





What is the Duke of Edinburgh Award?

- ❖ The Award is a challenging programme of activities to help you learn new skills, help others and experience adventure.
- ❖ *"The object is to provide an introduction to worthwhile leisure activities and voluntary service [and] a challenge to the individual to discover the satisfaction of achievement."*



The Duke of Edinburgh





The Key Principles

- ❖ Non-competitive
- ❖ Achievable by all
- ❖ Voluntary
- ❖ Personal development
- ❖ Personalised
- ❖ Balanced
- ❖ Progressive
- ❖ Achievement focused
- ❖ Demand commitment
- ❖ Enjoyable





Who can take part ?

- The Award is open to pupils who are in year nine
- Year Nine Bronze – PRAC: 9th/10th June - Northleach
 - QUAL: 30th June/1st July - Avebury

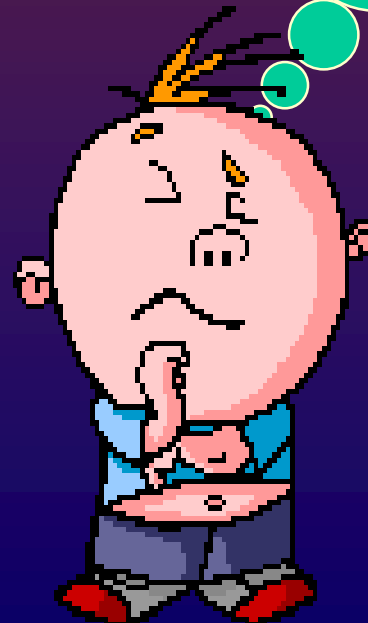
Bronze

You can do a Bronze DofE programme once you're 14 (or nearly 14, which sometimes happens when you and your friends decide to start your adventure together. However, your Leader must agree this.)



Why should I?

1. To gain confidence
2. To learn new things
3. To meet new friends
4. To have fun
5. *To include on my CV*





Bronze Award (Year 9)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition

All participants must undertake a further 3 months in the Volunteering, Physical or Skills section.

**Expectation: two sections complete and
Third underway prior to expedition.**



What does that mean?

■ **Physical:** improving in an area of sport, dance or fitness activities

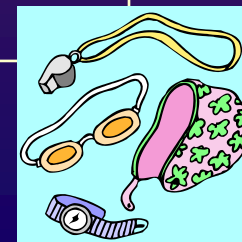
Archery	Athletics	Badminton	Baseball	BMX Racing	Boccia	Bowling	Camogie
Canoe Polo	Canoeing	Carriage Driving	Caving & Potholing	Cricket	Croquet	Cross Country Running	Curling
Cycling	Dance	Diving	Dragon Boat Racing	Fencing	Fitness Activities	Fives	Football
Golf	Gymnastics	Hang Gliding	Hockey	Horse Riding	Hurling	Judo	Keep Fit
Korfball	Lacrosse	Martial Arts	Medau Movement	Modern Pentathlon	Mountain Biking	Netball	Octopus hing



And then there was more....

www.DofE.org/physical

Orienteer ing	Parachut ing	Paraglid ing	Petanque	Physical Achieve ment Tests	Polo	Rock Climbing	Rounders
Rowing	Rugby	Running	Sailing	Scottish Country Dancing	Self Defence	Skate boarding	Skating
Snow Sports	Squash	Stoolball	Sub Aqua	Surfing	Swimming	Table Cricket	Table Tennis
Tennis	Tchouk Ball	Trampol ining	Triathlon	Ultimate Flying Disc	Volleyball	Water Polo	Water Skiing
Weightlift ing	Welsh Folk Dancing	Windsurf ing	Wrestling	Yoga			





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Find



Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Physical programme of your own!

For each idea, there is a useful document giving you guidance on how to do it, which you can find under the category finder on www.DofE.org/physical

It's your choice...

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity.

