

Start your DofE Adventure

Please sit next to your parents

What is the DofE?



The DofE is a life-changing adventure you don't want to miss.

It's about going the extra mile – learning new skills for work and life, getting fitter, helping others, and exploring the countryside.

Millions of young people in the UK have already done their DofE.

Now it's your turn.



What's involved?



Adventurous, caring, sporty, creative... however you might describe yourself, the DofE is for you. Anyone from year 9 in school can take part. There are three progressive levels of programmes which when completed lead to a Bronze, Silver or Gold DofE Award.

To achieve your Bronze or Silver Award, you'll need to complete your own programme of activities in these four sections:



If you are going for Gold there is an additional section:





How do I choose my activities?

There's a wide range of activities to choose from – most activities can count towards DofE. Maybe you want to try something completely new? Or get better at something you're already doing? Your DofE can be whatever you want it to be.

- Look at our Opportunity Finder for some inspiration on DofE.org.
- Chat to your Leader to make sure an activity counts for the right section and that you've set yourself enough of a challenge.
- Most of all, choose activities you'll enjoy it will make them easier to stick at it!
- Don't forget: if you've already achieved a previous DofE Award (Bronze or Silver), you don't have to continue with the same activities – you could try something new.



How long will it take me?



Activities for each DofE section take a minimum of one hour per week over a set period of time, so they can be fitted in around your studies and life outside school. You'll need to participate regularly and show that you're committed to your DofE during this time.



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How long will it take me?



Activities for each DofE section take a minimum of one hour per week over a set period of time, so they can be fitted in around your studies and social life. You'll need to participate regularly and show that you're committed to your DofE during this time.



Volunteering



Volunteering is all about making a difference to others' lives. Perhaps you're interested in animals or conservation? Or you want to raise money for a cause that means a lot to you?

From coaching a local football team to starting a recycling campaign, you'll give up your time to help others and change things for the better.

It's extremely rewarding.

It can also give you the chance to experience the world of work.

Over 3/4 Feel happier because volunteering gave them more confidence

88%

Believe volunteering helps them feel more satisfied in life



Say volunteering gave them a sense of achievement



Volunteering

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Typical mistakes/tips:

Must not be a profit making organisation

Some clubs are run as a business and these would not count

Registered charities are safe

Cannot do a task if they are perfectly capable of doing it themselves. Walking a friends dog because they are busy/lazy would not count.

Walking someone's dog because they are too old/frail/had a recent accident would count. Work-ready skills that DofE Leaders think participants develop... 96% Teamwork 86% Confidence

72% Determination69% Commitment65% Positive attitude

Just under half of DofE Leaders think that DofE choices influence career or study choices.

Volunteering





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 section programme of your own.

You can find more information at DofE.org/ volunteering and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Volunteering gives you the chance to make a difference the requirements).

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 programme planner on the website to work with your Leader to plan and agree your activity before you start.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see DofE.org/volunteering for

Helping people	Working with the environment or animals	Coaching, teaching and leadership
Helping children to read in libraries Helping in medical services e.g. Hospitals Helping older people Helping people in need Helping people with special needs Tutoring Young carer Youth work	Animal welfare Furvironment Verviron V	Dance leadership Doff Leadership Group leadership Head student Leading a voluntary organisation group Girls' Venture Corps Sea Cadets Air Cadets Jewish Lads' and Girls' Brigade St John Ambulance
Community action & raising awareness Campaigning Cyber safety Council representation Drug & alcohol education Home accident prevention Neighbourhood watch Peer education Personal safety Promotion & PR Road safety	Helping a charity or community organisation Administration Being a charity intem Being a volunteer lifeguard Event management Fundraising Mountain rescue Religious education Serving a faith community Supporting a charity Working in a charity shop	 Scout Association Air Training Corps Army Cadet Force Boys' Brigade CCF Church Lads' & Girls' Brigade Girls Brigade Girls Brigade Sports Beadership Music tuition



NAME:	LEVEL (Bronze, Silver or Gold):	TIMESCALE
		(No. of months forthis section):

Notes:

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- Remember to add this information, along with scans, photographs etc. (as high resolution jpegs) as evidence into eDofE to ensure that your Achievement Pack will be a real reflection of your DofE activities.
- Download extra copies of this Activity Log, plus logs for the other sections, from www.eDofE.org or
- www.DofE.org/go/downloads
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Date	What you did	Hours	Initials
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			1

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Physical



The Physical section is a chance for you to focus on your health and fitness and have fun along the way.

