

Start your DofE Withus

The DofE is a lifechanging 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 could be your turn.



Mr P. Withey – DofE Manager
Miss C. Wilson – Deputy Manager
Mrs C. Mitchell – Administrator

- An independent DLC as of April 2014
- One of the largest and most successful centres in the West Midlands with the highest completion rates
- Extensive experience of the Award at all levels and expedition locations
- Many staff are involved in running expeditions and training
- We have Gold sixth form students who volunteer with us to further support expeditions
- •We have in-house Accredited Expedition Assessors.
- We have staff with HML awards and LLA awards and many staff with Outdoor First Aid qualifications



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
- Meet incredible people and make lasting friendships
- 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.



"Life doesn't naturally happen, you've got to get involved. What better way to do that than do your DofE. As an employer I want to work with people who have a range of skills and can see things through." **Deborah Meaden**, entrepreneur and Dragons' Den investor

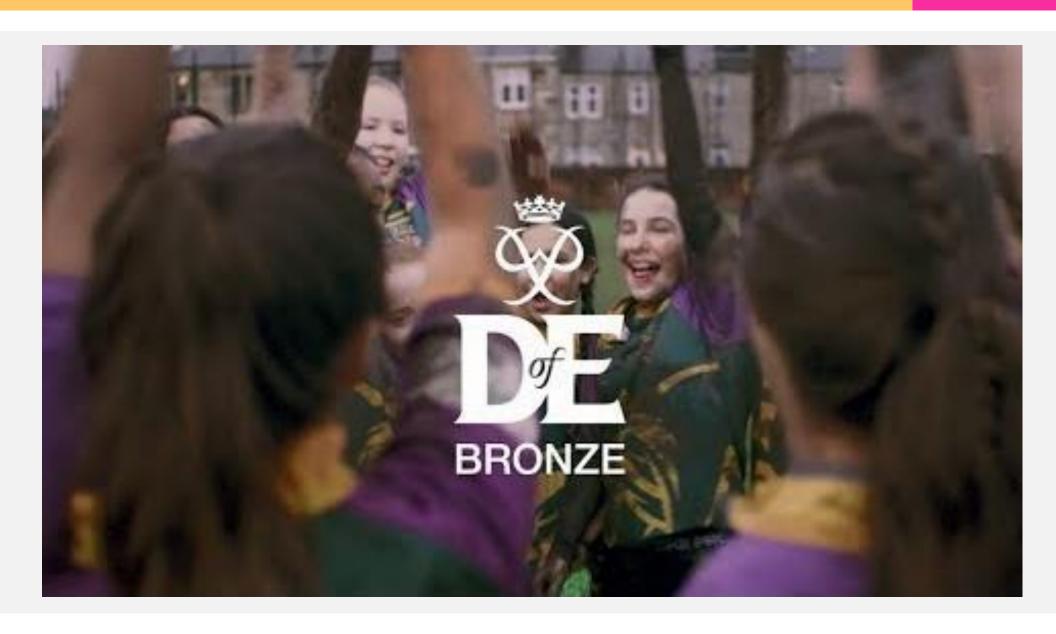
Time and age requirements



	Minimum period of participation by:			
Level:	Direct entrants		Previous Award holders	
Bronze (Y9-10)	6 months	We allow over 12 months to complete it		
Silver (Y11-12)	12 months		6 months	We allow 12 months to complete it
Gold (Y12-13)	18 months		12 months	We allow 24 months to complete it

What do you have to do?





How do I choose my activities?



There's loads to choose from — lots of 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. Choose something you will enjoy – it shouldn't be a chore!

Activities are placed in specific sections for a reason – check their suitability carefully, if unsure, just ask us!

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.

Ŧ	Volunteering	Physical	Skills	Expedition
Year 9+)	て	て	て	2 days
	months	months	months	1 night
ze	montais	months	montals	

Plus a further **3 months** in either the Volunteering, Physical or Skills section

Silver Direct

Volunteering: 6 months

Physical and Skills: One section for 6 months and the other section for 3 months

Expedition section: 3 days/2 nights

If you didn't do Bronze, one of the 6 month sections has to be 12 months (12, 6, 3)





Volunteering



Volunteering is all about making a difference to others' lives. Maybe you're interested in animals or conservation? Or you want to raise money for a cause that means a lot to you?

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

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

It must be for a charity, or **non-profit making** organisation eg. St Giles Hospice shop, the local brownies pack etc.

