



KENILWORTH SCHOOL  
AND SIXTH FORM

# Bronze DofE

We are delighted to be able to offer the Duke of Edinburgh's Award at Kenilworth School. This exciting scheme gives young people the opportunity to participate in a range of activities enriching their personal and team skills. All participants undertake 4 sections: a skill, a physical activity, a voluntary service and then the expeditions. To complete the Award all sections must be completed.

## Further information:

<https://www.dofe.info/en/content/cms/doing-your-dofe/activities-sections/>

## Timescale:

At Kenilworth, students will have to start their skill, service and physical recreation sections straight away.

**Only if they have completed 2 of these sections by the end of February half term will they be able to take part in the expedition section.**

For the expeditions students will be put into groups of 5 to 7 and a member of staff will be assigned to each group to guide them through. The 2 expeditions (one practice and one assessed) will be supervised by qualified staff. The practice expedition will take place in Warwickshire in the final term of the year and the assessed will take place at the start of Year 11 in the Cotswold area.

Some students find the expedition section **very strenuous** and students are advised to start working on their fitness now.

## Cost and equipment:

Enrolment for the award cost £39 at Kenilworth School. We will also charge £75.00 in total to cover our costs for the 2 expeditions. We can provide tents, stoves and maps, and we have a good supply of expedition rucksacks, camping mats etc that we can loan to students.

## What to do next:

If you wish to take this opportunity, please complete the enrolment form. Payments need to be made via parent pay. Also complete a bitesize planner. Completed enrolment forms and planners must be passed to Mrs. Spooner by 1<sup>st</sup> October. Students will then receive an email with their log in and they can start their D of E.

Yours faithfully,

Mr. A. Shreeve

## Timescales

| <b>Volunteering</b>   | <b>Physical</b> | <b>Skills</b> | <b>Expedition</b>  |
|---|-----------------|---------------|--|
| 3 months  | 3 months        | 3 months      | Plan, train for and undertake a 2 day, 1 night expedition. |
| All participants must undertake a further 3 months in the Volunteering, physical or skills section. They should aim to spend at least an <b>hour a week</b> on each activity. |                 |               |  |

## Volunteering

Volunteering is all about making a difference to other people's lives. Getting off your sofa and taking time out to change things for the better can be great fun.

From conservation to youth work to fundraising for your favourite charity or caring for animals, there's an endless list of the types of projects you can get involved in, so have a chat with your Leader and other people in your community to find out what's on offer, what needs doing and who needs help!

Your volunteering must not be done for a business but can be undertaken for a charity or not-for-profit organisation. Where your volunteering is in support of surplus generating work, for example a charity shop, then some Local Authorities may require a work permit. The charity you are volunteering with should be aware of this and support you as required.

For your volunteering activity you need to choose to give time to do something useful without getting paid.

## Physical

For your physical activity you need to choose any sport, dance or fitness activity - in short, anything that requires a sustained level of energy and physical activity. For example, playing a sport regularly and showing personal improvement would count.

## Skill

The Skills section is all about developing practical and social skills and personal interests. By choosing to develop a particular skill you are not only developing a new talent but you will also boost your self esteem, develop practical and social skills and learn how to set and rise to a challenge. If this isn't enough, it should also be good fun too!

From podcasting to playing a musical instrument, fine art to website design, learning to drive to learning to referee in football to baking cakes.

