



What is the DofE?

Your DofE programme is a real adventure.
It doesn't matter who you are or where you're from.
You just need to be aged between 14 and 24.

You can do DofE expedition at three levels:

- **Bronze** (aged 14+) Year 9
- **Silver** (aged 15+) Year 10 and 11
- **Gold** (aged 16+) Year 12 and 13

...which lead to a Duke of Edinburgh's Award.

Year 9

- Offered to undertake Bronze programme
- Complete all 3 sections in this year.
- Complete expedition section in Year 10. *aged 14.
- DofE Presentation Evening June Year 10.

At each level the DofE is...

Achieved by completing a personal programme of activities in four sections:

- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad.
- At Gold level, you must do an additional **Residential** section, which involves working and staying away from home doing a shared activity.

Time and age requirements

Level:	Minimum period of participation by:	
	Direct entrants	Previous level Award holders
Bronze	6 months	n/a
Silver	12 months	6 months
Gold	18 months	12 months

Direct entrants are young people starting their DofE programme at either Silver or Gold level, who have not achieved the previous level of Award.

Bronze Award (14+ years old)

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.*

Silver Award (15+ years old)

Volunteering	Physical	Skills	Expedition
6 months	One section for 6 months and the other section for 3 months		Plan, train for and complete a 3 day, 2 night expedition
<i>Direct entrants must undertake a further 6 months in the Volunteering or the longer of the Physical or Skills sections.</i>			

Choosing activities

There is a massive choice of activities that count towards DofE programmes. You can select practically any activity you want – as long as it's legal and morally acceptable.

- Activities are placed in specific sections for a reason.
- You need to choose activities you are going to enjoy.
- Activities could be something that you are already doing or perhaps one you've always wanted to try.

Volunteering

Aim

- To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.



Benefits

- Learn about their community and feel a sense of belonging and purpose.
- Learn to take responsibility for their communities and their own actions.
- Build new relationships.
- Further understand their own strengths and weaknesses.
- Develop teamwork and leaderships skills.
- Trust others and be trusted.
- Enjoy new adventures.

What is required?

- Volunteering is simple. It's about choosing to give time to something useful, without getting paid.
- Team volunteering can be beneficial to you and to the project you choose.
- At least 3/4 of the activity needs to be practical volunteering, so only a 1/4 can be training.
- Training courses, therefore, must either:
 - Change their content to include practical volunteering e.g. raising awareness of the project.
 - Count towards the Skills section – e.g. Life skills category.

Volunteering categories

- Helping people
- Community action and raising awareness
- Coaching, teaching and leadership
- Working with the environment or animals
- Helping a charity or community organisation

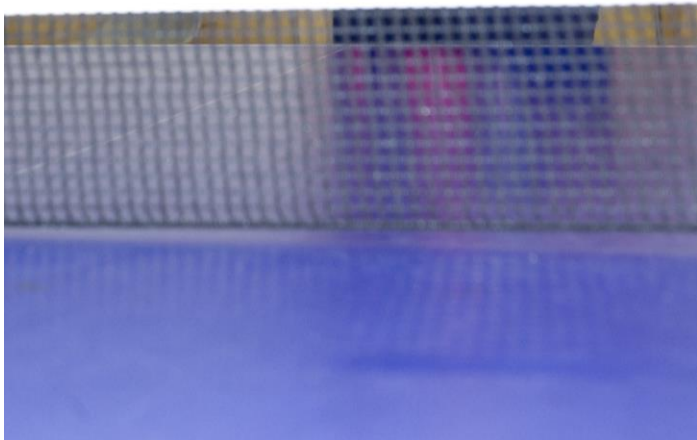


Physical



Aim

- To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.



Benefits

- Enjoy keeping fit.
- Improve fitness.
- Discover new abilities.
- Raise self-esteem.
- Extend personal goals.
- Set and respond to a challenge.
- Experience a sense of achievement.

What is a physical activity?

In short, anything that requires a sustained level of physical energy and involves doing an activity.

You are free to do this section independently or as part of a team.

Physical categories

- Team sports
- Individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports
- Martial arts



Skills



Aim

- To inspire young people to develop practical and social skills and personal interests.

Benefits

- Develop a new talent.
- Improve self-esteem and confidence.
- Develop practical and social skills.
- Develop better organisational and time management skills.
- Sharpen research skills.
- Learn how to set and rise to a challenge.

Skills categories

- Creative arts
- Performance arts
- Science and technology
- Care of animals
- Music
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games and sports



Expedition

Aim

- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



Benefits

- Gain respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and accept consequences.
- Learn to manage risk.
- Learn through experience.

Expedition examples

- This can be far flung or close to home:
 - Exploring team dynamics on foot in the Cairngorms.
 - Using cycle paths in Germany to compare to the UK.
 - Utilising canoes to explore river systems.
 - Exploring bridle paths in the Brecon Beacons.



