Arrival: Collecting sticks for the fire. Introduction: Who is AA Milne? Who likes Winnie the Pooh and Piglet? Play running pooh sticks (team game based on stick safety. Pass a stick along the team. Person at the front runs, holding the stick safely, to pass the line. First over wins. Read lines and squares - who can walk through the woods without stepping on the sticks? Read a bit from 'A house for Eeyore' What makes Pooh and Piglet and friends so special friendship and helping each other Main Activities: Making a house for Eeyore Making a road clear of sticks Cooking - eggy bread with honey Review: Thumbs up/down/sideways in answer to a number of questions.</p>	Fire wood striker cotton wool Tripod griddle bread egg milk plates chopping board knife oil spray butter honey AA Milne books
<p align="center">24.01.20</p>	<p><u>Robert Burns</u> Arrival: looking for the picture pairs and matching with a friend. Introduction: who was Robert Burns? Play 'pass the mouse'. Can they pass it around the circle without the farmer seeing it? As a group write a nature poem 'as we walk we hear.....' 'as we walk we see.....' 'As we look down we.....' 'As we look up we.....' 'Nature is</p> <p>Main Activities: Activity 1 - cooking scotch pancakes on the fire Activity 2 - looking for woodlouse. How many can they find? Activity 3 - making a mouse and a safe house Activity 4 - farming the land digging an area. Review: Circle time - talking stick</p>	Robert Burns picture cards paper and pen Fire kit eggs flour milk sugar choc chips Trowels magnifying glasses
<p align="center">31.01.20</p>	<p><u>Chinese New Year (25.01.20 celebrated until 8th Feb 2020 - Year of the Rat)</u> Arrival: looking for the picture pairs (animals from the Chinese zodiac) Introduction: tell the story of the animal's race that gives the order of the Chinese new year. Which year are we - Rat Main Activities - Making Chinese New Year animals from discs of wood Retelling the story Making Chinese New Year decorations with sticks, streamers, crepe paper etc Review: Circle time - talking stick</p>	Chinese zodiac animals picture pairs wood cookies pens wood nails hammers peelers crepe paper plastic bags string
<p align="center">28.02.20</p>	<p><u>Numbers & World Wildlife Day (3rd March)</u> Arrival: how many of the hidden pictures of animals can they name and remember? Introduction: go on a wildlife hunt. How many different animals, evidence of animals can they see/hear? Main Activities: Activity 1 - making a counting corner. Slices of wood with numbers to order. Numbered plant pots to fill correctly. Throwing the correct number of pinecones into the tyres. Dominoes, noughts and crosses Activity 2 - making animals out of the materials provided. Review: Circle time - talking stick</p>	Animal pictures Pinecones clay pipes plant pots wood pens

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">13.03.20</p>	<p><u>Sports Relief (09.03.20)</u> Arrival: looking for fire wood Introduction: Finding sports cards why do we take part in sports? Do they like sports in a team or on their own? Play some nature team games - collecting pine cones, pass the pooh stick, Main Activities: Making a trim trail through the woods - balancing, throwing, jumping, stepping Making signs for the trim trail Making nature games/sports equipment - target practice, bats, Review: talking stick - what did they like?</p>	<p>Sports cards pine cones wood pens hammers nails peelers string</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">27.03.20</p>	<p><u>Child Safety Week (29.03.20)</u> Arrival: looking around the woods. What could be dangerous? What do we have to be careful of? Introduction: how can we stay safe? What do I bring to keep us safe? Setting up assault courses. How will they do it safely? Model showing one already set up. Main Activities: Activity 1 - using a bow saw, peelers, hammers. Giving tool talks Activity 2 - lighting cotton wool with fire strikers Activity 3 - safe target practice Activity 4 - cooking on the fire Review: circle time - talking stick</p>	<p>Bow saw peelers hammers drills water flint and steel cotton wool fire kit</p>



THE STORY OF THE CHINESE ZODIAC

Many people have wondered over the years how it was that the rat, the smallest of all the creatures, was given the honour of having the first year of the Chinese Zodiac named after him. This is the story I have heard.

A very long time ago, the Jade Emperor, who ruled the heavens of China, sent a message to all the animals asking them to come together so that he could give each of them a year, which would make it easier for the people of China to keep track of time. The cat and the rat were good friends and decided to travel to meet the Jade Emperor together.

When it came time to leave, however, the cat was taking a nap. The rat, realising that he would have to use all his cunning to be noticed by the Jade Emperor, left his friend sleeping, and set off on his own. This is why there is no year named after the cat, and also why cats have hated rats ever since.

