



Forestry Commission Scotland
Coimisean na Coilltearachd Alba

The Woodland Workout Physical Activities

A resource for educators





The Woodland Workout

WARM UP ACTIVITIES

Arm Swinging / Leg Swinging
Body Twisting / Twist Ups
Tree Shuttle Runs
Star Jumps / Burpees

WORKOUT ACTIVITIES

Tree Push Ups
Heel Flicks
High Knees
Jump and Touch
Tree Circles
Line Jumps / Grid Run
Squats
Frog Jumps

COOL DOWN ACTIVITIES

Body Circles / Tree Push
Tree Walks
Arm Swinging / Arm Stretches



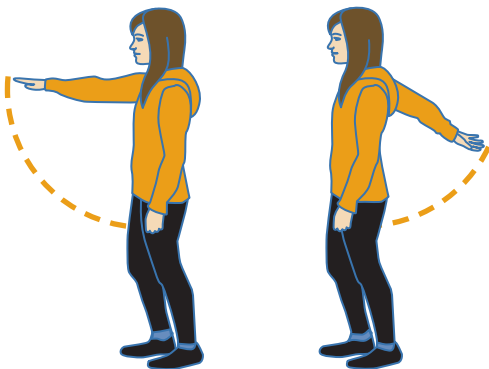
WARM UP ACTIVITIES

Arm Swinging

Find a big open space.

Swing your left arm forwards 10 times.
Then backwards 10 times.

Do the same with your right arm.





WARM UP ACTIVITIES

Advanced exercise for older students

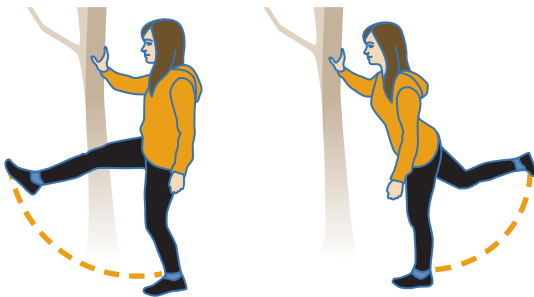
Leg Swinging

Whilst using a tree for balance with one arm, swing your leg forward for a high kick and back into back kick, repeat on other leg.

Focus on achieving a full arc from front to back with an extended leg.

Repetition: 10 per leg

Area worked out: Lower back and hamstrings.



The Woodland Workout



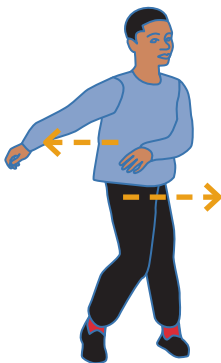
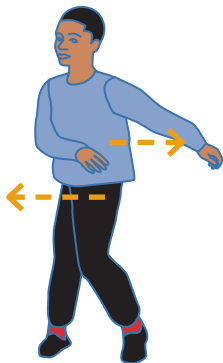
WARM UP ACTIVITIES

Body Twisting

Put your hands to the left and twist to the right.

Then twist to the left.

Do this 10 times.





WARM UP ACTIVITIES

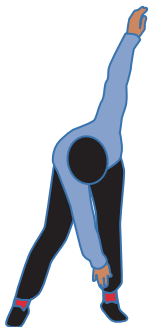
Advanced exercise for older students

Twist Ups

From a star shape, keeping a straight back, rotate down with one arm to touch the opposite ankle, then up again to star shape, repeat on both sides for one run through.

Repetition: 10 per leg

Area worked out: Lower back, lateral chest muscles, hamstrings, inner thigh.





WARM UP ACTIVITIES

Tree Shuttle Runs

Find Two Trees in a Space.

Run from one tree to the other, touching it when you reach it.

Do this 10 times running.





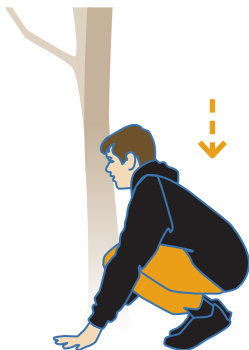
WARM UP ACTIVITIES

Advanced exercise for older students

Tree Shuttle Runs Advanced

Each time you reach a tree squat once at each tree, then build up – 2 at each tree then 3 etc. Replace with sit-ups if the ground is not muddy or wet.

Area worked out: Cardiovascular warm-up. Squats activate thighs, calves and back muscles. Sit-ups activate the abdominal muscles and supporting lateral muscles.





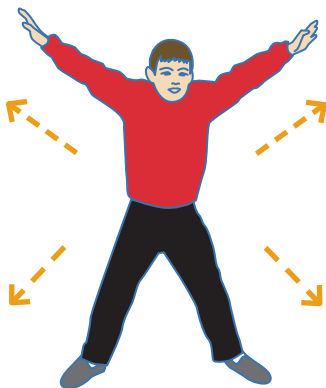
WARM UP ACTIVITIES

Star Jumps

Find a space.

Starting with your hands by your sides, jump out to make a star shape.

Do this 10 times.





WARM UP ACTIVITIES

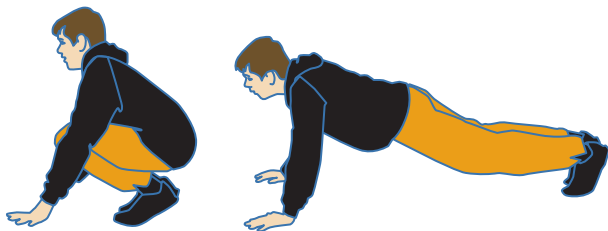
Advanced exercise for older students

Burpees

Squat down, put hands on ground then jump legs out to push-up position, and then jump legs back into squat position then leap up.

Repetition: 5 –8

Area worked out: Thighs, abdominals, chest, arms and cardiovascular.





WORKOUT ACTIVITIES

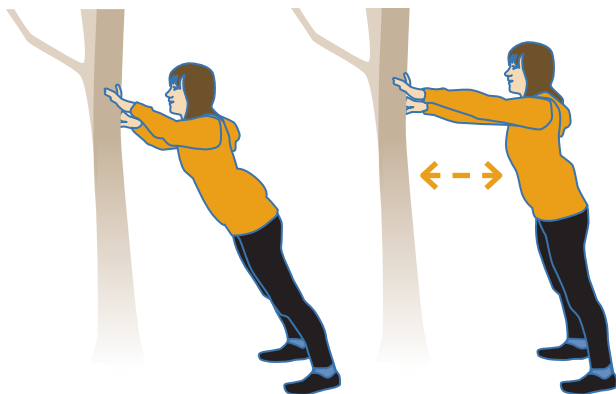
Tree Push Ups

Find a big tree.

