The Duke of Edinburgh's Award Scheme





Bronze Award @ Queen Elizabeth's Grammar School

What is it?

- A voluntary, noncompetitive programme of practical, cultural and adventurous activities
- It helps the development of young people aged 14-25, regardless of gender, background or ability.





Why do it?

- It is a challenge encourages people to undertake exciting, constructive and enjoyable activities
- Encourages participants to broaden their activities and interests
- Educational, developmental and fun

There are 4 'sections' to complete the Award

Volunteering

(helping others in the community)

Physical Recreation

(any sport, dance, or fitness activity)

Skill

(almost any hobby or skill based activity)

Expedition

Bronze - 2 days, I night - covering 25km

Bronze - two sections for 3 months minimum - one for 6 (not including the expedition)

Volunteering

- Completed in own time evenings and weekends 3 or 6 months hour a week
- Volunteering is about giving time to do something meaningful, motivated by making a difference rather than making money no paid roles
- Working in the community, charity shop, fundraising, helping at a club, helping an elderly neighbour, Park Run marshall etc.
- Look for impactful opportunities. Many people and organisations willing to provide participants with opportunities for volunteering. Faversham Charity Shops!
- Examples on DofE website

Physical recreation

- Completed in own time evenings and weekends 3 or 6 months hour a week
- You need to choose any sport, dance or fitness activity anything that requires a sustained level of energy and physical activity.
- Requires involvement in a chosen sport with regular attendance can be a school team or outside school can do solo activities as well Strava!
- Choice of activities is really varied from wrestling to Gaelic football
- Examples on DofE website

Skill

- Completed in own time evenings and weekends 3 or 6 months hour a week
- Activity which will allow you to prove you have broadened your understanding and increased your expertise in a chosen skill.
- Instruments, new languages, baking/cooking, textiles, photography, other courses with a taught element, almost any hobby such as chess, model making, dress making etc.
- Website contains a very varied list.
- Examples on DofE website

dofe.org

Expeditions





QEGS - organise our own expeditions

25 km over two days with an overnight camp

Navigation, camp craft, teamwork, safety, fitness

Training starts in February on Wednesdays after school with 9 'taught' sessions and a practice walk

Two expedition weekends - Saturday to Sunday

June - Practice and Assessment expeditions - local

School supplies most expedition equipment! £35

Expeditions







dofe.org Website every useful



Support DofE About DofE Resources & Tools



Ready to get started on your DofE journey? Find out how to begin, what you need to do and how to achieve your Award.



Website has a whole host of resources

Wherever you're at, whatever else you've done up until now, if you're between 14-24, The Duke of Edinburgh's Award (DofE) is for you. This is for the gamers, skaters, bikers and bakers. The dress-makers, film-makers and change-makers. The just-out-of-bedders, wheelchair-racers, dancers, DJs and none-of-the-abovers.

Whoever you are, this is you and your friends sharing amazing experiences, having fun and just maybe changing your futures along the way. The DofE helps to turn the things you love, and the things you've always wanted to try, into powerful lifelong skills that can help you get a job, change your community and take on anything life throws your way. And yes, there's going to be a bit of camping involved.

Whatever you're into, get into DofE.