Try something completely different or concentrate on something you already do, as long as it requires a continuous level of energy and physical activity.

From Zumba to football, skateboarding to walking – almost any dance, sport or fitness activity can count.

Whether you decide to join a team or do it on your own, it's up to you.



Typical mistakes/tips:

Things done in normal lesson time does not count

After school clubs are ok

It does not have to cost you any money

Going for a jog for an hour per week in total is fine

P.E. teachers are very supportive and will often act as an assessor if needed Work-ready skills that Gold Award achievers

feel they gained through their DofE...

77% Communication
73% People Skills
69% Confidence
67% Leadership
65% Teamwork



In a recent survey of Gold Award achievers, 98% were employed or had obtained places in higher/ further education.



Physical

Physical





Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

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.

You can find more information at DofE.org/physical

Individual sports	Water sports	Scottish/Welsh/Irish	Extreme sports	Carnogie
Individual sports Airsot Archery Atchery Batchor/Triathor/ Pentathor/ Aquathon Bowls Bowls Bowls Croquet Croquet Croquet Croquet Croquet Good Goot Goot Gorse riding Modern pentathlon	Canoeing Current Canoei	dancing Street dancing/ breakdancing/hip hop Swing Tap dancing Badminton Matket Racketball Racketball Racketball RadidationRackets Rapid ball Real tennis Squash Table tennis Table tennis States Badminton Badminton Racketball RadidationRackets Rapid ball Real tennis Squash Table tennis Table tennis	BMX Caving & potholing Climbing Free running (parkour) loe skating Mountain unicycling Parachuting Skedving Skedving Show sports (skiing, snowköarding) Speed skating Tuge Martial arts Akido	Corriceat Cuting Dodge disc Proteat Frives Football Frines Frame football Fame football Gaelic football Gaelic football Gaelacil Handball Hockey Huiring Lacrosse Netball Cocpushing Polo Outditich
Orienteering Paintballing	Dance	Aerobics	Capoeira	Roller derby Rogaining
Pétanque Rollar blading Rollar skating Running Static trapeze Supercross Tra pin bowling Trampolining Wheekhair fencing Wheethair fencing	Ballet Ballroom dancing Bally dancing Caroc Contra dance Country & Western Ramenoo Folk dancing Jazz Line dancing Salsa (or other Latin styles) dancing	Cheefeading Fitness classes Gym work Madau movement Physical achievement Pilates Pole dancing Rumning/fogging Waking Weightitting Wij-fit	Uudo Karate Kendo Mixed martial arts Salf-defance Sumo Tae Kwon Do Tai Chi Team sports American football Basebal Basebal Basebal Basebal Basebal	Polinders Pugby (inion/Laa Sitting Volleyball Sledge hockey Sledge ice hocke Sottball Tchoukball Tchoukball Tug of war Utimate flying dia Walyball Walyball Walyball Wheelchair basketball Wheelchair

and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

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 programme planner on the website to work with your Leader to plan and agree your activity before you start.

sh/Welsh/Irish cing dancing/ ancing/ ancing et sports inton t t tball	Extreme sports BMX Caving & potholing Cimbing Free running (parkour) loe skating Mountain biking Parachuting Parachuting Skatoboarding Skydiving Snow sports (skiing, snowboarding,	Carnogie Cincket Curing Dodge dic Fives Football Fives Football Gaslic football Gaslic football Gaslic football Handball Hockey Los hockey
annis h Iannis chair tennis	snowkiting) Speed skating Street luge Martial arts	Kabaddi Korfball Lacrosse Netball Octopushing
s leading s classes vork u movement al ievement	Aikido Capooira Ju Jutisu Karate Karate Mixed martial arts Self-defence Sumo Tae Kwon Do	Polo Ouidditch Aolier derby Rogaining Roundors Rugby (unior/League) Sitting Volleyball Sledge hockey Sledge ice hockey Sotball
ancing ng/jogging g tlifting	Tai Chi Team sports American football Baseball Basketball Boccia	Tchoukball Tug of war Uttimate flying disc Volleyball Walyball Water polo Wheelchair basketball



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Skills



From podcasting to playing a musical instrument, the Skills section is a great way to learn a new talent, develop existing skills and find something you enjoy doing.