Timescales for qualifying expeditions

Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
Silver	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying)
Gold	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying)

Choosing activities

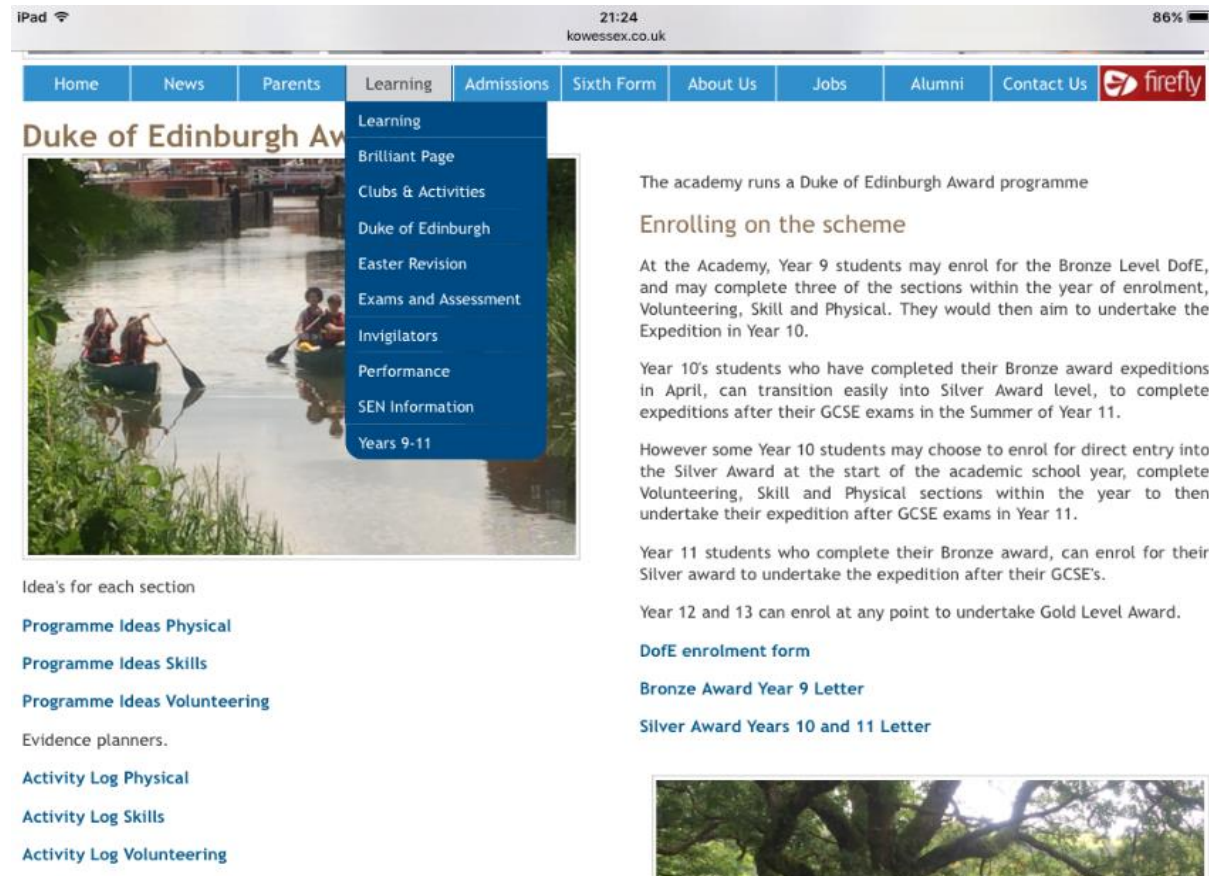
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What happens next

- Once monies are received, an electronic profile is created.
- User name and passwords will be emailed to parents.

Support PDF's are available on the Learning, Duke of Edinburgh section of the Academy website.



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Years 9-11

The academy runs a Duke of Edinburgh Award programme

Enrolling on the scheme

At the Academy, Year 9 students may enrol for the Bronze Level DofE, and may complete three of the sections within the year of enrolment, Volunteering, Skill and Physical. They would then aim to undertake the Expedition in Year 10.

Year 10's students who have completed their Bronze award expeditions in April, can transition easily into Silver Award level, to complete expeditions after their GCSE exams in the Summer of Year 11.

However some Year 10 students may choose to enrol for direct entry into the Silver Award at the start of the academic school year, complete Volunteering, Skill and Physical sections within the year to then undertake their expedition after GCSE exams in Year 11.

Year 11 students who complete their Bronze award, can enrol for their Silver award to undertake the expedition after their GCSE's.

Year 12 and 13 can enrol at any point to undertake Gold Level Award.

DofE enrolment form

Bronze Award Year 9 Letter

Silver Award Years 10 and 11 Letter

Idea's for each section

[Programme Ideas Physical](#)

[Programme Ideas Skills](#)


[Programme Ideas Volunteering](#)

Evidence planners.

[Activity Log Physical](#)

[Activity Log Skills](#)

[Activity Log Volunteering](#)



What happens next

- Young people then place their choices for each section onto their profile.
- They **MUST** send for authorisation.
- Add evidence (video, photos, letters of signatures etc), submit.
- Expedition section – training dates, qualifying dates and information and assessment information **MUST** also be placed on-line and sent for authorisation.

Please note: If items are left in the 'draft' stage on a profile I cannot complete their award.

Have fun!

Any Questions

- **General questions** - tonight
- **Specific questions about a student**
please email me ebryans@kowessex.co.uk