



**Miss Kynaston
(DofE manager)**

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 programmes at three levels:

- **Bronze** (aged 14+ or in Year 9)
- **Silver** (aged 15+ or in Year 10)
- **Gold** (aged 16+)

The award is highly regarded by future employers
and helps to develop key life skills

You will have the chance to complete the Bronze Award.

To do so you will complete 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.

Bronze Award (14+ years old)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan and complete a 2 day, 1 night expedition

*All participants must undertake a **further** 3 months in the Volunteering, Physical or Skills section.*

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



Volunteering examples

- Peer reading
- After school sports club
- Oakgrove Primary School club
- Working in a charity shop
- Working at an old people's home
- Music tuition
- Create a conservation project
- Working with animals (e.g. RSPCA)

Physical categories

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



Skills categories

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



Skill examples

- Learn a musical instrument
- Learn a language (Spanish club)
- Photography project
- Drawing/painting
- Journalism
- Poetry
- Cooking
- Bird watching
- Sewing/knitting

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.

Key Dates

11th May – deadline for 2 sections to be completed and £160 payment



Oakgrove training day – Saturday 9th June



Practice – Friday 22nd to Saturday 23rd June



Qualifying – Saturday 7th to Sunday 8th July

What is the next step?

- Complete an enrolment form and £40 payment by **Tuesday 10th October**
- Once enrolled there will be a meeting after half term with pupils to give them their DofE books and account details
- Each pupil will be assigned to a DofE mentor to help them select and organise what they will do for the different sections