Through developing practical skills and gaining personal interests and talents, you can get a real sense of achievement.

If you're interested in a specific field, this could be the perfect chance for you to do something related to this. For example, if you are interested in photography, you could do this as your skill.

You can improve confidence and develop practical and social skills whilst learning how to rise to a challenge.





Typical mistakes/tips:

If it is more of a Physical activity it wont count in this section.

e.g. Karate would not count

Avoid sports and dance

Things done in normal lesson time does not count because it is directed time

e.g. Music lessons in school during normal lesson time does not count

Music lessons or practicing at lunch time or at home does count



of DofE Leaders said that achieving a DofE equips young people with the skills to make them employable.



Skills



THE DUKE OF EDINBURGH'S AWARD.

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.

You can find more information at **DofE.org/skills** and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

Performance arts

Ballet appreciation Ceremonial drill Circus skills Conjuring & magic Majorettes Puppetry Singing Speech & drama Theatre appreciation Ventriliquism Voyo extreme

Science & technology

Aerodynamics Anatomy App design Astronomy Biology Botany Chemistry Coding/ programming Ecology Electronics Engineering Entomology Пп Marine biology Oceanography Paleontology

before you start. Physics Rocket making Taxonomy

Beekeeping

canaries)

Church bell ringing

performances

Improvising melodies

Listening to, analysing &

describing music

Evaluating music & musical

Music

DJina

Composing

Weather/meteorology Website design Zoology

It's your choice...

Help with planning

use this skill both now and later in life.

Developing a skill helps you get better at something you are

really interested in and gives you the confidence and ability to

You can use the programme planner on the website to

Music appreciation

Playing in a band

Plaving a musical instrument

Understanding music in relation

Reading & notating music

work with your Leader to plan and agree your activity

to history & culture Care of animals Natural world Agriculture (keeping livestock) Agriculture Aquarium keeping Conservation Forestry Caring for reptiles Gardening Dog training & handling Groundsmanship Horse/donkey/llama/alpaca Growing carniverous plants handling & care Plant growing Looking after birds (i.e. budgies & Snail farming Vegetable growing Pet care - health/training/ maintenance Games & recreation Pigeon breeding & racing

Cards (i.e. bridge) Chess Clay target shooting Coxing Cycle maintenance Darts Dominoes Fishina/fly fishina Flying Gliding Go-karting

continued over.



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Section Quiz



1 – Skill section - Target shooting, with the Instructor for your assessor

2 – Volunteering section - Helping young children at a Dance school they pay to go to, with the Dance teacher for your assessor

3 – Skill section – Learning to cook different meals at home, with your Aunt (who is a chef) as your assessor

4 – Physical section - Riding your bike to school for over an hour in total per week, with your school tutor as your assessor

5 – Volunteering section - Helping walk your neighbours dog because they work away a lot, with the neighbour as your assessor

6 – Volunteering section - Helping your neighbour cut their lawn and do general jobs around the house because they have become physically unable to do so, with them as your assessor

7 – Skill section - Learning how make a rocket at a workshop that lasts 4 hours but is only on once every 4 weeks, with the teacher as your assessor

Expedition

Exploring the countryside and camping under the stars with your friends. Your expedition will give you lifelong memories.

In order to qualify to come on expedition at Churchill you must have completed all of your other sections first!

You'll plan, train for and do an expedition, spending two days and one night away at Bronze. Silver is 3 days and two nights. Gold is 4 days and 3 nights.

As part of a small team of 4 to 7 people, you'll plan your aim, choose your location and do some training to make sure you're prepared and know what you're doing.

Your expedition will improve your communication and leadership skills and whilst you'll come home with a rucksack full of washing, you'll have an experience you won't forget.