Lean against it with your arms straight.

Next bend your arms. Then push away from the tree, straightening your arms again. Keep your legs straight.

Do it 10 times.





WORKOUT ACTIVITIES

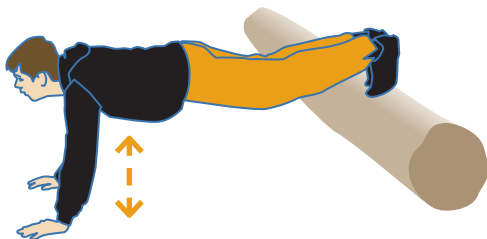
Advanced exercise for older students

Tree Push Ups Advanced

Rather than a vertical tree, find a log. Do push ups with hands on the log. For an added challenge try incline push ups with your feet on the log and hands on the ground.

Repetition: 10

Area worked out: Incline push ups work the lower chest muscles and arm muscles.





WORKOUT ACTIVITIES

Heel Flicks

Find a tree to use for support.

Bring one heel up whilst keeping the other leg straight.

Do the same with your other heel.

Do this 10 times.





WORKOUT ACTIVITIES

Advanced exercise for older students

Heel Flicks Advanced

Whilst jogging round a tree or clearing, flick your heels up towards your bum.

Repetition: 30 seconds to 1 minute

Area worked out: Cardiovascular workout along with working the thighs and calves.





WORKOUT ACTIVITIES

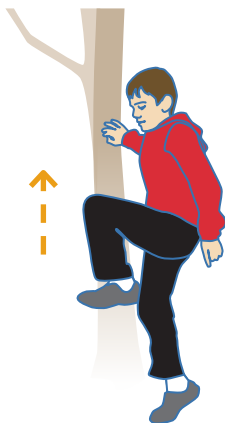
High Knees

Find a tree to use for support.

Bring one knee up whilst keeping the other leg straight.

Do the same with your other knee.

Do this 10 times.





WORKOUT ACTIVITIES

Advanced exercise for older students

High Knees Advanced

Whilst jogging round a tree or clearing, raise your knees up towards your chest.

Repetition: 30 seconds

Area worked out: Cardiovascular workout along with working the lower back and abdominals.



The Woodland Workout



WORKOUT ACTIVITIES

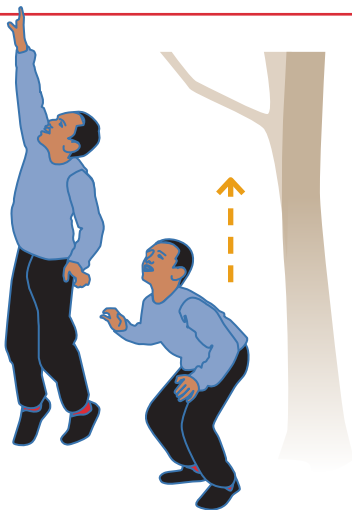
Jump and Touch

Find a space next to a tree.

Jump and reach up to touch the tree.

Do this 10 times.

How high can you reach?





WORKOUT ACTIVITIES

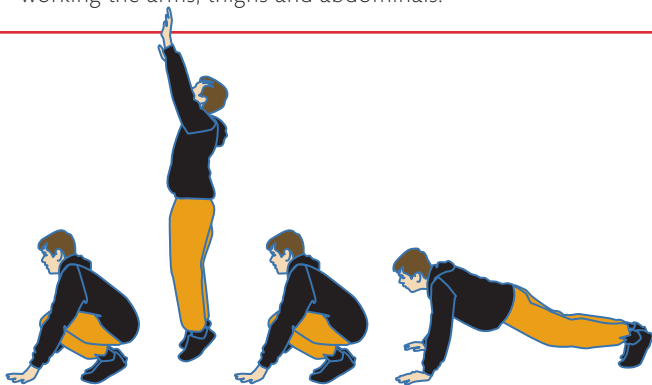
Advanced exercise for older students

Jump and Touch Advanced

Squat down, put hands on ground, jump out to push-up position, jump back into squat then leap up and touch a branch – aim for higher and higher branches.

Repetition: 5

Area worked out: Cardiovascular workout along with working the arms, thighs and abdominals.





WORKOUT ACTIVITIES

Tree Circles

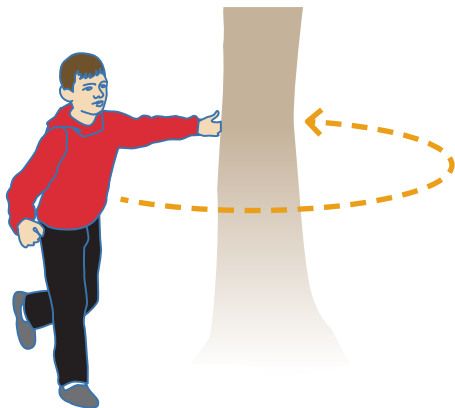
Find a big tree.

Lay one hand on to the trunk and run round it.

Do this 5 times.

Then run 5 times around in the other direction.

Try not to get too dizzy!





WORKOUT ACTIVITIES

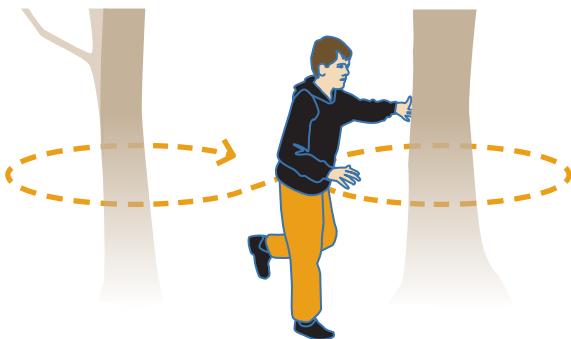
Advanced exercise for older students

Tree Circles Advanced

Increase the amount of circles, run between two trees, circle each one the appropriate amount of times. Increase distance between trees.

Repetition: Build up to 3 circles round trees

Area worked out: Cardiovascular workout.





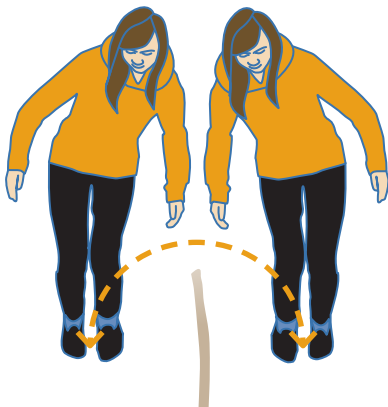
WORKOUT ACTIVITIES

Line Jumps

Find a long stick and place it in a space on the ground.

Bend your knees and jump from side to side over the stick.