https://www.dofe.org/do/

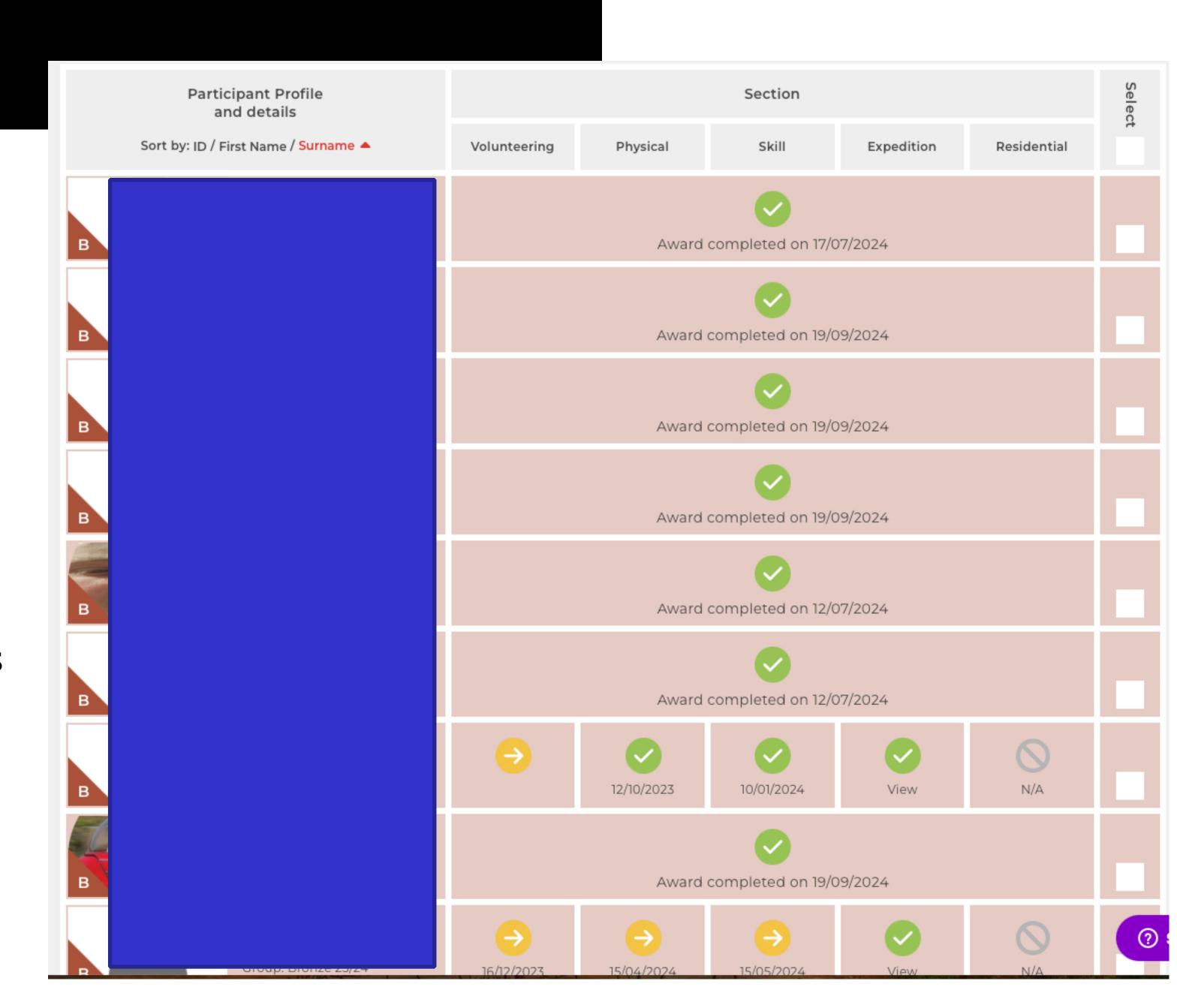
eDofE

Your progress through the Award is tracked on eDofE - online

Photos and Assessor's Reports uploaded here to show progress

Also available as mDofE on mobile phones - very easy to use

Providing evidence of your activities is a key part of the Award



What next?

Take a registration form – return to the school office by the end of November - charge will be posted on School Gateway £28

Anyone in receipt of PP - this is free as are all other DofE costs - including equipment

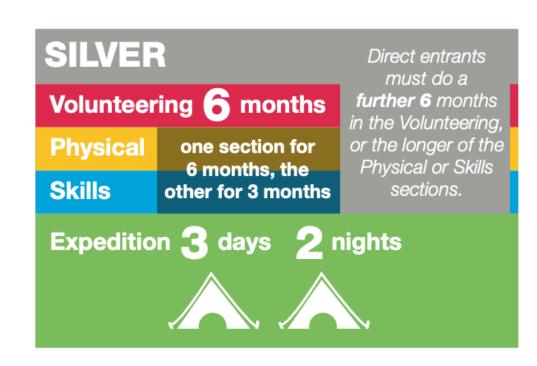
Activities start immediately (and be backdated 2 months if appropriate)

Expeditions in June 2024 - but you must have completed 2 other sections

Start to plan your activities now!

