

Regents Park Forest School Passport



1. Fire

1.1. Beginner

LO: I can follow the safety rules of the fire circle

SC:

I do not enter the fire circle unless invited to do so

I understand the importance of the fire safety rules and demonstrate this

I adopt the correct kneeling position when adding wood or toasting

1.2 Intermediate

LO: I am beginning to understand how fires are started and how to extinguish them

SC:

I can select the correct wood including knowing what dead wood and size

I understand the fire triangle and can begin to create sparks using a flint and steel (with support)

I can extinguish a fire with support and understand that no residual heat must be left

1.3 Expert

LO: Learners can independently light a fire and can keep everyone safe for the duration

SC:

I can light a fire with flint and steel and experiment with other ways of lighting

I can keep a fire going with my peers and keep everyone safe

I can cook simple food on an open fire safely



2. Environmental awareness in nature

2.1 Beginner

LO: I can demonstrate basic scavenging skills with adult or peer support

SC:

I show an interest in my environment through exploring, collecting, sharing

I can talk about different animals and plants and basic characteristics

I show respect for my environment through how they move and explore

2.2 Intermediate

LO: I can identify a number of plant and animal species with ID sheets to support

SC:

I can work with leader/peers and/or ID sheets to identify

I can recognise some species common to the site over time and some of their uses e.g dock leaves, willow

I am careful not to damage the natural environment e.g. not picking plants without permission, not dropping litter or destroying habitats (Nola)

2.3 Expert

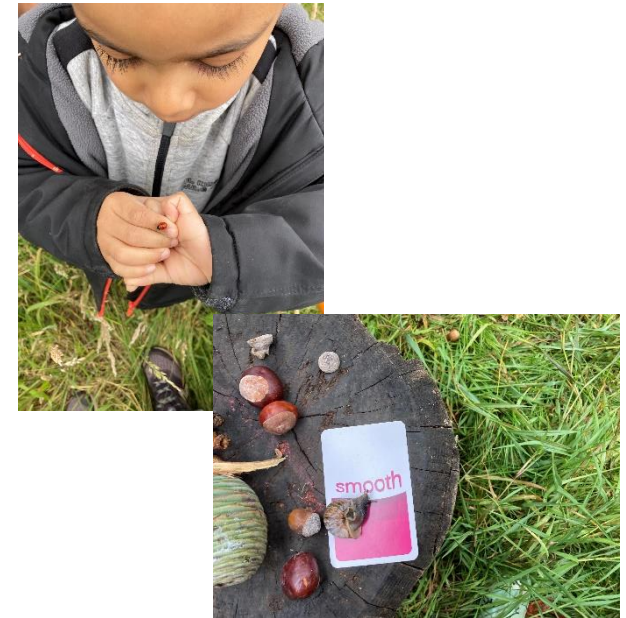
LO: I can recognise a range of species, protect my environment and actively build habitats

SC:

I can identify a range of species of plants and animals

I can use plants to be creative e.g. hampa zome, potions, willow weaving, plant dyes etc

I can take part in litter picking, planting and creating new and sustainable habitats



3. Navigation and Exploration

3.1 Beginner

LO: I can use methods (with support) to record their experiences or exploration, take part in scavenger hunts and locate objects

SC:

I can make their own simple journey sticks with support

I can complete a treasure hunt/scavenger hunt using features and clues in forest school

I can use my senses to explore their surroundings

3.2 Intermediate

LO: I can use simple maps and orienteering challenges, blindfolded trails and physical features to position themselves

SC:

I can use simple map and orienteering points

I can explore using features such as rocks, woodland and can find resources e.g. firewood/deadwood/willow for weaving

I can physically challenge myself on rope ladders, tree climbing, balancing, climbing, assault course challenges, hammocks

3.3 Expert

LO: I can orientate myself using maps and a compass, creating simple maps using drawings/objects/senses (e.g. smell map) and can physically challenge themselves in the outdoor environment

SC:

I can use a compass to move in specific directions and follow instructions, I can make representational maps of a known area

I can balance on a slack line or similar and support others to complete physical challenges

I am beginning to lead others with challenges/solving problems/exploring independently



4. Survival Skills

4.1 Beginner

LO: I can find and add natural materials or decorations to shelters

SC:

I can find different length sticks, use string and with support tie sticks together

I can gather in a shelter to keep warm, eat and share conversations

I can scavenge for materials to enhance shelter

4.2 Intermediate

LO: I can create shelters using natural resources and/or tarps, with guy ropes and knots being added with support and guidance

SC:

I can independently collect shelter materials

I can create successful shelters with support which are waterproof

I can practice knots and attempt them following support

4.3 Expert

LO: I can use a specific shelter type for the environment/weather conditions

SC:

I can work with my peers to make a shelter

I can use necessary resources and knots independently to create a shelter (with peers)

I can reflect on my shelter and improve my design for the future



5. Woodland crafts and Tools (link to Junior Forester Award Pathway B)

5.1 Beginner

LO: I can work with support and/or peers to create crafts, art using natural resources

SC:

I can collect a range of natural resources for a project

I can create craft/art with supportive ideas

I can use simple tools e.g. hammers for hampa zome, sun printing paper, stones for grinding, digging tools (and know how to use them safely)

5.2 Intermediate

LO: I can begin to work independently to organise/collect materials to use in a craft project and use some tools with support

SC:

I can begin to work independently collecting items for a project

I can begin to use tools with more confidence and can work safely with an adult to use e.g. bow saw, loppers, penknife

I can use collected or worked items to create a finished project e.g. toasting stick, willow weaving, picture frame, dream catcher, bow and arrow etc

5.3 Expert

LO: I can use tools and skills learnt to create more independently or working with peers

SC:

I can follow safety rules and work carefully with peers

I can use a specific tool for a purpose towards their end design

I can complete more complex projects with adult support and review their design



6. Team skills

6.1 Beginner

LO: I can work in pairs or small groups with a forest school leader to complete simple challenges

SC:

I can use their communication skills and physical skills to complete tasks

I can work with others and an adult to problem solve, reflect, think creatively and learn from mistakes

I can take other feelings and emotions into consideration in the forest school environment

6.2 Intermediate

LO: I can confidently work through challenges with their peers (links to 4 c's P4C)

SC:

I am willing and able to work alongside their peers, listening, reflecting and improving

I can use different learning resources to work as a team

I can begin to recognise my strengths, areas of interest and expertise e.g. leadership, physical abilities, creative skills within a group

6.3 Expert

LO: I can work effectively as a team to solve multi step challenges

SC:

I can use my own and other member's strengths to work through a challenge

I can listen to others and recognise their contributions

I can lead a group challenge or support a leader to do so



7. Self Awareness

7.1 Beginner

LO: I can reflect on their session and what they are interested in doing next

SC:

I am willing to share my thoughts and observations with themselves and maybe others

I can go back and repeat an activity to improve its outcome

I can listen to others and their reflections

7.2 Intermediate

LO: I can take an active role on recognising their strengths and areas for development

SC:

I can demonstrate that I can reflect on my own attitudes, emotions and actions

I am willing to challenge and extend myself independently

I am able to take time to find my own sit spot when I need to check in with my emotions

7.3 Expert

LO: I can continuously reflect using a range of tools they have learnt and help others to do the same

SC:

I know when reflection time is needed and can manage my emotions

I know how I learn best in forest school and can start to apply this to all aspects of life

I actively create and pursue opportunities to develop myself



8. Risk and First Aid

8.1 Beginner

LO: I can work with peers and adults to find risks on my site and manage these

SC:

I can name basic risks and how to keep myself and others safe

I can suggest ways to keep others safe on site

I can use tools following safety instructions with adults

8.2 Intermediate

LO: I can follow simple first aid instructions to treat basic injuries on myself e.g. cleaning and dressing a small cut

SC:

I know how to access the first aid kit and what equipment they need

I know what to do to prevent injuries from happening e.g. safety climbing rocks, rope swing

I know how to respect the environment to prevent injuries to myself e.g. nettle ID

8.3 Expert

LO: I can treat others with simple first aid and support others to stay safe and happy in forest school

SC:

I know basic first aid and treat others with supervision

I carry out maintenance work to keep forest school site safe e.g. checking trees, checking fire circle, boundaries and litter picking

I share my own risk assessments and can demonstrate how to use tools safely to others