Do this 10 times.





WORKOUT ACTIVITIES

Advanced exercise for older students

Grid Run

Lay out a series of branches like a ladder, running with knees up, race along the ladder.

Repetition: 3-4 times increasing speed

Area worked out: Cardiovascular workout along with working the legs and abdominals.





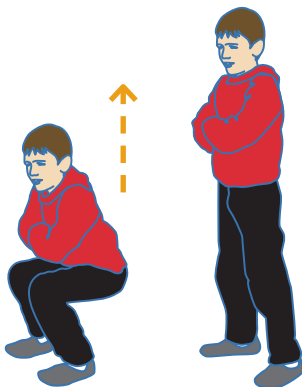
WORKOUT ACTIVITIES

Squats

Fold arms and squat down bending your knees, keeping your back straight (keep your knees above your feet).

Push back up to a standing position.

Do this 10 times.





WORKOUT ACTIVITIES

Advanced exercise for older students

Squats with added weight

Maintaining a straight back and holding a log or two pine cones out in front of you, squat.

Push back up to a standing position.

Repetition: 5–10

Area worked out: Lower back, abdominals and legs.





WORKOUT ACTIVITIES

Frog Jumps

Choose two trees with some smooth ground between them.

Squat down bending your knees, keeping your back straight.

Make a big jump.

Now frog jump 10 times between the two trees.





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The Woodland Workout



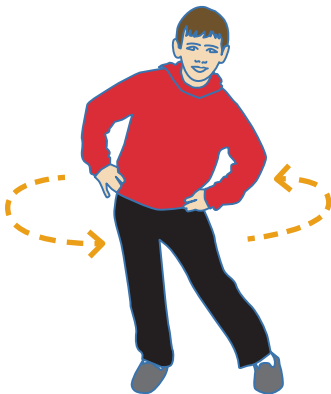
COOL DOWN ACTIVITIES

Body Circles

Put your hands on your hips and circle your hips round pushing them forward then to the side then back.

Do this 10 times.

Circle in the other direction 10 times.





COOL DOWN ACTIVITIES

Advanced exercise for older students

Tree Push

Using a tree as a balance, side stretch over to the tree and push into it.

Repetition: 30 seconds per side

Area worked out: Stretching lateral torso muscles.





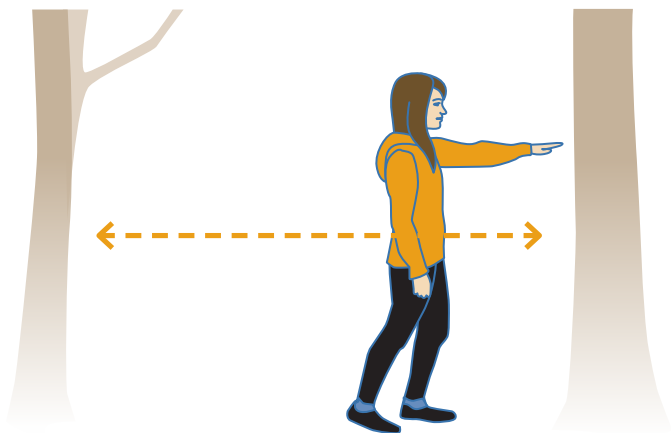
COOL DOWN ACTIVITIES

Tree Walks

Find two trees in a space.

Walk from one tree to the other, touching it when you reach it.

Do this 10 times walking back and forward.





COOL DOWN ACTIVITIES

Advanced exercise for older students

Tree Walks plus leg extension

Walk between trees, long lunge when you get there and push into tree and through heels.

Repetition: 30 seconds per leg

Area worked out: Stretching calves and hamstrings.





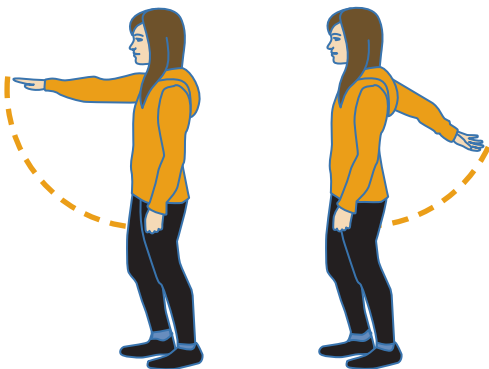
COOL DOWN ACTIVITIES

Arm Swinging

Find a big open space.

Swing your left arm forwards 10 times.
Then backwards 10 times.

Do the same with your right arm.





COOL DOWN ACTIVITIES

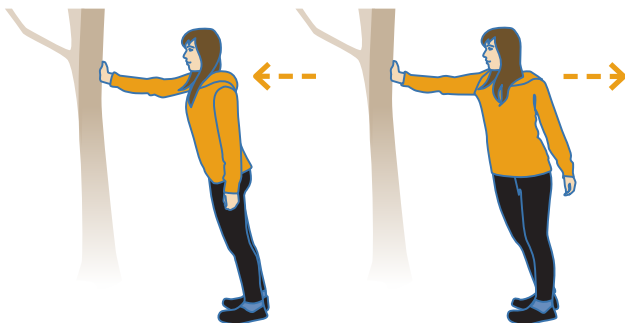
Advanced exercise for older students

Arm Stretches

Using a tree, place the palm of your hand on the tree with arm straight and hand rotated 90 degrees away from you. Press heel of hand into tree and turn your torso and body away from the tree. Repeat on other arm.

Repetition: 30 seconds per arm

Area worked out: Stretching upper arm and shoulder.

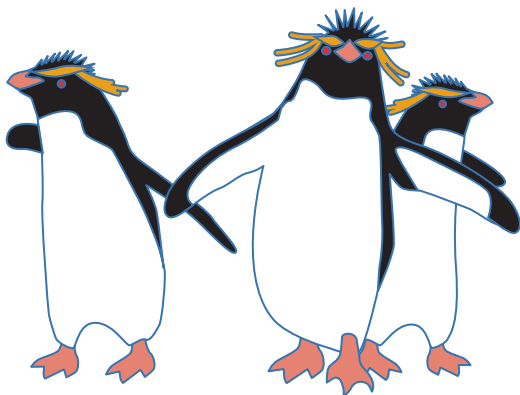




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The Woodland Workout Activities

A resource for educators





The Woodland Workout Activities

Contents

Ants
Art Attack
Collections
Creating Mini Worlds
Hug a Tree
In the Box
Penguin Game
Poles
Sticks
Take a Spot





Ants

What you need

One long line of people
A leader
Forest objects

What to do

1. Choose a leader and then follow them as they weave in and out of the forest.
2. Pass various objects from the forest floor, over your head, to the person behind.
3. The leader then runs to the back of the line once the object has been passed on.
4. If the object is dropped then it has to go back to the start of the line again.
5. The new leader then chooses another object to pass behind.

