



Nightingale Primary School – Outdoor Learning Curriculum

Year overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Forest School					
Year 1						
Year 2						
Year 3	Epping Forest		Countryside Day – Falconhurst Cave visit – Rocks			Wonderful World of Bees workshop
Year 4	Countryside Day - Falconhurst	Seven Sisters Residential (2025 onward)				Hobbs Hill (2024 only)
Year 5			Guided Hike			Hobbs Hill camping Residential
Year 6					Outdoor adventure (kayaking/orienteering)	Hobbs Hill

National Curriculum Links to Outdoor Learning

Year Group	Main Outdoor Learning Opportunity	Skills/Concepts	Activities/Experiences	National Curriculum Links
Nursery	Forest School	Sensory exploration	Nature walks in forest school setting	PSHE (Personal, Social, Health, and Economic) Education; Understanding the World; Communication and Language
		Gross motor skill development	Outdoor play with natural materials	Physical Development; Expressive Arts and Design
Reception	Forest School	Basic nature awareness	Forest School sessions	PSHE (Personal, Social, Health, and Economic) Education; Understanding the World; Physical Development; Communication and Language
		Creativity and imagination	Nature art and storytelling	Expressive Arts and Design; Communication and Language; Understanding the World
Year 1		Environmental awareness	Forest School sessions	PSHE (Personal, Social, Health, and Economic) Education; Science (Living

	Forest School			things and their habitats); Geography (Human and physical geography)
		Basic outdoor survival skills	Shelter building and fire safety	Design and Technology; Physical Education
Year 2	Forest School	Plant and animal identification	Nature scavenger hunts	PSHE (Personal, Social, Health, and Economic) Education; Science (Plants; Animals, including humans); Geography (Geographical skills and fieldwork)
		Teamwork and cooperation	Group challenges in forest setting	PSHE (Personal, Social, Health, and Economic) Education; Personal, Social, and Emotional Development; Physical Education; Geography (Human and physical geography)
Year 3	Falconhurst Countryside visit day (Spring)	Environmental studies (planting, viewing farm)	Falconhurst Countryside visit day (Spring)	PSHE (Personal, Social, Health, and Economic) Education; Science (Rocks, Light, Forces and magnets); Geography (Locational knowledge; Place knowledge; Human and physical geography)
	Epping Forest	Navigation and map reading skills	Map reading and orienteering	PSHE (Personal, Social, Health, and Economic) Education; Geography (Geographical skills and fieldwork)

Year 4	Falconhurst Countryside visit day (Autumn)	Environmental studies (Harvest)	Falconhurst Countryside visit day (Autumn)	PSHE (Personal, Social, Health, and Economic) Education; Science (Rocks, Light, Forces and magnets); Geography (Locational knowledge; Place knowledge; Human and physical geography)
	Hobbs Hill Residential (2024) 2025 onwards – Seven Sisters Residential (sea and beach)	Camping skills and outdoor cooking	Hobbs Hill Camping Trip	PSHE (Personal, Social, Health, and Economic) Education; Design and Technology; Geography (Human and physical geography); Physical Education
		Environmental stewardship	Litter clean-up and campsite care	PSHE (Personal, Social, Health, and Economic) Education; Science (Working scientifically); Geography (Geographical skills and fieldwork)
Year 5	Hobbs Hill Residential	Wilderness exploration	Hiking and exploring natural habitats	PSHE (Personal, Social, Health, and Economic) Education; Geography (Human and physical geography; Geographical skills and fieldwork); Science (Living things and their habitats)

		Outdoor problem-solving	Team challenges during camping trip	PSHE (Personal, Social, Health, and Economic) Education; Geography (Human and physical geography; Geographical skills and fieldwork); Mathematics; Physical Education
Year 6	Hobbs Hill Residential Winter Residential (Ryewell wild camp)	Leadership and resilience	Camping Trip (wild)	PSHE (Personal, Social, Health, and Economic) Education; PSHE (Personal, Social, Health, and Economic) Education; Geography (Human and physical geography; Geographical skills and fieldwork)
		Survival skills	Shelter building and navigation	PSHE (Personal, Social, Health, and Economic) Education; Design and Technology; Geography (Human and physical geography; Geographical skills and fieldwork)
	Outdoor adventure – Kayaking and orienteering	Survival skills	Outdoor adventure – Kayaking and orienteering	PSHE (Personal, Social, Health, and Economic) Education; PSHE (Personal, Social, Health, and Economic) Education; Geography (Human and physical geography;

				Geographical skills and fieldwork)
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