When the rat arrived, the Jade Emperor welcomed him and the other animals and told them that they should all take part in a swimming race. Once again, the rat realised that he would have to be very clever if he wanted to win the race. He found the largest, strongest animal, which was the ox, and pleaded with him to let him ride on its head. The ox was kind and strong, and agreed that they would swim across together. The rat travelled safely across the river on the ox's back, but, just before they reached the other side, climbed over the ox's head, jumped onto land, and reached the finish line first. The rat had proved its cunning, and the Jade Emperor named the first year after the rat and the second year after the ox.



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unfortunately children stuck outside, they would disappear.

The villagers lived in fear of this beast and boarded up their houses on this night to protect their families. One year, right before this event was to occur, an old man visited the village. He turned to the villagers and asked, "Why do you fear this creature such? You are many and he is but one. Surely he could not swallow all of you."

But the villagers remained skeptical and locked themselves up anyway. That night, Nian did not come. The old man had ridden him until dawn and the creature went back to its cave hungry. This went on for several nights until the old man revealed, "I cannot protect you forever."

He turned out to be a god and had to return to his duties elsewhere. The villagers were terrified that once the old man left, they would once again see Nian return.

So the old man informed them, "The beast is easily scared. He does not like the colour red. He fears loud noises and strange creatures. So tonight, spread red across the village. Hang red signs on every door. Make loud noises with drums, music, and fireworks. And to protect your children, give them face masks and lanterns to protect them."












The villagers did as the old man instructed and Nian never returned again.

In Chinese, the word for New Years is *Guo Nian*. Literally translated it means to "pass over Nian" or "overcome Nian". That is exactly what the villagers did.

It has become a tradition that part of New Years celebration is to hang lots of red decoration in your house. Streets are filled with music, loud drums, and fireworks all day long. And special paper lanterns are made in a variety of shapes and sizes, paraded through the streets to scare off any demons that might come.

Chinese Zodiac Signs

The Chinese Zodiac is based on a lunar calendar, so for birthdays in January / February it is necessary to check the exact date of the Chinese New Year to determine your birth sign

<p>RAT</p> <p>Imaginative, passionate, wise & intense. <i>Most compatible with Dragon or Monkey.</i></p> <p>2008, 1996, 1984, 1972, 1960, 1948, 1936</p> 	<p>OX</p> <p>Bright, inspiring, patient & hard working. <i>Marry a Snake or a Rooster</i></p> <p>2009, 1997, 1985, 1973, 1961, 1949, 1937</p> 	<p>TIGER</p> <p>Loyal, courageous, generous & enthusiastic. <i>A Horse or Dog will bring you happiness.</i></p> <p>2010, 1998, 1986, 1974, 1962, 1950, 1938</p> 
<p>RABBIT</p> <p>Shy, discreet, prudent & honest. Luckiest sign. <i>Ram or boar is your ideal partner.</i></p> <p>2011, 1999, 1987, 1975, 1963, 1951, 1939</p> 	<p>DRAGON</p> <p>Active, healthy, dynamic & brilliant if eccentric. <i>Marry a Monkey or a Rat late in life.</i></p> <p>2012, 2000, 1988, 1976, 1964, 1952, 1940</p> 	<p>SNAKE</p> <p>Clever, opportunistic & reflective, desires to help others. <i>Team up with a Rooster or Ox.</i></p> <p>2013, 2001, 1989, 1977, 1965, 1953, 1941</p> 
<p>HORSE</p> <p>Popular, noble, attractive and enterprising. <i>Marry a Tiger or Dog.</i></p> <p>2002, 1990, 1978, 1966, 1954, 1942, 1930</p> 	<p>RAM</p> <p>Adaptable, gentle, elegant. With a love for Art & Music <i>Boars & Rabbits but never an Ox as life partner.</i></p> <p>2003, 1991, 1979, 1967, 1955, 1943, 1931</p> 	<p>MONKEY</p> <p>Intelligent, influential & ambitious. A gifted achiever. <i>Avoid Tigers, seek a Dragon or a Rat.</i></p> <p>2004, 1992, 1980, 1968, 1956, 1944, 1932</p> 
<p>ROOSTER</p> <p>Obliging, pioneering & brave. A little vain with a need for appreciation. <i>Rabbits are trouble, Ox or Snake ideal.</i></p> <p>2005, 1993, 1981, 1969, 1957, 1945, 1933</p> 	<p>DOG</p> <p>Loyal, faithful & unselfish. with a need for tenderness. <i>Look to the Horse or Tiger but avoid Dragons.</i></p> <p>2006, 1994, 1982, 1970, 1958, 1946, 1934</p> 	<p>BOAR</p> <p>Tolerant, persevering and chivalrous. Prosperous and generous. <i>Avoid other Boars and marry a Ram or Rabbit</i></p> <p>2007, 1995, 1983, 1971, 1959, 1947, 1935,</p> 