Can you think of any ways that help your team to work together safely (e.g. sing a song/chant)?





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Art Attack

What you need

Natural objects

What to do

1. Collect a set of objects.
2. Arrange them in a pattern, picture, shape or sculpture.
3. Give your art a title.
4. Take a photograph.





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Collections

What you need

Pockets for collecting

What to do

1. With a friend fill your pockets with 10 different things from the forest.
2. **Kim's Game**
Lay your things out on the ground. Get a friend to look at the things and memorise them. Cover your things. Your friend must collect the same things. Compare your collections.
3. Take one thing away. Take the cover off. Your friend must guess what is missing.
4. Sit with a friend. Lay your things out on the ground. Choose one thing. Describe this thing. Your friend must guess what you are describing and point to it. Take turns.
5. **Sorting**
Sort your things. Your friend can guess how you have sorted your things. Re-sort your things in a different way.
6. **Pictures**
Make a picture with your things.



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Creating Mini Worlds

What you need

- 8 small sticks to make a circle
- Flags (made from sticks and leaves)
- Natural objects
- A wild imagination

What to do

1. Find a piece of grass/moss and place your sticks in a circle or shape – this is the fence of your park/world.
2. Using your flags and natural objects, e.g. pine cones, leaves etc., create your own mini park/world for your creature. (You could even have a roller-coaster!)
3. Now create your own sound effects using your voice or tapping stones etc.
4. Invite other groups to your park and tell them about your park/world.
Remember your sound effects.



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Hug a Tree

What you need

- A partner
- A blindfold

What to do

1. Choose a partner to work with. Decide who will be blindfolded first, the other person will be the guide.
2. Put on the blindfold. Carefully turn the 'blind' person around three times.
3. Now carefully lead the 'blind' person to a tree (about ten to twenty paces away) and let them touch and smell the tree of your choice.
4. Lead them back to the starting point and, again, turn them around three times. Remove the blindfold.
5. The 'blind' person has now to try and find the tree they 'hugged'.
6. Swap places and choose another tree. Do the same again.



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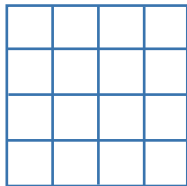
In the Box

What you need

Sticks for making a grid

What to do

1. With a friend collect 6 pairs of objects e.g. 2 stones, 2 leaves etc. Sit back to back with your friend.
Arrange your sticks in a 2 by 2 grid (or 3 by 3, or 4 by 4).
Decide who is to be the boss.
2. The boss picks up an object and places it in his/her grid and describes to his/her friend where it is, e.g. top right, one to the left and two up etc.
3. The friend must place their identical object in the same place on their grid.
4. Do this 4 times. Stand up and look at your grids—
are they the same?





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Penguin Game

What you need

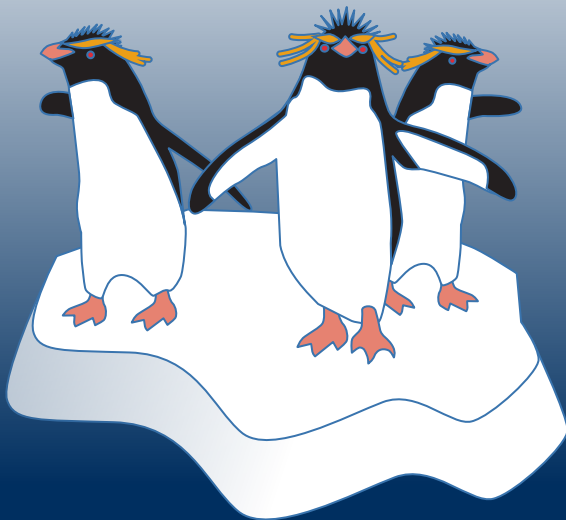
1 large tarpaulin

What to do

1. The tarpaulin is an iceberg and you are all penguins. Stand on the iceberg and huddle together to keep warm.
2. Because of global warming, the iceberg is melting. Fold it in half whilst you are all still standing on it. Take care that no penguins fall into the dangerous waters!
3. Keep folding the iceberg in half, using teamwork to keep all the penguins together.
4. How many penguins can survive?



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Poles

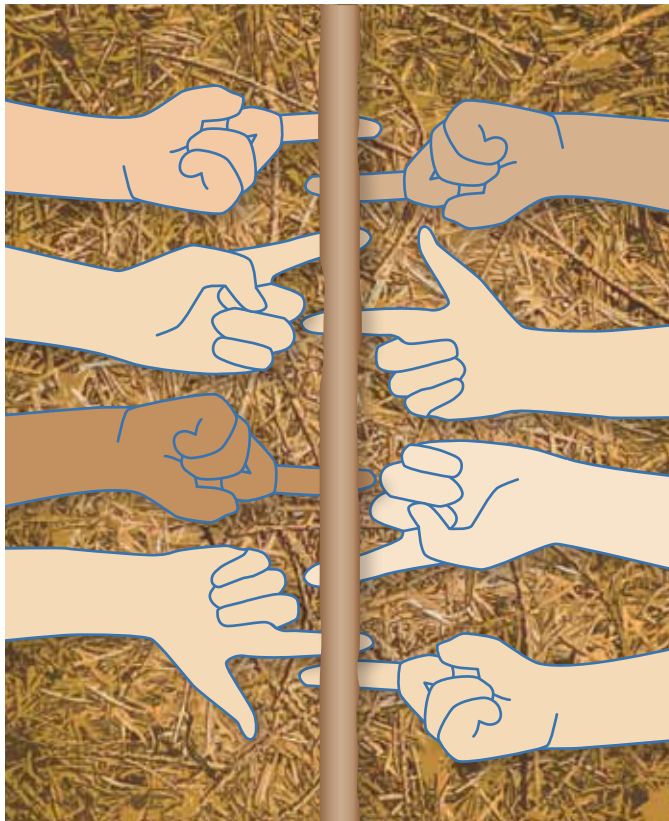
What you need

Two long poles

Lots of co-operation

What to do

1. Divide yourselves into two teams, stand in two rows facing each other.
2. Place the pole on the ground in between.
3. Bend down and place two fingers of each hand under the pole.
4. Now work together to lift the pole up into the air above your heads. *It must remain level at all times.*
5. Now lower it to the ground, again, keeping it level. *Remember to work together as a team.*
6. Try this again, using only one finger of each hand, then only one finger each.
7. **Rivers:** Find another long pole and use both your poles to make the banks of a river that you can JUST jump across. (as wide as you can). Can the tallest person jump the widest river?