INDIVIDUAL SPORTS:

Archery
Athletics
Biathlon/Triathlon/Pentathlon
Boxing
Carpet Bowling
Croquet
Cross country running

RACQUET SPORTS:

Badminton
Real tennis
Squash
Table Tennis
Tennis

FITNESS:

TEAM SPORTS:

American Football
Baseball
Basketball
Boccia
Camogie
Carriage Driving
Cricket



Boxing
Carpet Bowling
Croquet
Cross country running
Cycling
Fencing
Flat Green Bowls
Golf
Horse riding
Orienteering
Petanque
Running
Walking

WATER SPORTS:

Canoeing
Diving
Dragon Boat Racing
Rowing and sculling
Sailing
Sub aqua (SCUBA diving and snorkelling)
Surfing/body boarding
Swimming
Synchronised swimming
Windsurfing

DANCE:

Dance
Scottish dancing
Welsh folk dancing

Table Tennis
Tennis

FITNESS:

Cheerleading
Fitness activities
Gymnastics
Keep fit
Medau movement
Physical achievement
Trampolining
Walking
Weightlifting
Yoga

EXTREME SPORTS:

Caving and potholing
Climbing
Mountain biking
Parachuting/sky diving
Skateboarding
Snow sports (Skiing, snowboarding)

MARTIAL ARTS:

Judo
Martial Arts
Self-defence

Boccla
Camogie
Carriage Driving
Cricket
Curling
Fives
Football
Hockey
Hurling
Kabaddi
Korfball
Lacrosse
Netball
Polo
Rounders
Rugby Football League
Rugby Football Union
Stoolball
Tchoukball
Ultimate Flying Disc
Volleyball

Visit

www.DofE.org/physical

for more guidance,
information, programme
planners and
programme ideas.

What does that mean?

- **Volunteering:** undertaking service to individuals or the community
 - Why do we need voluntary service ?
 - What training do I need to do this type of service?
 - Costs?
 - Helping People, Community Action and Raising Awareness, Coaching, Working with the Environment or Animals, Helping a Charity or Community Organisation.
- Visit www.DofE.org/volunteering

Scout
Association

Fundraising

Sports
Leadership/
Coaching

Helping
Children

St John
Ambulance
Leadership

Animal
Welfare

BCU
Lifeguards





VOLUNTEERING

Supported by



Programme ideas: Volunteering section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Volunteering programme of your own!

For each idea, there is a useful document giving you guidance on how to do it, which you can find under the category finder on www.DofE.org/volunteering

It's your choice...

Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity.

HELPING PEOPLE:

Helping children
Helping older people
Helping people in need
Helping people with special needs
Youth work

COMMUNITY ACTION AND RAISING AWARENESS:

Changemakers
Drug and Peer Education
Home accident prevention
Personal safety
Road safety

COACHING, TEACHING AND LEADERSHIP:

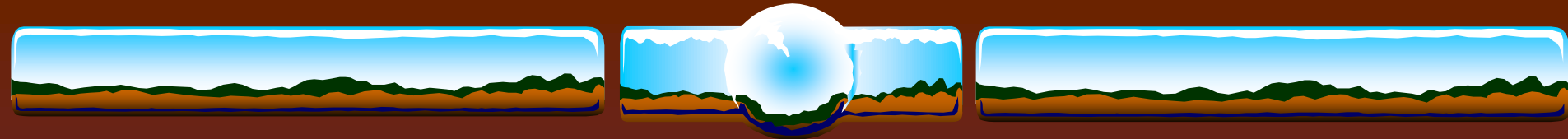
Air Training Corps
Army Cadet Force
Award Leadership
Boys' Brigade
Campaigners
CCF
Church Lads and Girls
Dance Leadership
Girlguiding UK
Girls' Brigade
Girls' Venture Corps
Outdoor Leadership

WORKING WITH THE ENVIRONMENT OR ANIMALS:

Animal Welfare
Environment

HELPING A CHARITY OR COMMUNITY ORGANISATION:

BCU Lifeguards
Fundraising
Faith communities
Mountain Rescue
Religious Education
Religious Education - Jewish
SOS Kit Aid



What counts as a skills activity?

For your skills activity you need to choose an activity that will allow you to prove you have broadened your understanding and increased your expertise in your chosen skill. It should not be a physical activity, for example horseriding, as this counts towards your Physical section, however, you could choose to learn about caring for horses.

The definitive rules can be found in The Handbook for DofE Leaders, available from DofE Essentials (through eDofE).

How long should I do my skills for?

You can take a break, for holidays, exams or just because you feel like it. As long as you've finished the activities before your 25th birthday you can still achieve an Award. The table below shows Skills section time required for each level.



