

The PE and Sport Premium is ring-fenced funding for primary schools to enhance physical education, sport, and physical activity. While traditionally spent on coaching, equipment, and competitions, the guidance expressly allows schools to invest in sustainable, active learning initiatives—including Forest School provision—to boost pupils' physical engagement and wellbeing.

Forest School can be a suitable recipient of PE and Sport Premium funding because it promotes physical activity, enhances well-being, and aligns with the premium's goals of improving physical education and sports provision. Specifically, Forest School encourages outdoor play, builds confidence and self-esteem, and fosters a connection with nature, all of which can contribute to a healthier and more active lifestyle for students.

Here's why it aligns well with PE and Sport Premium funding:

1. Sustainable Impact – increased knowledge and skills of staff:

Investing in trained staff to deliver Forest School sessions can create a sustainable approach to physical education and outdoor learning.

Class teachers and support staff CPD when in 'the woods'.

Forest School can be embedded across different year groups, offering long-term benefits for all pupils.

This aligns with the premium's focus on making sustainable improvements to PE and sport provision.

2. Engagement of all pupils in regular Physical activity:

Forest School encourages children to be active outdoors, engaging in activities like climbing, balancing, and exploring natural environments.

This contrasts with more sedentary indoor activities and can help children meet recommended daily physical activity goals.

It can be particularly beneficial for engaging less active or reluctant pupils in physical activity.

3. Enhances Physical and Mental Well-being:

Research suggests that spending time in nature can improve physical health by increasing physical activity and reducing stress levels.

Forest School also promotes mental well-being by boosting confidence, self-esteem, and resilience, as well as reducing stress and improving mood.

These benefits align with the premium's aim to improve overall pupil well-being through physical activity.

4. Supports a Broader Curriculum and range of activities:

Forest School can be integrated into various areas of the curriculum, including science, literacy, and art, offering a holistic approach to learning.

It can also be used to support children's social and emotional development, as well as their cognitive skills.

This broader impact aligns with the premium's goal of enhancing the quality of PE and sport provision and supporting overall pupil development.

Forest school also Addresses Specific Needs:

- Forest School can be particularly beneficial for children who may not thrive in traditional classroom settings or those who are less engaged in traditional sports.
- It provides a different learning environment that can cater to diverse learning styles and needs.

By investing in Forest School, we effectively utilise some of the PE and Sport Premium to enhance physical activity, promote well-being, and create an engaging and sustainable approach to physical education for all pupils.