Vets, working in shops, Tesco bag-packing etc. aren't suitable - These are businesses and are effectively making money from your volunteering.

Walking your family dog is not volunteering for the community, but helping an elderly neighbour is fine (not a family member)!

Over

3/4

feel happier because volunteering gave them more confidence

88%

believe volunteering helps them feel more satisfied in life

96%

say volunteering gave them a sense of achievement



You could be an energy envoy for the NEF or fundraise for the BHF or be a Parkrun Marshall!

Physical



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

Try something completely different or concentrate on something you already do, as long as it requires a continuous level of energy and physical activity.

From Zumba to football, skateboarding to walking — almost any dance, sport or fitness activity can count.

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

It needs to be something where you are working towards a goal of <u>improving</u> your fitness, so setting goals and achieving them (not just turning up each week), and the assessor should be able to say how you have made progress.

The assessor needs to be someone <u>official</u>. Going to the gym or just going swimming with family aren't good enough.

Support local classes! – Community centres have lots of different classes, Zumba, Circuit training, Yoga, Pilates, etc.

We only remote assess students for cycling, running or going to the gym if they follow quite strict evidence-gathering procedures.



Skills



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

By developing practical skills and gaining personal interests and talents, you can get a real sense of achievement.

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

You can grow your confidence and develop practical and social skills while learning how to rise to a challenge.

Football, tennis, or anything sport wise does involve skill – but if it involves some physical activity, then unfortunately it is a sport and comes under the physical section.

Sports skills you **can** do: becoming a tennis umpire, or getting a qualification in refereeing and then practising this skill is ok. Getting a Sports Leaders qualification is fine too.

Animal care – this is not walking your dog! It CAN be taking your dog to weekly dog training classes, to improve your handling and the dog's obedience.

Cooking – we are no longer remote assessing this – students will need to do a U:bee or Kiddy Cook online course instead.



Check out <u>www.ubee.org.uk</u> (Courses from £30)

Or maybe learn sign language with BSL? https://www.british-sign.co.uk/learn-online-british-sign-language-course/



Doing Your DofE?





12 week online SKILLS SECTION courses starting from £29

Start Today

www.ubee.org.uk

Words of warning!



- It must be an average of ONE HOUR per week for the period specified (2 hours per fortnight is ok but 6 hours in one day does
 not qualify as 6 weeks worth of activity)
- You cannot count something you would be doing in school time anyway (learning French, Art etc.)
- You need someone appropriate to assess you AND they should explain how you have made progress over the time in their assessor's report, which they upload using the assessor portal or via a written report on an assessor card that you upload yourself (more on this later).
- An assessor must not be a family member and of suitable position to do this (not mum, sport centre receptionist,...)
- Sections shouldn't really overlap i.e. football coaching, football training, football appreciation!

ONE SECTION MUST BE COMPLETED TO ATTEND THE PRACTICE EXPEDITION (4 weeks before is the deadline)

THREE SECTIONS MUST BE COMPLETED TO ATTEND THE ASSESSED EXPEDITION (4 weeks before is the deadline)

Students who begin the Award and withdraw at a later date can be refunded all but £30 of the enrolment cost and will remain enrolled until they are 25 if they wish to pick it up again

eDofE & your Welcome pack

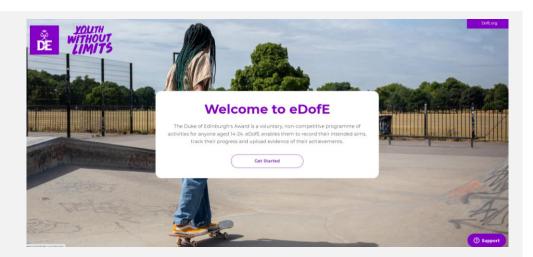


When you enrol, we will set up an account for you and you will be automatically emailed with a username and password to then put all of your personal details online.

Filling in your personal details results in a welcome pack being posted out automatically. We have no control over how fast this happens, but you can still start activities once we have approved them online.

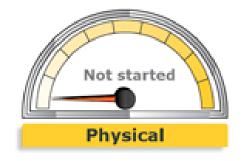
We recommend that students download the eDofE app after registering online. Its quick and easy to use.







Before you can begin any activities !! (ideally)



Click on each section and enter ALL of the details.