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Find



Helping people in need

Helping people with special needs

Youth work

COMMUNITY ACTION AND RAISING AWARENESS:

Changemakers

Drug and Peer Education

Home accident prevention

Personal safety

Road safety

Army Cadet Force

Award Leadership

Boys' Brigade

Campaigners

CCF

Church Lads and Girls

Dance Leadership

Girlguiding UK

Girls' Brigade

Girls' Venture Corps

Outdoor Leadership

Scout Association

Sea Cadets

Sports Leadership

St John Ambulance Leadership

Environment

HELPING A CHARITY OR COMMUNITY ORGANISATION:

BCU Lifeguards

Fundraising

Faith communities

Mountain Rescue

Religious Education

Religious Education - Jewish

SOS Kit Aid

Surf Lifesaving

Visit

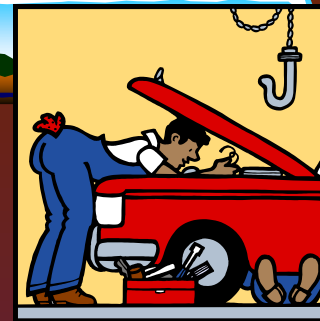
www.DofE.org/volunteering

for more guidance, information,
programme planners and programme ideas.





What does that mean?



- ❖ Skills - To learn or progress in something you are already interested in or try a new skill
- ❖ Performance Arts, Science and Technology, Care of Animals, Music, Natural World, Games and Sports, Life Skills, Learning and Collecting, Media and Communication or Creative Arts

e.g:

Ballet appreciation; Circus Skills; Dog Training and Handling; Playing an Instrument; Singing; Bridge; Photography; First Aid; Pool/Snooker; War Games; Woodwork; Cookery; Film Making; Motor Cars/Motor Cycles – Maintenance; Carnival Floats; Fishing; Textiles; Reading; Cake Decoration; Writing; Film and video making.....

and so many more.

www.DofE.org/skills





Programme ideas: Skills section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Skills programme of your own!

For each idea, there is a useful document giving you guidance on how to do it, which you can find under the category finder on www.DofE.org/skills

It's your choice...

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity.

PERFORMANCE ARTS

Ballet appreciation
Ceremonial drill
Circus skills
Conjuring and magic
Dance appreciation
Majorettes
Puppetry
Theatre appreciation

SCIENCE & TECHNOLOGY

Information technology
Young engineers

CARE OF ANIMALS

NATURAL WORLD

Agriculture
Cacti growing
Conservation
Groundsmanship
Forestry
Gardening
Natural world
Orchid growing
Plant growing
Transport restoration

GAMES & SPORTS

Snooker, pool and billiards
Cards (Bridge)

LIFE SKILLS

Cookery
Digital Lifestyle
Driving - car maintenance
Driving - car road skills
Driving - motorcycle maintenance
Driving - motorcycle road skills
Life skills
Money management
Navigation
Young enterprise
Casualty simulation
Committee skills
Cyclist training
Democracy in action
Event planning

CARE OF ANIMALS

Agriculture (Keeping livestock)
 Aquarium keeping
 Beekeeping
 Budgerigars & canaries
 Dog training & handling
 Horses - handling and care
 Insects
 Keeping of pets
 Pigeon breeding & racing
 Reptiles

MUSIC

Church Bellringing
 Disc jockey
 Jazz - playing a musical instrument
 Music appreciation
 Music - playing an instrument
 Singing

Cards (Bridge)
 Chess
 Clay target shooting
 Cycle maintenance
 Darts
 Fantasy games
 Fishing/flyfishing
 Flying
 Gliding
 Historical period re-enacting
 Karting
 Kite construction & flying
 Marksmanship
 Model construction & racing
 Motor sports
 Power boating
 Sports appreciation
 Sports officiating
 Table games
 War games

Event planning
 First Aid Malta
 First Aid St Andrews
 First Aid St Johns
 Learning about Civil Aid
 Learning about Lifesaving
 Learning about the
 Ambulance service
 Learning about the Coastguard
 Learning about the
 Emergency services
 Learning about the Fire service
 Learning about the Police service
 Learning about the RNLI
 (Lifeboats)
 Library & information skills
 Public speaking & debating
 Skills for Employment

*continued over...***LEARNING & COLLECTING**

Aeronautics
 Aircraft recognition
 Archaeology
 Astronautics
 Astronomy

CREATIVE ARTS

Basket making
 Boat work
 Brass rubbing
 Cake decoration
 Camping gear making
 Candlemaking