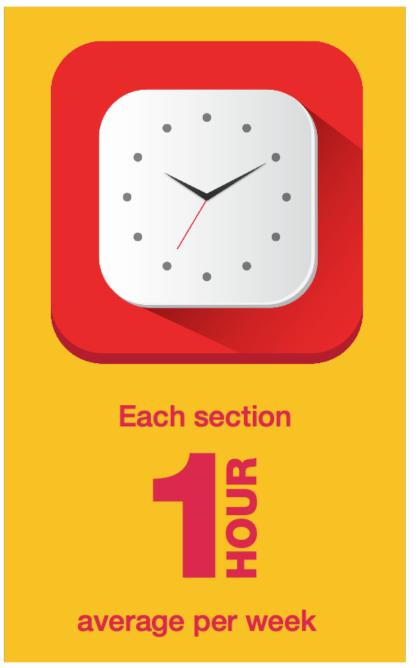








How long does a DofE programme take to complete?



STARTING AGES:







All Awards must be completed by the participant's 25th birthday



Bronze DofE Award Bitesize planner

This has been designed to help you when setting up your eDofE account.

Your name: Date of Birth:/	
Address: Postcode:	
Email address:	
our emergency contact's name:	
Their relationship to you (parent/guardian):	
Their telephone number:	
Volunteering section planned start date:/ for: 3 or 6 months? (please circle) Type & details of activity: Where are you going to do it: List personal goals you want to achieve:	
Your Volunteering section Assessor's name: Their job/position: Assessor's Email or phone number:	
Physical section planned start date:/ for: 3 or 6 months? (please circle) Type & details of activity: Where are you going to do it: List personal goals you want to achieve:	
Your Physical section assessor's name: Their job/position: Assessor's Email or phone number:	
Skills section planned start date:/ for: 3 or 6 months? (please circle)	
Type & details of activity:	
Your Skills section Assessor's name: Their job/position: Assessor's Email or phone number:	

Your DofE Leader will advise you on what to put in the Expedition section.



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/do** 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 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/do** for the requirements).

Helping people Helping children	environment or animals	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 Environment Rural conservation Preserving waterways Working at an animal rescue centre Litter picking Urban conservation Beach and coastline conservation Zoo/farm/nature reserve work	Dance leadership DofE 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	Helping a charity or community organisation	 Scout Association Air Training Corps Army Cadet Force
Campaigning Cyber safety Council representation Drug & alcohol education Home accident prevention Neighbourhood watch Peer education Personal safety Promotion & PR Road safety	Administration Being a charity intern Being a volunteer lifeguard Event management Fundraising Mountain rescue Religious education Serving a faith community Supporting a charity	 Boys' Brigade CCF Church Lads' & Girls' Brigade Girlguiding UK Girls' Brigade Sports leadership Music tuition



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/do 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