Key Dates for Bronze:

Date	Day	Time	Location	Event
2nd October 2019	Wednesday	2pm - 2:20pm	Hall	Assembly launch for all Y9
8th October 2019	Tuesday	6pm – 8pm	Hall	Parents evening 1 - All new starters (not signed up to any D of E before) - Bronze Y9/Silver Y10/Silver Y11/Gold Y12
5th November 2019	Tuesday	Midnight	n/a	Deadline for new recruits (year 10 applies to silver only)
24th November 2019	Sunday	10:30am - 1pm	Turing	Training Day 1 & Section choice deadline Y9 Bronze
16th May 2020	Saturday	10:30am - 1pm	Turing	Bronze & Silver section completion deadline



of Bronze and Silver Award holders think that the activities they did as part of their Award could support them in their future career.



Expedition



Staff have relevant qualifications including Mountain leader training and current outdoor first aid certificates. They are accredited DofE assessors themselves and have over a hundred expeditions worth of experience at all levels.

All Churchill staff give up their free time voluntarily to run the award – This is well over a hundred hours each year! We do it because we believe in the values the Award offers to young people and we think that you all deserve the opportunity.

Would you as a parent like to volunteer also? Please see Mr Tinker to discuss.



Expedition





Programme ideas: Expedition 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 ideas that you could do or you could use it as a starting point to create an Expedition of your own. Remember, it's always your adventure.

You can find more information at DofE.org/expedition and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice ...

Going on an expedition gives you the chance to have an adventure, work as a team, and act on your own initiative. The expedition can be as far away or as close to home as you want it to be, and there are hundreds of ways you can go about it.

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity. If you have additional needs talk to your leader about the support and variations that could help you.

On foot

- Studving how insect life differs from woodland to open fields. Exploring teamwork by
- nominating a different leader each day. Searching for forms of fungi,

recording and sketching

- them. Planning a route and create a sianpost selfie auide. Considering the impact of tourism on the flora and fauna of the area you are in.
- Drawing all the different star constellations you can see.
- Countryside Code.

By bicycle

- Using a cycle system to undertake a research project on the provisions and quality of cycle paths.
- Producing a nature guide of vour route for future visitors.
- Investigating features of the Thames using the Thames cvde path.
- Plan a cycle of remembrance which visits war memorials to understand the scale of the losses.

Creating a video diary of the expedition, recording each team member's experiences. Following part of the Gerald of Investigating samples of Wales route of 1188 through Pembrokeshire.

By boat

Sailing the Norfolk Broads to explore modern and ancient

- uses of the area. Exploring different team roles needed on a boat and giving everyone an opportunity to do
- a new one. Rowing along a large river recording the types of boats and their uses.
- Planning a significant sea. journey under sail to record the effects of coastal erosion.
- Using simple mapping techniques to produce a map of an estuary on the expedition, comparing it with
- a real map when you return.

By canoe or kayak

Recording the wildlife found on a large inlet or loch. Taking a series of photos to come up with a guide to a section of canal systems.

- Making a study of the locks and lochs on the Caledonian Canal.
- the river bed en route and comparing them with each other.
- Carrying out a canoe trip and create a storyboard (photo/ painted/drawn) of your expedition.
- Choosing several points along a river and measure speed of flow, width and depth and comparing the differences along their route, trying to explain why this may be.

By wheelchair

- Creating an expedition music play list that reflects the team's experiences.
- Following a disused raiway track noting the current use of
- previous railway buildings. Planning and doing a

challenging route in the Peak District, making a video diary.

Preparing a users' guide of a country park or National Trust estate, explaining how it can be used, e.g. fishing, picnicking, conservation.

- Planning a route in a forest to take a series of landscape photographs to use in a calendar.
 - Producing an illustrated quide to a stretch of canal. Research the history and then travel along the towpath using the expedition to gather photographs and sketches to illustrate the guide.

On horseback

- Exploring bridle paths and create an A-Z of the outdoors from the trip.
- Planning an expedition with sea views, taking photos along the way so that you can paint a picture of your favourite scene when you return.
- Creating a series of team games to play whilst on expedition.
- Going on an expedition through woodland, noting the different types and ages of trees you see.
- Going on a horseriding expedition and writing a poem on your return to describe your experiences.

Creating a photo guide to the

A flavour of a DofE expedition



Locations:

Bronze expeditions

Practise – Quantocks

Assessed - Mendips

Locations:

Silver expeditions

Practise – Exmoor

Assessed - Dartmoor

Locations:

Gold expeditions

Practise – Snowdonia

Assessed – Lake District



Costs for Bronze



At Churchill we make the Duke of Edinburgh Award as accessible as possible.