Pewter working
 Photography
 Pottery
 Quilting
 Rope work
 Rug making

Astronomy
 Bird watching
 Coastal navigation
 Collections, studies & surveys
 Costume study
 Criminology
 Fashion
 Forces insignia
 Gemstones
 Genealogy
 Heraldry
 History of art
 Military history
 Reading
 Religious studies
 Ship recognition
 Stamp collecting
 Weather/meteorology
 Zoology

MEDIA & COMMUNICATION

Amateur radio
 Communicating with people who have a hearing impairment
 Communicating with people who are visually impaired
 Film and video making
 Journalism
 Languages
 Newsletter & magazine production
 Signalling
 Writing

Candlemaking
 Canoe building
 Canvas work
 Carnival/Festival float construction
 Ceramics
 Clay modelling
 Cookery
 Corn dollies and straw work
 Creative embroidery
 Crocheting
 Cross stitch
 DIY
 Dough craft
 Drawing
 Dressmaking
 Egg decorating
 Enamelling
 Fabric printing
 Floral decoration
 French polishing
 Furniture restoration
 Glass painting
 Glass work
 Interior design
 Jewellery
 Knitting
 Lace making
 Leatherwork
 Lettering & calligraphy
 Marquetry
 Model construction
 Mosaic
 Painting & Design
 Papercraft
 Patchwork

Rug making
 Soft furnishing
 Soft toy making
 Tatting
 Taxidermy
 Textiles
 Weaving & spinning
 Wine making
 Woodwork



Expedition Training

- ❖ You don't do this on your own!
- ❖ Regular meetings after school – Mr Macaulay
Mon 3:10-4pm

These meetings are compulsory!

Navigation, Map Reading, Record book,
Suitable activities, Camp craft etc
Presentation Planning, Countryside Code,
Suitable Kit/Food etc.



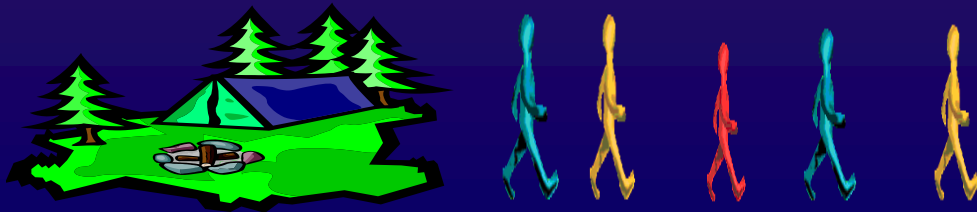
The Expedition

1. A two-day journey across the countryside with an overnight camp (Northleach)

Y9 - June 10th & 11th

2. A two-day journey across the countryside with an overnight camp (Avebury).

Y9 – June 30th & 1st July





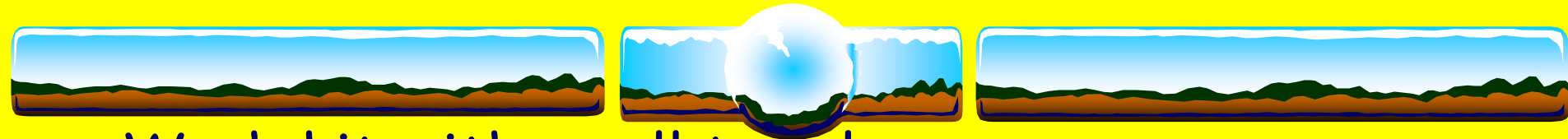
A few things to consider?

- ❖ Costs
- ❖ Equipment
- ❖ Commitment
- ❖ Fitness

What should I take with me?

- ❖ 55-65 Litre Rucksack
- ❖ Walking Boots
- ❖ 2 pairs of socks
- ❖ 2 pairs of thick walking socks
- ❖ Waterproof Cagoule
- ❖ Waterproof Trousers/Tracksuit bottoms (NOT JEANS)
- ❖ T-Shirts
- ❖ Warm Jumper/Fleece
- ❖ Gloves, Woolly Hat, Sunhat/cap
- ❖ Sleeping Bag in waterproof bag
- ❖ Karrimat





- ❖ Wash kit with small towel
- ❖ Plate, mug and cutlery
- ❖ Torch and spare batteries
- ❖ Personal first aid items:-