- Start date
- Details
- Assessor name and <u>position</u>
- Select your leader (me or Miss Wilson) and click 'submit for approval' (not save as draft).
- You then have to wait until we authorise that you can start this (but we should have checked your enrolment form already).
- Officially, you are not insured/authorised to start the activity until this has happened!
- But....if its something you have already been doing, put the start date on your enrolment form and we will backdate your enrolment so it can count.

My Volunteering section	
Status:	Draft
Timescale:	6 Months Doing section
* Start date:	20/09/2012 Volunteering
Earliest completion date:	20/03/2013
* Type/category of activity:	Helping people
* Detailed activity chosen:	Helping children
* Where are you going to do it?	17th Sutton Coldfield East, All Saints Sea Scout Beaver colony
	62/140 characters used
* What are your goals? What do you want to achieve?	Teaching, supervising and coaching children aged 6 - 8 years old on skills such as knot tying and cooking, whilst building their confidence.
	140/140 characters used
* Who is going to assess you (Name)?	Richard Berry
* What position do they hold?	Colony Leader
Assessor's email:	mewberry@live.co.uk
Assessor's telephone no:	?
* Select your preferred Leader to	K Bird

More detailed presentations on using eDofE are on our website and there are YouTube videos on the DofE Channel too.

Completing a section



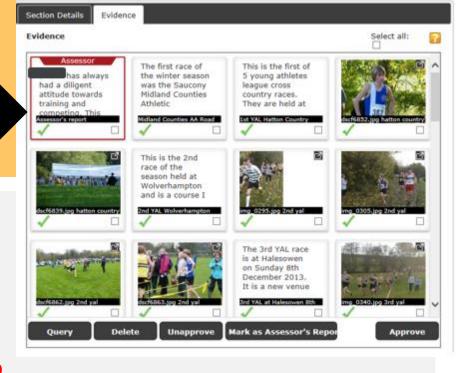
At the end of the time period (not before!) students should ask their assessor to fill out an 'assessor report'

The easiest way for assessors to do this is online at: https://www.edofe.org/assessor

This is **not** on your eDofE account. Emailing you, for you to put it on as evidence is not permitted – it is fraud!

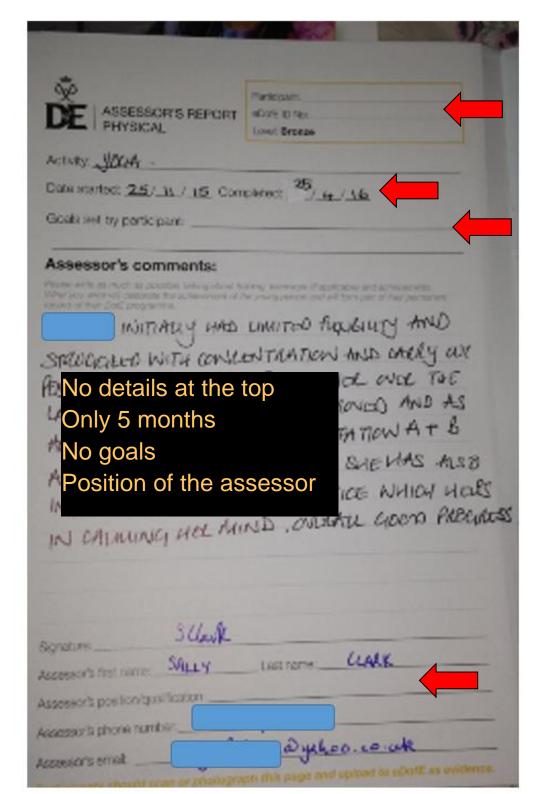
The other way is to use one of the cards in your welcome pack:

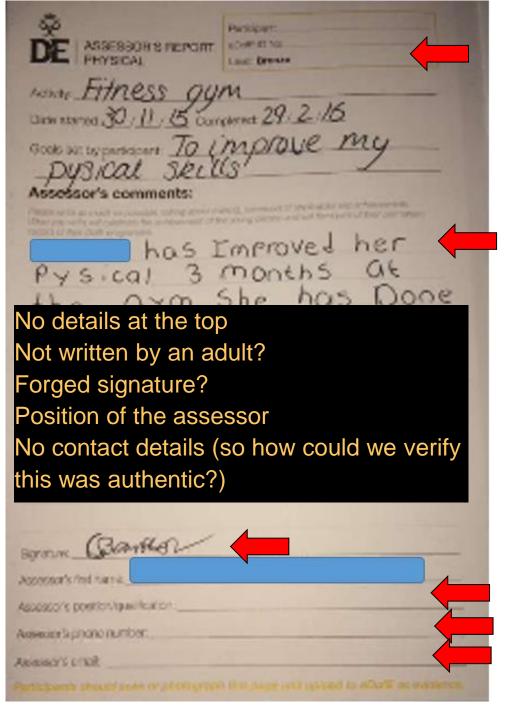
- You fill in the top (dates need to match what it says online and be at least 3/6 calendar months),
- The assessor fills in the card AND signs and dates it with a contact number or email.
- Photograph it (clearly) and upload it as evidence to your account, then mark it as the assessor report.