Sticks

What you need

9 sticks the same size

What to do

1. Make as many different polygons as you can with your sticks (a polygon is a shape with straight edges).
2. Take 3 sticks. Make an equilateral triangle.
How many equilateral triangles can you make with 4 sticks? 5 sticks? 6 sticks etc.
(An equilateral triangle has all sides the same size.
You might find 9 sticks a bit of a surprise!)





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Take a Spot

What you need

A quiet place to sit

What to do

1. Find a quiet spot on your own and find a comfortable position, maybe sitting with your back resting against a tree and your legs stretched out. Close your eyes and take a couple of deep breaths to help you relax.
2. Open your eyes. Sit very still and the things around you will start returning to their normal activity. You might get a close look at a bird or an animal or begin seeing and feeling things you've never noticed before.
3. Choose one sense (hearing, touch, smell, sight). Think of 10 things you can either hear, touch, smell or see. You could try to find things that start with different letters of the alphabet.
4. Compare your list with a partner – did they notice anything that you didn't?



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The Woodland Workout

Commonwealth Games Activities



SET UP ACTIVITIES

The aim of these activities is to create a sense of pageantry and also a sense of participation at all levels of the games. Creating the space in which the games take place helps in setting a mood of friendly competition, as is the spirit of the games.

GAMES

Not all commonwealth sports are suitable for transplanting to woods or green spaces. Contained are several examples of adapted sports. Create spaces and 'arenas' from the natural surroundings; utilise branches and sticks for marks and lines.

Materials needed from school: Tennis ball, foam javelins, ropes.

RETURN ACTIVITIES

These activities can take place at the end of your session in the woods/trees or as a 'homecoming' to the school. They represent the winding up of the games and the celebration of achievement.



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Humanity, equality and destiny



GLASGOW 2014

XX COMMONWEALTH GAMES



This pack contains supplementary activities to The Woodland Workout relating to the Commonwealth Games

Commonwealth Games Links

<http://www.gameonscotland.org>

<http://www.glasgow2014.com/games>

<http://www.thecgf.com/games/>

<http://thecommonwealth.org/>

The Woodland Workout



SET UP ACTIVITIES

Collecting Materials

Collect materials from the woods – for wreaths and medals to present to your winning teams.

Create a podium area and an area for a presentation ceremony.

Create a medal tally board using a stick grid – use leaves, stones and seed pods as tally marks. Use this grid to keep score and show the overall winning team.

Also decide on what natural materials will represent your gold, silver and bronze medals. At the end of the session have a medal giving ceremony.



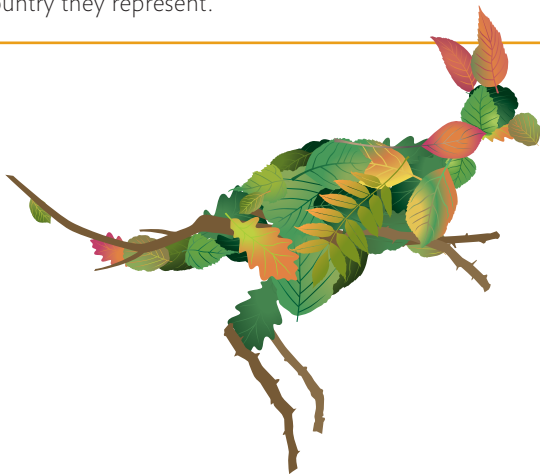


SET UP ACTIVITIES

Creating Representations

Choose countries for teams to represent.

Using natural materials create a representation of your country e.g. a kangaroo for Australia. This can be done as a guessing game where each team is allocated a country in secret and teams must guess from the teams' creations what country they represent.





SET UP ACTIVITIES

Make a Flag

In groups use natural materials to make a representation of your country's flag.



Bangladesh

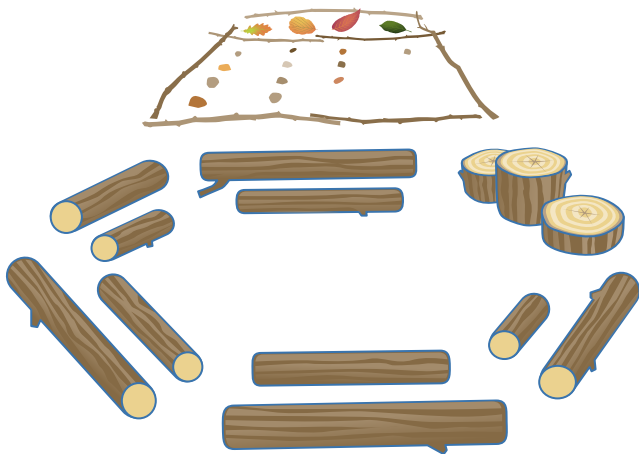


SET UP ACTIVITIES

Eco Stadium

Design and build an eco-stadium out of found materials.

Describe its features and take the other teams on a tour of your stadium.





SET UP ACTIVITIES

Commonwealth Symbol

Design a symbol using found materials for the entire Commonwealth denoting the Commonwealth Games' motto – the virtues of *Humanity, Equality and Destiny*.

Describe how your sculpture/symbol represents these virtues of the commonwealth.





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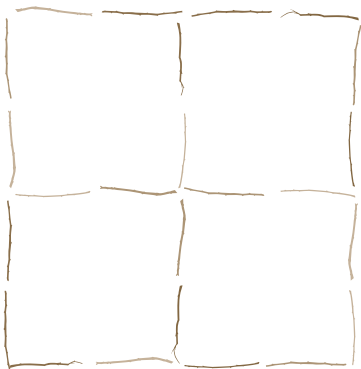
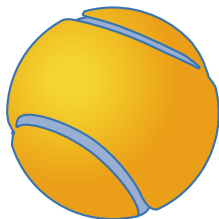
GAMES

Table Tennis

Use a tennis ball.

Create a down-ball court (square court divided into four) from sticks.

Play a 'round robin' tournament – each participant plays every other participant once. Try to have continuous play for added excitement.





GAMES

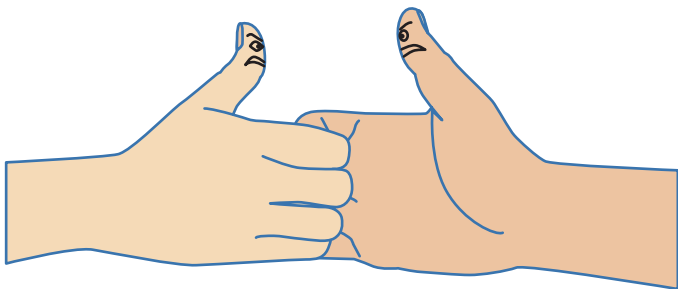
Judo

Replace the actual judo with thumb wrestling.

