

## Core Skills Analysis

### Science / Nature Study

- Developed observational skills by noticing different plants, trees, or animals in their natural habitat.
- Gained understanding of ecosystems and the interaction between living organisms and their environment.
- Improved knowledge of local flora and fauna, possibly recognizing species native to the woods.
- Practiced sensory engagement by exploring sights, sounds, and smells unique to woodland areas.

### Physical Education / Wellbeing

- Enhanced physical fitness through walking and moving in an outdoor natural environment.
- Experienced mental health benefits associated with spending time in nature, such as stress reduction and mood improvement.
- Learned about the importance of outdoor activity and its positive impact on overall health.
- Developed coordination and balance by navigating uneven terrain in the woods.

### Geography / Environmental Awareness

- Understood landscape features characteristic of woodland areas, such as trees, soil types, and elevation.
- Developed awareness of human impact on natural environments by observing litter or conservation signs, if present.
- Showed early understanding of sustainability by appreciating natural habitats.
- Explored weather patterns and microclimates typical of woodland settings.

### Tips

Encourage the student to maintain a nature journal documenting their walks to deepen their observational skills and environmental awareness. Introduce identifying native species with guidebooks or apps to expand knowledge of biodiversity. Plan varied walks in different woods or natural reserves to notice ecological differences and seasonal changes. Engage in creative projects like leaf rubbings, nature photography, or building simple woodland shelters for hands-on learning about nature and survival skills. Encouraging reflection on the sensory experience can also enhance mindfulness and connection to the environment.

### Book Recommendations

- [The Lost Words](#) by Robert Macfarlane and Jackie Morris: A beautifully illustrated book celebrating nature and the vocabulary of the outdoors, inspiring young readers to appreciate their environment.
- [Fantastic Mr Fox](#) by Roald Dahl: A classic story set in a woodland environment that introduces themes of wildlife, resourcefulness, and coexistence with nature.
- [A First Book of Nature](#) by Nicola Davies: An engaging introduction to the natural world, encouraging curiosity about various plants and animals found in different habitats.

### Learning Standards

- Science KS2: Living things and their habitats - Recognising the diversity of living things in their habitats (NC science code: 4b/L2.1)
- Physical Education KS2: Developing strength, balance and coordination through outdoor activities (NC PE code: 2A/B2)
- Geography KS2: Physical geography - understanding land use, different environments and their

characteristics (NC geography code: G3/L2.3)

- PSHE KS2: Wellbeing - Recognising the benefits of physical activity and time outdoors (NC PSHE code: H81a)

### **Try This Next**

- Create a nature scavenger hunt worksheet listing items like specific leaves, insects, or sounds to find during a woods walk.
- Design a quiz with questions about trees, animals, and plants commonly seen in local woodlands.
- Draw and label a detailed map of the woodland area, including paths, notable trees, and wildlife observation points.
- Write a short story or poem inspired by the sights and sounds experienced during the woodland walk.

### **Growth Beyond Academics**

This activity fosters a sense of curiosity and calm, helping the student develop focus and mindfulness through direct interaction with nature. Walking independently or with others can build confidence and social connection while encouraging patience as they explore and observe at their own pace.