ndividual sports	Water sports	Scottish/Welsh/	Extreme sports	Camogie
Airsoft Archery Athletics (any field or track event) Biathlon/Triathlon/ Pentathlon/	Canoeing Diving Dragon Boat Racing Free-diving Kite surfing Kneeboarding	Irish dancing Street dancing/ breakdancing/ hip hop Swing Tap dancing	BMX Caving & potholing Climbing Free running (parkour) Ice skating	Cricket Curling Dodge disc Dodgeball Fives Football Frame football
Aquathon Bowls Boxing Croquet	Rowing & sculling Sailing Skurfing Sub aqua (SCUBA	Racquet sports Badminton Matkot	Mountain biking Mountain unicycling Parachuting Skateboarding	Futsal Gaelic football Goalball Handball
Cross country running Cycling Fencing	diving & snorkelling) Surfing/body boarding	Racketball RacketlonRackets Rapid ball Real tennis	Skydiving Snow sports (skiing, snowboarding, snowkiting)	Hockey Hurling Ice hockey Kabaddi
Geocaching Golf Gymnastics	Swimming Synchronised swimming	Squash Table tennis Tennis	Speed skating Street luge	Korfball Lacrosse Netball Octopushing
Horse riding Modern pentathlon Motocross Orienteering	Underwater rugbyWakeboardingWindsurfing	Wheelchair tennis Fitness	Martial arts Aikido Capoeira	Polo Quidditch Roller derby
Paintballing Pétanque Roller blading Roller skating Running Static trapeze Supercross Ten pin bowling Trampolining Wheelchair fencing Wrestling	Ballet Ballroom dancing Belly dancing Bhangra dancing Ceroc Contra dance Country & Western Flamenco Folk dancing Jazz Line dancing Morris dancing Salsa (or other Latin	Aerobics Cheerleading Fitness classes Gym work Medau movement Physical achievement Pilates Running/jogging Walking Weightlifting Wii-fit Yoga	Judo Karate Kendo Mixed martial arts Self-defence Sumo Tae Kwon Do Tai Chi Team sports American football Baseball Basketball	Rogaining Rounders Rugby (union/League) Sitting Volleyball Sledge hockey Sledge ice hockey Softball Stoolball Tchoukball Tug of war Ultimate flying disc Volleyball Wallyball Water polo Wheelchair
	styles) dancing		Boccia	basketball Wheelchair rugby



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**.

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

Performance arts Ballet appreciation Ceremonial drill Circus skills Conjuring & magic Majorettes	Physics Rocket making Taxonomy Weather/meteorology Website design Zoology	 ☐ Music appreciation ☐ Playing a musical instrument ☐ Playing in a band ☐ Reading & notating music ☐ Understanding music in relation to history & culture
☐ Puppetry ☐ Singing	Care of animals	Natural world
Speech & drama Theatre appreciation Ventriliquism Yoyo extreme	Agriculture (keeping livestock) Aquarium keeping Beekeeping Caring for reptiles Dog training & handling	☐ Agriculture ☐ Conservation ☐ Forestry ☐ Gardening ☐ Groundsmanship
Science & technology	☐ Horse/donkey/llama/alpaca	Growing carniverous plants
Aerodynamics Anatomy App design Astronomy Biology Botany	handling & care Looking after birds (i.e. budgies & canaries) Pet care – health/training/maintenance Pigeon breeding & racing	 ☐ Plant growing ☐ Snail farming ☐ Vegetable growing Games & recreation ☐ Cards (i.e. bridge)
☐ Chemistry ☐ Coding/ programming	Music	☐ Chess ☐ Clay target shooting
Ecology Electronics Engineering Entomology IT Marine biology Oceanography Paleontology	Church bell ringing Composing DJing Evaluating music & musical performances Improvising melodies Listening to, analysing & describing music	Coxing Cycle maintenance Darts Dominoes Fishing/fly fishing Flying Gliding Go-karting

continued over...



IAME:	LEVEL (Bronze, Silver or Gold):	TIMESCALE
		(No. of months for this section):

Notes:

- If extra space is needed, use an additional log.
- This Activity Log is only a personal record of the time you spend on your activities for each section.
- Remember to add this information, along with scans, photographs etc. (as high resolution jpegs) as evidence into eDofE.
- Download extra copies of this Activity Log, plus logs for the other sections, from www.eDofE.org or www.DofE.org/go/downloads
- For Expedition/Residential records, please refer to the Keeping Track booklet.
- You can ask your Assessor, Leader, instructor, trainer, coach, mentor etc. to initial each entry.

Date	What you did	Hours	Initials