Create a space, a ring and create a sense of drama.

Bouts are best of three.

Teams can nominate their champion wrestlers by knockout rounds if desired.





GAMES

Hockey

Using pine cones as putts, create a goal space and line up cones.

Winner is best of three shots on goal.

No goalie and participants stay behind the line.





GAMES

Bowls

Use pine cones or small sticks.

Follow the rules of *Bocce*. Instead of rolling the 'balls' you throw them and try to get as close to the 'jack' as possible





GAMES

Triathlon

Best of any three activities.

For example, running, hockey and bowls.



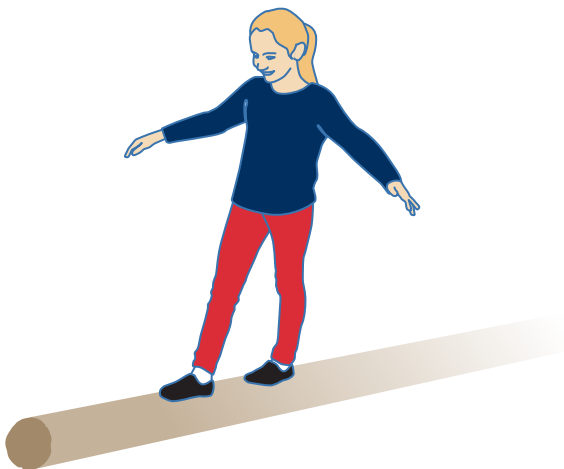


GAMES

Gymnastics

Create a balance beam on a log (low level), or create a balance track from logs that participants must traverse.

Time the successful traverses, with time penalties for slipping off.



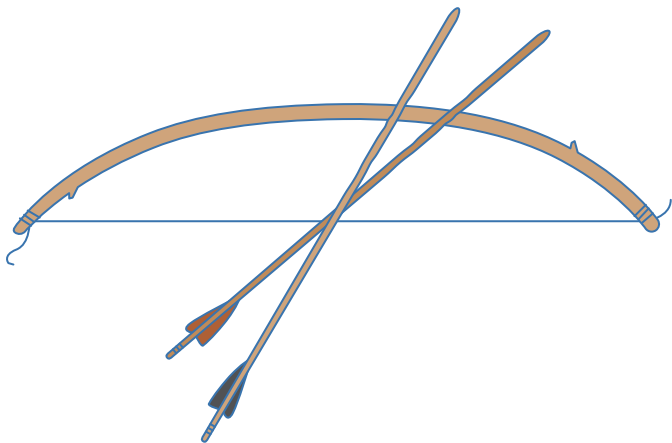


GAMES

Archery

Make bows and arrows and create targets or sculptures of wood with varying target points for areas and accuracy.

Each participant has three shots.





GAMES

Cross Country

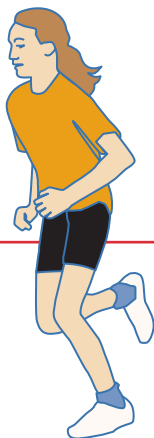
Field area or track through woodland.

Space staff appropriate to staffing numbers along the length of the course.

Depending on the age of participants, vary the number of laps.

Scoring: Only the first member of a team scores when they cross the line. So if two members of a team cross the line after each other they would get only the gold, not gold and silver.

The next team to cross after that would get silver and so on.





GAMES

Shot Putt

Most P.E. stores have wooden shot putts. However pine cones are equally useful and possibly more accessible.

Use marker sticks as flags to record the landing area and best of three for each participant.





GAMES

Javelin

Foam javelins are available in most P.E. stores.

Use marker sticks and best of three throws.





GAMES

Long Jump

Rather than a running jump into sand, run this event as a standing jump, with feet together.

Again use marker sticks (laying down flat) to record participants jumps, with the best of three jumps scored.





GAMES

Relay

Race against the other teams, use the woodland workout exercises and a short running course.

At each point teams must complete a number of exercises, run back to their team and the next member completes the next exercise, and so on, until all team members have completed a run.





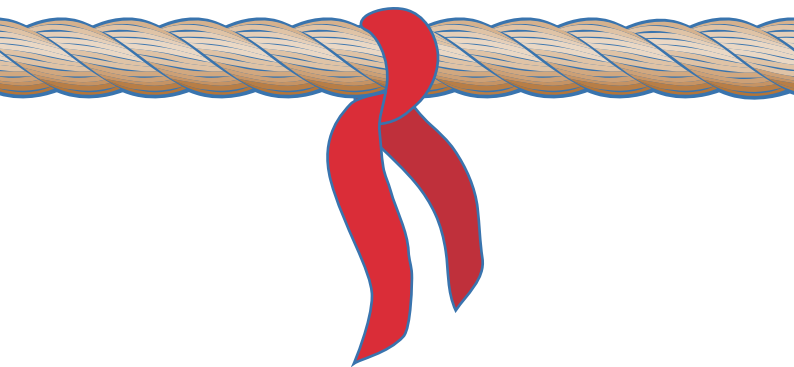
GAMES

Tug of War

Two teams face off with equal lengths of the rope on their sides.

Tie a flag or marker cloth to the centre of the rope and place markers at the feet of the first member of each team.

Teams win by pulling the flag over their marker line.





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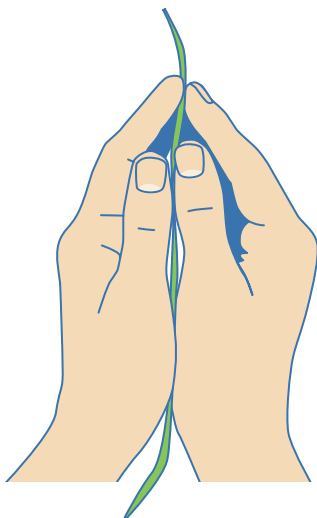


RETURN ACTIVITIES

National Anthem

Based on sounds of the woodland, create a cacophony to perform when your team wins.

Remember, practice, practice, practice!





