



# Duke of Edinburgh Award : Bronze

BRONZE

# 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.**





# How do I choose my activities?

There's loads to choose from — most activities can count towards your DofE.

Maybe you want to try something new? Or get better at something you're already doing? Your DofE can be whatever you want it to be.

Activities for each DofE section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.

Bronze (Year 9+)	Volunteering	Physical	Skills	Expedition
	<b>3</b> months	<b>3</b> months	<b>3</b> months	<b>2 days</b> <b>1 night</b>
Plus a further <b>3 months</b> in either the Volunteering, Physical or Skills section				



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# What will you do?



## Volunteering

Volunteering all about making a difference to others' lives.

You can choose the cause that means most to you.

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

It's extremely rewarding — and it can give you the chance to experience the world of work.

Examples of Volunteering include:

- Sports Coaching
- Helping at a local charity/library
- Supporting younger students



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# What will you do?

## Physical

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

Try something different or concentrate on something you already do. From Zumba to football, skateboarding to walking — almost any dance, sport or fitness activity can count.

You can join a team or do it on your own. It's up to you.

Examples of Physical include:

- Football
- Netball
- Hockey
- Rugby
- Dance





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# What will you do?

## Skills

From podcasting to playing an instrument, the Skills section lets you learn a new talent, develop existing skills and find something you love doing.

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

You'll grow in confidence and get a real sense of achievement.

Examples of your skill could be:

- Any Musical instruments
- Art/Drawing
- Baking
- Photography



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# What will you do?

## Expedition

Your expedition will give you lifelong memories. With a team of friends, you'll plan your aim, choose your location and do some training to make sure you're prepared — then spend two days and one night away.

**To attend and complete your expedition you will need to have completed TWO of your 3 sections.**

In preparation for your expedition you will also be required to complete training sessions in school around all of the things that you will be doing whilst out on expedition. These will be weekly sessions.

### When?

In the Summer Term of Year 9.

It will be over 2 days and 1 night.





BRONZE

# What will you do?



## Expedition

### Wendover Woods

7th - 8th - 9th July 2025

An exciting opportunity to put your map reading, compass skills and camp building to the test.

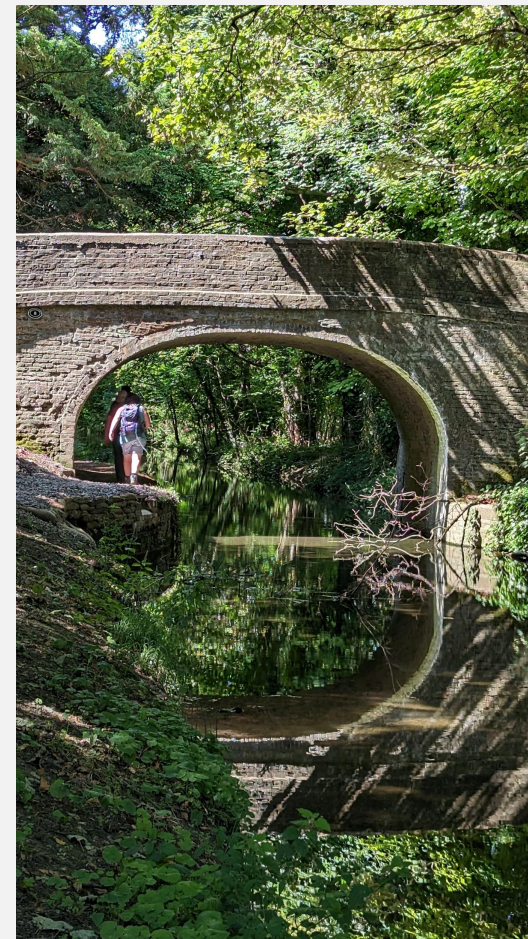
Prepare and cook your own food

The year group will be broken up into 2 group, the first 7th -8th July and the second 8th - 9th July





# Wendover Woods





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# Why do your DofE?



## So why should you do your DofE?

It's hard to list all the benefits of achieving your Bronze Award, so here's a quick snapshot. You'll...

- Have lots of fun
- Get healthier and happier
- 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.

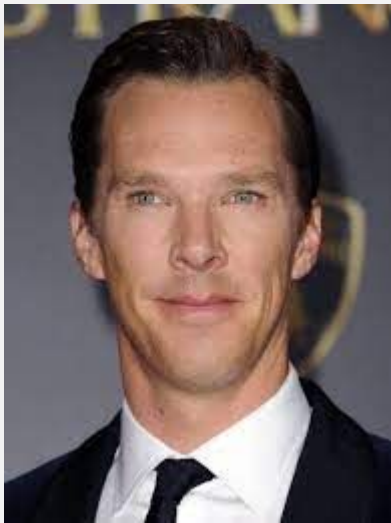


*"As an actor I know how much Award holders' experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today."*

**Benedict Cumberbatch**, actor.



# Why do your DofE?



**Benedict Cumberbatch**

“What these young people have achieved is fantastic, not just for themselves but for their communities. As an actor, I know how much their experiences and the skills they’ve developed matter.

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**David Walliams**

“There’s something very special about DofE Award holders – their capacity to help others. It’s an amazing attribute that I hope you carry forward to the rest of your lives.



**Deborah Meaden**

“I am a big fan of the DofE. As Award holders, you’re our hope for the future – you’ve shown that you’re committed, capable and confident and potential employers will know instantly what you’re made of.

# How much will it cost ?

The cost of the award is £100.

The cost of the DofE award will be broken down into affordable chunks

Included in the cost is

- Enrolment fee / Certification by DofE
- Training
- Expedition cost including coaches and camping fees

Expedition costs will be confirmed closer to your expedition.



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# How do you get started?



