Forest School Skills Progression

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|  | **Fine Motor** | **Gross motor** |
| **Age 3** | Dressing independently (large buttons, socks, shoes) | Catching a ball |
|  | Cutting a continuous line | Standing on one foot for up to 5 seconds |
|  | Using a tripod grip | Imitating bilateral movements (e.g. arms up together) |
|  | Colouring inside lines | Climbing up and onto / down furniture  |
|  | Writing name | Climbing on ladders |
|  | Copying letters and numbers | Pedalling a tricycle |
|  | Opening zip lock bags, containers and lunch boxes |  |
| Age 4 | Cutting out simple shapes – holding correctly and making small snips | Kicking a ball forwards |
|  | Peeling carrots | Catching a ball that has been bounced |
|  | Using a fire strike to create sparks | Running around obstacles |
|  | Basic granny knot | Jumping 10 times consecutively maintaining distance of jumps |
|  | Simple cutting of vegetables (1-1) | Walking on tip toe |
|  |  | Walking along a line |
|  |  | Hopping on one foot |
|  |  | Jumping over an object and landing feet together |
|  |  | Standing on one foot for 10 seconds |
|  |  | Hanging from a bar/trunk for at least 5 seconds |
|  |  | Drilling holes with supervision |
| Age 5-6 | Dressing/undressing independently excluding shoe laces | Catching a ball with 2 hands |
|  | Writing numbers 1-10Correct formation | Kicking a ball with some accuracy |
|  | Writing letters independently Correct formation | Walking backwards heel to toe |
|  | Opening zip lock bags, containers and lunch boxes | Hanging from a bar/trunk for at least 10 seconds |
|  | Dressing and toileting independently | Holding/moving across monkey bars without support |
|  | Cutting neatly around shapes | Running around obstacles whilst maintaining balance |
|  | Using a three fingered pencil grip | 1-1 with an adult using a bow saw, pruning saw, loppers |
|  | Whittling sticks | Independent hand drill use |
|  | Cutting string and wool |  |
|  | Tying more secure knots and lashings to build structures |  |
|  | Chopping fruits and vegetables for cooking (supervised) |  |
| 7-8 | Tying shoelaces | Kicking a ball with accuracy and consistency |
|  | 1-1 knife skills – understanding safe working distances (blood bubble) | Walking on a balance beam |
|  | Whittling, cutting, carving confidently and safely with supervision | Standing and maintaining balance on one foot |
|  |  | Using a skipping rope |
|  |  | Riding a bike |
|  |  | Coppicing, selecting wood, understanding safe working distances (blood bubble) |
|  |  | Learning more sophisticated knots |