Plasters

Blister Pads

Small Tubigrip (for ankles or
Paracetamol (optional)



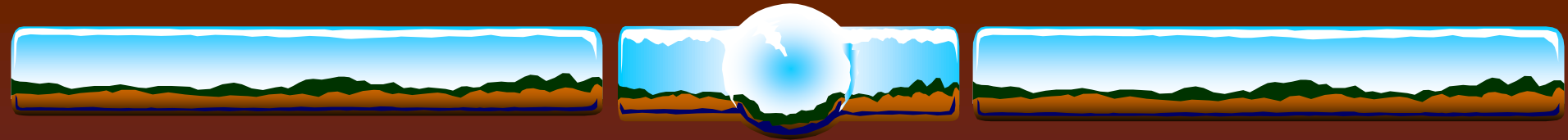
- ❖ Whistle
- ❖ Chosen Food (see food section) and Emergency Rations (include small bottle of water)
- ❖ Water Bottle (to refill regularly)
- ❖ 1 set of light spare clothes packed in plastic bag





What should I do next?

- ❖ Hand in your pledge slip by end of day on Friday 9th March
- ❖ Successful applicants will be informed the following week.
- ❖ Pay monies to school bank by Friday 4th May.
- ❖ If successful, come along to the DofE Club :
- ❖ Y9 – Mondays after School from 19th March.
- ❖ Check out the website: www.DofE.org



❖ *"By taking part in The Duke of Edinburgh Award I've got rid of any sense of sitting down and letting the world go by. I now participate in the world – and make my world go where I want it to."*

ATEST NEWS: [New DofE Programmes Pack now available from the shop](#)

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WELCOME TO THE DUKE OF EDINBURGH'S AWARD

Whether you want to do a DofE programme and achieve an Award or support us in our work, you're set for a truly memorable and rewarding experience.

Leading youth charity the DofE reaches so many people in so many different ways, giving all young people the chance to fulfil their potential.

Everything you need to know about us and how achieving an Award can benefit lives can be found here. If you need any further information then please [get in touch](#).

WHAT IS A DofE PROGRAMME?



WHAT DO I DO?



HOW DO I GET INVOLVED



LOCAL CONTACTS



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ABOUT THE CHARITY



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DOING YOUR DofE

Welcome to the DofE! Your adventure starts here!

This part of our site will give you an overview of DofE programmes, including:

- [why bother doing your DofE](#)
- [the different levels of programmes](#)
- [what you do](#)
- [how long it lasts for](#)
- [how to get involved](#)

...and much, much more.

If you need any further information, talk to your DofE Leader or, if you're not sure where you can do your DofE, [get in touch with your nearest Operating Authority](#) and they'll be able to help you!

If you're decided to do your DofE and need more detailed info on getting started, choosing your activities and how to complete your DofE then please [go to the your DofE programme section](#).



OPPORTUNITIES

Here's our great collection of opportunities listings to help you complete your DofE programme, updated weekly.

BRONZE



SILVER



GOLD



DofE SECTIONS

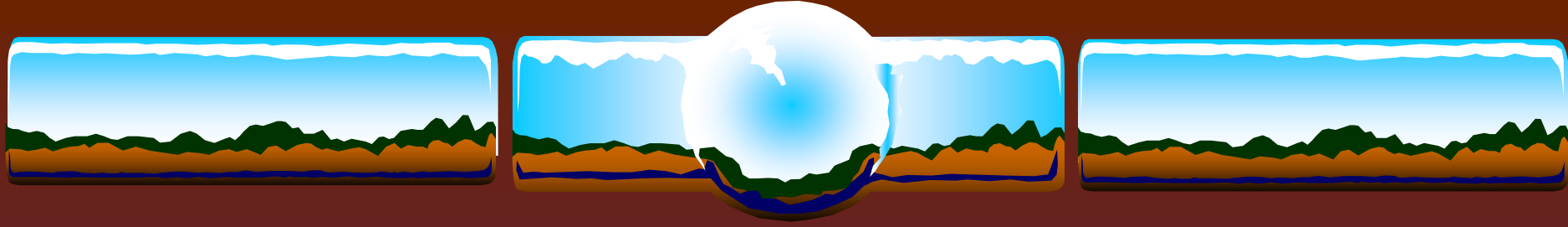


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EXPEDITION
Get away
from it all
and discover
the real you...



Any Questions?

