

The Duke of Edinburgh's Award Scheme



Bronze Award @ Queen Elizabeth's Grammar School

What is it?

- A voluntary, non-competitive 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)

Skill

(almost any hobby or skill based activity)

Physical Recreation

(any sport, dance, or fitness activity)

Expedition

Bronze - 2 days, 1 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



DO DOFE

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

Participant Profile and details		Section					Select
Sort by: ID / First Name / Surname ▲		Volunteering	Physical	Skill	Expedition	Residential	<input type="checkbox"/>
B	[Redacted]	Award completed on 17/07/2024					<input type="checkbox"/>
B		Award completed on 19/09/2024					<input type="checkbox"/>
B		Award completed on 19/09/2024					<input type="checkbox"/>
B		Award completed on 19/09/2024					<input type="checkbox"/>
B		Award completed on 12/07/2024					<input type="checkbox"/>
B		Award completed on 12/07/2024					<input type="checkbox"/>
B		→	✓ 12/10/2023	✓ 10/01/2024	✓ View	⊘ N/A	<input type="checkbox"/>
B		Award completed on 19/09/2024					<input type="checkbox"/>
B		→	→	→	✓ View	⊘ N/A	<input type="checkbox"/>
B		Group: Bronze 23/24					<input type="checkbox"/>

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!

BRONZE

Volunteering **3 months** PLUS a further 3 months in the Volunteering, Physical or Skills section.

Physical **3 months**

Skills **3 months**

Expedition **2 days 1 night**



SILVER

Volunteering **6 months** Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.

Physical **one section for 6 months, the other for 3 months**

Skills

Expedition **3 days 2 nights**



GOLD

Volunteering **12 months** Direct entrants must do a further 6 months in the Volunteering, or the longer of the Physical or Skills sections.

Physical **one section for 12 months, the other for 6 months**


Skills

Expedition **4 days 3 nights**



Residential **5 days 4 nights**

How long does a DofE programme take to complete?



Each section **1 HOUR** average per week

STARTING AGES:





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

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

Your name: _____ Date of Birth: ____/____/____

Address: _____ Postcode: _____

Email address: _____

Your 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: _____

Where are you going to do it: _____

List personal goals you want to achieve: _____

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
- 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

Working with the environment or animals

- 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

Coaching, teaching and leadership

- 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
 - Scout Association
 - Air Training Corps
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade
- Sports leadership
- Music tuition

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 intern
- Being a volunteer lifeguard
- Event management
- Fundraising
- Mountain rescue
- Religious education
- Serving a faith community
- Supporting a charity
- Working in a charity shop

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

Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathlon
- Bowls
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Pétanque
- Roller blading
- Roller skating
- Running
- Static trapeze
- Supercross
- Ten pin bowling
- Trampoline
- Wheelchair fencing
- Wrestling

Water sports

- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kite surfing
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- Sub aqua (SCUBA diving & snorkelling)
- Surfing/body boarding
- Swimming
- Synchronised swimming
- Underwater rugby
- Wakeboarding
- Windsurfing

Dance

- Ballet
- Ballroom dancing
- Belly dancing
- Bhangra dancing
- Ceroc
- Contra dance
- Country & Western
- Flamenco
- Folk dancing
- Jazz
- Line dancing
- Morris dancing
- Salsa (or other Latin styles) dancing

- Scottish/Welsh/ Irish dancing
- Street dancing/ breakdancing/ hip hop
- Swing
- Tap dancing

Racquet sports

- Badminton
- Matkot
- Racketball
- Racketlon/Rackets
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

Fitness

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Medau movement
- Physical achievement
- Pilates
- Running/jogging
- Walking
- Weightlifting
- Wii-fit
- Yoga

Extreme sports

- BMX
- Caving & potholing
- Climbing
- Free running (parkour)
- Ice skating
- Mountain biking
- Mountain unicycling
- Parachuting
- Skateboarding
- Skydiving
- Snow sports (skiing, snowboarding, snowkiting)
- Speed skating
- Street luge

Martial arts

- Aikido
- Capoeira
- Ju Jitsu
- Judo
- Karate
- Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

Team sports

- American football
- Baseball
- Basketball
- Boccia

- Camogie
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey
- Kabaddi
- Korfbal
- Lacrosse
- Netball
- Octopushing
- Polo
- Quidditch
- Roller derby
- 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 basketball
- Wheelchair rugby