To apply for a place on the Duke of Edinburgh programme you will need to complete a planner for each of the sections.

- Physical
- Skill
- Volunteering

Once they have been completed return them to student reception.

You will have until the 25th of October 2024 to complete.

If there are any questions please speak to Mr Tweed or Mr Gordon .


# Award Planner



## Bronze Award Programme Planner

### Volunteering, Physical and Skills sections

Full name .....

<b>Timescale</b> (in months) Please circle one of the following 3 options	<b>Volunteering</b>	<b>Physical</b>	<b>Skills</b>	<b>Example:</b> 	
	Option 1:	3	3		6
	Option 2:	3	6		3
	Option 3:	6	3		3
	<b>Volunteering</b>	<b>Physical</b>	<b>Skills</b>		
<b>Start date</b>					
<b>Activity chosen</b>					
<b>Where will you do it?</b> e.g. Carston Netball Club Please also include when you'll do it e.g. every Wednesday from 6-7pm					
<b>What are your goals?</b> e.g. improve my defence by letting less balls into the D this season					
<b>Assessor's* full name</b>					
<b>Assessor's role</b> e.g. Netball Coach					
<b>Assessor's contact details</b> If your Assessor doesn't work for your organisation (e.g. school or college) then please include a phone number or email address					

\*An Assessor checks on your progress and confirms the completion of the section. You will need to ask them to write an Assessor's report for the section, which you must then upload into eDofE. An Assessor must be an independent adult; therefore, they cannot be a member of your family



**Your contact details:**

**Address:**

House number/ name .....

Street name .....

Town .....

County.....

Postcode .....

**Email address:**

Email.....

**Parent/ Carer Contact details:**

First name.....

Last name.....

Relationship to you.....

Contact number.....

Email address.....



# THE DUKE OF EDINBURGH'S AWARD

# 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.

there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](http://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

You can find more information at [DofE.org/do](http://DofE.org/do) and

#### Individual sports

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

#### Water sports

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

#### Scottish/Welsh/

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

#### Racquet sports

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

#### 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

#### Fitness

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

#### 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

- Camogie
- Cheerleading
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey
- Kabaddi
- Korfball
- Lacrosse
- Netball
- Octopushing
- Polo
- Quadball
- 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

#### Team sports

- American football
- Baseball
- Basketball
- Boccia





## 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](http://DofE.org/skills) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](http://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
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism
- Yoyo extreme

- 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

#### Science & technology

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

#### Care of animals

- Agriculture (keeping livestock)
- Aquarium keeping
- Beekeeping
- Caring for reptiles
- Dog training & handling
- Horse/donkey/lama/alpaca handling & care
- Looking after birds (i.e. budgies & canaries)
- Pet care – health/training/ maintenance
- Pigeon breeding & racing

#### Natural world

- Agriculture
- Conservation
- Forestry
- Gardening
- Groundsmanship
- Growing carnivorous plants
- Plant growing
- Snail farming
- Vegetable growing

#### Music

- Church bell ringing
- Composing
- Dujing
- Evaluating music & musical performances
- Improvising melodies
- Listening to, analysing & describing music

#### Games & recreation

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

continued over...



- Historical period re-enacting
- Kite construction & flying
- Mah Jongg
- Marksmanship
- Model construction & racing
- Motor sports
- Power boating
- Snooker, pool & billiards
- Sports appreciation
- Sports leadership
- Sports officiating
- Table games
- War games

### Life skills

- Alternative therapies
- Cookery
- Democracy in action
- Digital lifestyle
- Driving: car maintenance/car road skills
- Driving: motorcycle maintenance/road skills
- Event planning
- First aid – St John/St Andrew/BRCS
- Hair & beauty
- Learning about the emergency services
- Learning about the RNLI (Lifeboats)
- Library & information skills
- Life skills
- Message
- Money management
- Navigation
- Public speaking and debating
- Skills for employment
- Young Enterprise

### Learning & collecting

- Aeronautics
- Aircraft recognition
- Anthropology
- Archaeology
- Astronautics
- Astronomy
- Bird watching
- Coastal navigation
- Coins
- Collections, studies & surveys
- Comics
- Contemporary legends
- Costume study

- Criminology
- Dowsing & divining
- Fashion
- Forces insignia
- Gemstones
- Genealogy
- Heraldry
- History of art
- Language skills
- Military history
- Movie posters
- Postcards
- Reading
- Religious studies
- Ship recognition
- Stamp collecting

### Media & communication

- Amateur radio
- Blogging
- Communicating with people who are visually impaired
- Communicating with people who have a hearing impediment
- Film & video making
- Journalism
- Newsletter & magazine production
- Signalling
- Vlogging
- Writing

### Creative arts

- Basket making
- Boat work
- Brass rubbing
- Building catapults & trebuchets
- Cake decoration
- Camping gear making
- Candle-making
- Carce building
- Canvas work
- Carnival/festival float construction
- Ceramics
- Clay modelling
- Crocheting
- Cross stitch
- DIY
- Dough craft
- Drawing
- Dressmaking
- Egg decorating
- Embroidery
- Enamelling

- Fabric printing
- Feng Shui
- Floral decoration
- French polishing
- Furniture restoration
- Glass blowing
- Glass painting
- Interior design
- Jewellery making
- Knitting
- Lace making
- Leatherwork
- Lettering & calligraphy
- Macramé
- Marquetry
- Model construction
- Mosaic
- Painting & design
- Patchwork
- Photography
- Pottery
- Quilting
- Rope work
- Rug making
- Snack pipping
- Soft toy making
- Tinting
- Taxidermy
- Textiles
- Weaving and spinning
- Wine/bear making
- Woodwork

# 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/do](http://DofE.org/do) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](http://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](http://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