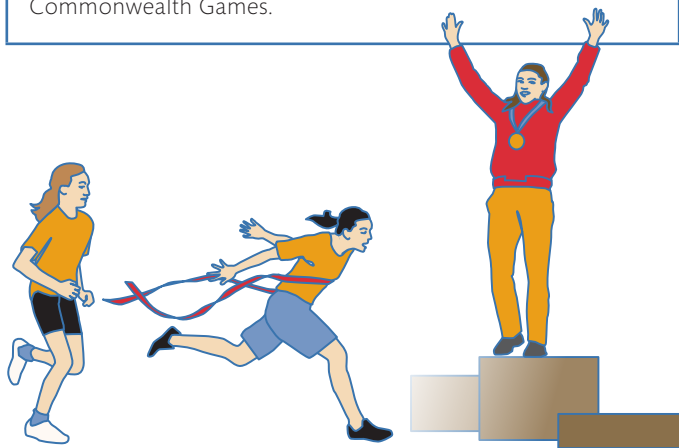
RETURN ACTIVITIES

Picture Perfect

Create a three-frame montage (freeze frames – where students freeze in a position depicting some aspect of the event), using forest materials as props.

Tell a story through these three images. For example the winning of a race, the medal giving and the home-coming.

These can be shown to other classes as a gazette of the Commonwealth Games.

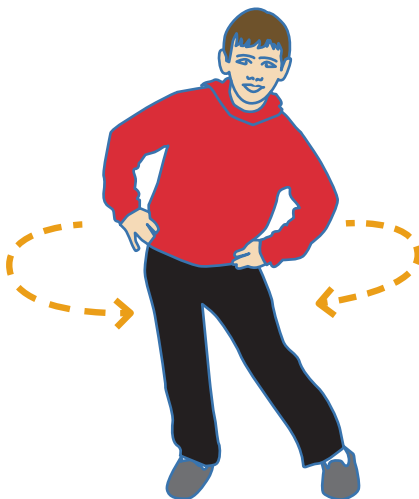




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The Woodland Workout Teachers' Guide

A resource for educators





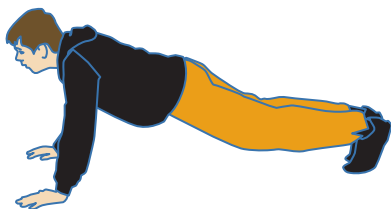
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The Woodland Workout

Teachers' Guide

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Introduction

The Woodland Workout An Enterprising and Active Woodland Trail

The original Woodland Workout was a Forest Education Initiative project supported by the Forestry Commission Scotland. The resource was developed by four teachers. The aim of the project was to produce a resource that could be easily used by teachers and enable them to offer a wide range of outdoor activities and exercises to their pupils. The activities have been adapted from a wide range of sources, which can be found in the bibliography.

This is the updated version of the Woodland Workout.

Example of 'active responsibility'

Risks – learning to mediate risks, take appropriate risks and thus minimise harmful risk or adverse risk taking, is essential to successful, confident learners. Managing failure and seeing risks as problem solving are also fundamental to lifelong learners. As such all natural settings should be promoted as places where risk and 'failure' are positive learning environments. The use of a natural environment promotes 'best-fit' problem solving and risk taking in a positive environment. Participants need to evaluate their own expectations and outcomes – there are no templates or correct answers in nature. Nature is not 'made' for humans and therefore there may be no solution, other than the one arrived at by consensus of the participants. This should be a key focus for Woodland Workout activities. Creativity and imaginative play, utilising the natural world, are to be encouraged and fostered in students.

Overview

Aims

To enable all children (aged 3-14 years), to participate in enjoyable learning experiences in local woodlands and other outdoor environments such as playgrounds and parks, that will develop enterprising knowledge, skills and attitudes and promote physical health and wellbeing.

Enterprise Aims – The 6 Rs

To help children develop an enterprising attitude, the trail aims to incorporate activities that:

- Have REAL learning contexts
- Are RELEVANT to pupils of different ages, stages and abilities
- Encourage active RESPONSIBILITY
- Promote inclusion, enabling all pupils to have a ROLE
- Encourage children to consider RISKS
 - thinking about potential hazards
 - learning to take risks in problem solving and to manage 'failure'
- Enable children to REFLECT on their performance and adapt strategies accordingly





Physical Activity Aims

- To promote healthy and active lifestyles, the trail aims to:
- Promote inclusion
- Provide opportunities for quality, safe and fun physical activity
- Promote a positive attitude towards participation in physical activity
- Encourage and support children to reach their full potential within physical activity



A Curriculum for Excellence

Using the framework from 'A Curriculum for Excellence' the trail also aims to develop:

Successful learners

with:

- Enthusiasm and motivation for learning
- Determination to reach high standards of achievement
- Openness to new thinking and ideas

able to:

- Use literacy, communication and numeracy skills
- Use technology for learning
- Think creatively and independently
- Learn independently and as part of a group
- Make reasoned evaluations
- Link and apply different kinds of learning to new situations



Confident individuals

with:

- Self respect
- A sense of physical, mental and emotional wellbeing
- Secure values and beliefs
- Ambition



able to:

- Relate to others and manage themselves
- Pursue a healthy and active lifestyle
- Be self aware
- Assess risks and make informed decisions
- Achieve success in different areas of activity

Responsible citizens

with:

- Respect for others

able in the longer term to:

- Develop knowledge and understanding of the world
- Make informed choices and decisions
- Evaluate environmental, scientific and technological issues
- Develop informed, ethical views of complex issues
- Participate responsibly in political, economic, social and cultural life

Effective contributors

with:

- An enterprising attitude
- Resilience
- Self-reliance



able to:

- Communicate in different ways and in different settings
- Work in partnerships and in teams
- Take initiative and lead
- Apply critical thinking in new contexts
- Create and develop
- Solve problems





Trail Design

The trail comprises of:

- Activities – which encourage a wide range of skills and learning experiences
- Physical exercises – which encourage enjoyment of physical activity

The trail has been designed to:

- be easily used by any leader, e.g. teacher, parent, youth leader
- be easily and quickly set up and taken down by any leader
- require little prior knowledge
- cater for children aged 3-14 years, of different ability levels
- be as flexible as possible in order to meet individual needs
- be set up in school grounds, local park or woodland
- rely on only a few, easily obtainable resources
- require little paperwork
- accommodate groups of up to 32 children



How to use the trail

The Woodland Workout includes:

- 10 activity cards
- 15 physical exercise cards



Other resources you will need

- 20 plastic pegs or pieces of string to hang up the Activity Sheets in the woodland.
- 1 large tarpaulin for ACTIVITY – Penguin game
- 16 blindfolds for ACTIVITY – Hug a tree (you could make these from scrap fabric/scarfs)
- Paper and pens for ACTIVITY – Take a spot

Children will need to find (outside):

- 9 sticks per pair for ACTIVITY – Sticks (lollipop sticks can be used in case sufficient sticks cannot be found)
- Woodland materials for ACTIVITY – Art attack
- Sticks for ACTIVITY – Creating mini-worlds (string could be used if sufficient sticks cannot be found)

For some activities it would be useful to record outcomes digitally.