Pupil Premium contributions can be made if you meet the criteria, payments can be paid in instalments and much of the kit can be borrowed.

The school will provide:

Tent Stove Fuel Maps Transport from school (apart from Mendips exped)

Registration:£21.50Expedition fee:£125

The school can provide: Rucksack Sleeping bag Roll mat



You will need your own: Walking boots Waterproof coat (with hood) Waterproof trousers Water bottle Food

Basic first aid kit (shared) Compass (shared) Map case (shared)

Residential



To achieve your Gold Award, you need to complete an extra section – the Residential. It's a big, exciting and fulfilling experience, spending five days and four nights away from home on a shared activity with people you've never met before.

From learning to snowboard in Scotland to helping at a children's camp, there are lots of exciting possibilities for you to get involved with – both in the UK and abroad.

You'll learn how to work with people from different backgrounds and build confidence staying in new environments.

It may be that you want to build on a talent you've developed in another section, learn something completely new on an intensive course or do something to help others.



GOLD Residential





Programme ideas: Residential section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you.

This sheet gives you some ideas of things you could do or could use as a starting point to create a Residential of your own.

You can find more information at DofE.org/residential and there is a range of exciting opportunities to help you complete this section at DofE.ora/finder.

It's your choice...

Going on a residential gives you the chance to learn

Please note: The programme ideas listed below are thinking prompts, we cannot guarantee that these programmes are actively run by providers.)

how to work with people from different backgrounds and build confidence living in new environments. There are loads of exciting possibilities and opportunities, so choose something which you will find really fulfilling.

Help with planning

You can use the programme planner on the website to plan your activity with the support of your DofE Leader.

Before you commit to a residential it is important to have approval from your DofE Manager to ensure that it meets all the criteria (see DofE.org/residential for the requirements).

Service to others

Being a leader at a UKbased holiday camp for disadvantaged vound people. Undertaking a voluntary Attending a conference teaching placement overseas.

Being part of a service crew at a large summer camp for Brownies. Volunteering on a YHA

- residential summer camp. Volunteering at a residential summer
- school. Being an assistant to support an ecofriendly waste project at an outdoor education centre
- Helping out on a pilgrimage.

Environment and conservation

Joining a tree planting project with your local environment trust. on climate change as a vouth representative Helping the preservation team of a railway or canal Studying coral bleaching in Australia. Joining a National

Trust working holiday Learning to write and and join different conservation projects in various locations across the UK.

Taking part in a Field Studies course learning about biodiversity and conservation.

Taking part in a weeklong Gaelic or Welsh language and culture course.

Learning

course.

your work.

Taking part in a

Spending time on

Undertaking a cookery

course and exhibiting

bushcraft residential.

a narrowboat and

becoming a skipper.

produce music and

putting on a show.

astronomy course,

constellations, black

learning about

holes and solar

systems.

Taking part in an

training towards

Taking part in a field

studies course.

Doing a photography

Activity based

Taking part in a sport based residential developing your basketball skills.

Taking part in multi-faith residential, studying different religions.

Joining an ACF activity week with members of different detachments vou don't know.

Learning to snowboard on an intensive course in Scotland.

Joining an historical reenactment society

The whole award in 8 mins!



Why do your DofE?

THE DUKE OF EDINBURGH'S WARD

So why should you do your DofE? What are you going to get out of doing it? Well, the benefits of achieving any Award are endless. It's difficult to list them all, so here's a quick snapshot. You'll...

- Have lots of fun
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents you didn't know you had
- Gain skills that employers value, which you can reference on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.



"As an actor I know how much Award holders" experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today." Benedict Cumberbatch, actor.



"Life doesn't naturally happen, you've got to get involved. What better way to do that than do your DofE. As an employer I want to work with people who have a range of skills and can see things through." **Deborah Meaden,** Entrepreneur and Dragons' Den Investor

Start your DofE now



Are you ready to volunteer, get fit, learn and go on expedition? The DofE is one amazing adventure you'll never forget.

So, what are you waiting for?

To get started, speak to

Mr Tinker

Mr Spencer

Find all the information covered tonight and more in the R:\Student resources folder Duke of Edinburgh Award