Preparing the trail

It is suggested that the leader visits the selected site and conducts a risk assessment in line with school policy.

The trail should be set up in advance by attaching task cards to the trees.

The task cards should be attached in such a way that they can be easily seen. Brightly coloured ribbons can be attached to task cards to aid visibility.

Note: The places where the tasks are pegged are referred to below as 'Woodland Stations'.

Suggested sequence of tasks

See the table for suggested order of activities and physical exercises, designed to achieve a balance of cognitive and physical activities.

The physical exercises have been sequenced in order to allow children to warm up, exercise heavy muscles, perform aerobic exercise and then warm down.

It is not necessary to do all the activities and physical exercises. Leaders can pick and mix activities and physical exercises to suit the age, stage and ability of their group, the woodland environment and time available. However, it is advised that leaders incorporate at least one of each type of physical exercise e.g. one warm up, one workout, and one warm down, in that order.

Suggested structure of trail

The trail can be organised sequentially either:

- In a loop
- In a line
- From a base



Suggested sequence of tasks

Woodland Station	TASK
1	Poles 2 long sticks
2	Warm-up – Arm Swinging
3	Collections (a selection of woodland materials)
4	Warm-up – Body Twisting
5	Warm-up – Tree Shuttle Runs
6	Hug a Tree (16 blindfolds)
7	Warm-up – Star Jumps
8	Take a spot
9	Work-out – Tree Push Ups
10	Tarpaulin games (large tarpaulin)
11	Work-out – Heel Flicks
12	Work-out – High Knees



Suggested sequence of tasks (continued)

Woodland Station	TASK
13	Creating mini-worlds (a selection of sticks and other woodland materials)
14	Work-out – Jump and Touch
15	Work-out – Squats
16	Ants (a random selection of woodland materials)
17	Work-out – Tree Circles
18	Work-out – Line Jumps
19	Sticks (approx. 9 sticks per pair or 100 lollipop sticks)
20	Work-out – Tuck Jumps
22	Cool-down – Tree Walks
23	Reflective circle time (large tarpaulin)
24	Cool-down – Arm Swinging
25	Cool-down – Body Twisting



Extension Activities

Poles

A leaf or forest object could be placed on the pole to make this activity more challenging and ensure that the pole stays level. Start with one object balanced then add one after each successful lift. See how many you can balance successfully. Remember if you drop any you must start again.

Collections

The collected items could be taken back to class to make a display or collage. The objects could also be stuck on to a piece of card with double-sided tape, to make a nature postcard or bookmark. This gives children a memento to take home and remind them of their visit to the woods/park/playground.

Hug a tree

This can be done with two pupils leading the blindfolded one. For older pupils, a small obstacle course could be set up on the woodland floor for a blindfolded child to be led around.

Take a spot

- **Write a Haiku poem:** Start by asking pupils to describe the 10 things they have selected e.g. brown seed, whispering wind, fresh pine, smooth stone. Underline key words so that there are 17 syllables. Arrange them so that there are 5 syllables on the first line, 7 on the second and 5 syllables for the last line.



A sample Haiku:

*Brown seed on the ground
round, silent, a little damp
makes me feel so big.*

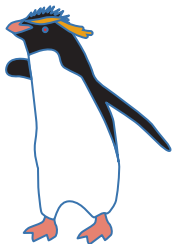


- **Sound map:** Children could make a sound map of all the sounds they hear. They draw a face to represent themselves on the map and draw the sounds around them.
- **Sound recording:** Record sounds on mobile phones to create a 'sound map'. Back at school create a sound collage utilising free sound editing software, such as Audacity. Try and record as many different sounds as you can, to capture the whole woodland/outdoor environment. Create a 'walk' or story describing the woods through sounds.
- **Interview with nature:** Children find a special tree, plant, flower or insect and sit quietly and interview it. They think about how old it is, how it got there, the things that it has seen, how it feels. They can then share their interview with a friend. Write up the interview, share with other participants, create a magazine of the forest.
- **Share a Special Place:** Children find a special place of their own and make an invitation for a friend. They then give out the invite to a friend and welcome them in and describe why their place is special. Student can then act as expert guides to the location. This activity promotes storytelling about this special place, where the student is the 'expert' and truly knows the location.

Creating mini-worlds

Introduce and present a tour of your mini-world, much like in the Special Place activity. Again students are the experts, and are demonstrating their knowledge of an imagined world using the natural world as a model and springboard for their imaginations.

This could be done on a larger scale as a class activity. Each child can make something for the mini-world, e.g. a chair, a swing, etc.



Penguin game

Why not use the tarpaulin as a parachute and play some parachute games.

Ants

Children can follow each other in a line moving as different animals, e.g. hopping like rabbits, scurrying like mice.

Sticks

- Children could make 3D shapes by lashing sticks together.
- **Mapsticks:** Children find a length of stick and tie various woodland objects to it, to remind them of the different areas they pass through, e.g. leaf for leafy area, something blue for passing water etc. These could be made on the way and steps re-traced using the mapstick on the way back to school.
- Use matchstick puzzle games to extend this.



Art attack

- This could be done on a large scale as a class.
- Pupils work together to make a giant sculpture or mural.
- Children can make frames for their pictures by lashing sticks together.
- Artwork can be based on themes such as seasons, colours, animals.
- For inspiration look at the work of Andrew Goldsworthy, an artist who collects natural objects and arranges them outside to make art. Example Goldsworthy sculptures:

Circle activities

The activities below have been designed to be carried out as a group sitting in a circle.

- **Tree game:** Identify each child as either a leaf, branch, bark or root. When, for example, leaf is called out, all the leaves run around the circle back to their original spot. When the word tree is called out everyone runs around the circle back to their original position.
- **Create a group poem:** (Dependent on age, stage and ability of group.) Work together to use descriptive language to create a poem based upon what the children hear, see, smell and touch as they sit in their circle.
- **Reflective circle time:** This can be a calming activity, using any circle time games and activities similar to those used in the classroom. For example, a woodland object can be passed around, and each child in turn when holding the object can give their personal reflections on the Woodland Workout.

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Forestry Commission Scotland serves as part of the Scottish Government's Environment and Forestry Directorate and is responsible to Scottish Ministers.

Contact

Forestry Commission Scotland
National Office, Silvan House
231 Corstorphine Road
Edinburgh, EH12 7AT

Tel: 0300 067 5000

Fax: 0131 314 6152

E-mail: fcscotland@forestry.gsi.gov.uk

Web: www.forestry.gov.uk/scotland

If you need this publication in an alternative format, for example, in large print or in another language, contact:

The Diversity Team

Tel: 0131 314 6575

E-mail: diversity@forestry.gsi.gov.uk

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