The minimum requirement for each section is just an assessor report (but huge amounts of students can't seem to get this right if they use the cards!

You can add more things like diary entries and pictures but only needed if you want to order a hardback book of your journey – I wouldn't do this – its' just something else to do.





We made up a little rhyme about it



We can only judge you.....

On what we see, that is present on eDofE!

Yes, you might have been doing it all......

But we don't own a crystal ball!

Expedition

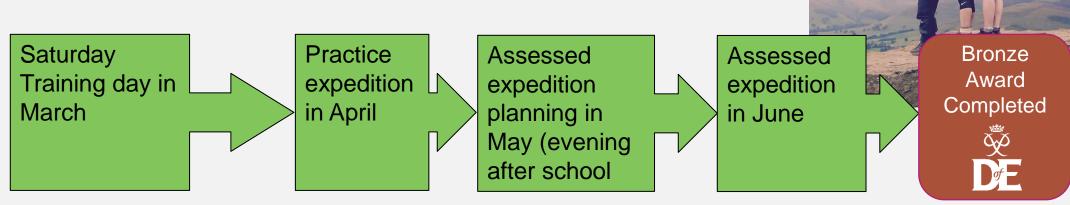


Exploring the countryside and spending a night away with your friends. Your expedition section will give you lifelong memories.

As part of a small team (of 6 or 7), you'll plan your route and do some training to make sure you're prepared and know what you're doing then spend two days and one night camping for Bronze (twice).

Your expedition will improve your communication and leadership skills. You'll come home with a rucksack full of washing — and an experience you won't forget.

These are compulsory elements for this section. If you cannot attend ALL of these you will not be able to complete the award with your year group.









Timescales for assessed expeditions

Level	Duration	Minimum hours of <u>planned activity</u> each day
Bronze	2 days and 1 night	At least 6 hours during the daytime
Silver	3 days and 2 nights	At least 7 hours during the daytime
Gold	4 days and 3 nights (and an acclimatisation day)	At least 8 hours during the daytime

[&]quot;Activity" doesn't mean just walking – we adapt the proportion of journeying and exploring based upon the needs of the whole cohort. Expedition groups sometimes vary in the proportion of time spent on these.

The expedition experience is <u>not about distance travelled and being back first</u>, its more about exploring, reflecting on the surroundings, learning to navigate, working as a team and supporting each other.

All assessed expeditions require an 'aim or purpose' and follow-up debrief





Code of conduct – Any breach of this and students do not pass the expedition (no phones and music players are permitted, **suitable food and clothing – no jeans, walking together as a group**).

Equipment – can be hired for a small charge (+returnable deposit) although we prefer you to purchase your own kit, especially if you want to continue past Bronze

Ideally, you will probably wish to purchase some equipment for yourself (i.e. sleeping bag, rucksack etc.)

You definitely need waterproofs (top and trousers).

You must have proper walking boots for Silver onwards, and Bronze ideally.

We recommend you check before buying equipment and should purchase your own stove(s) and tent(s) as a group if possible.

All staff involved in expeditions and training are busy teachers and **unpaid volunteers** – please appreciate that the Award would not run without them. We expect exemplary behaviour from students in all of these events.

We also expect parents to say 'thank you'!

Discounts on purchases



Participants get this card in their welcome pack and can also get a downloadable version on their phone





GOoutdoors.co.uk

Extra **10%**

off the GO Outdoors Discount Card price.

Inspiring everyone to get outdoors, for less... and love it as much as we do.



Blacks.co.uk

off the current selling

price. Includes reduced price items.

Proud to be a part of your outdoor life.



Millets.co.uk

15%

off the current selling price. Includes reduced price items.

The destination for family adventure.



Ultimateoutdoors.com

15%

off the current selling price. Includes reduced price items.

The number one destination for all things outdoors.



Tiso.com

15%

off the retail price.

Scotland's leading specialist retailer for outdoor clothing, camping equipment and climbing gear.



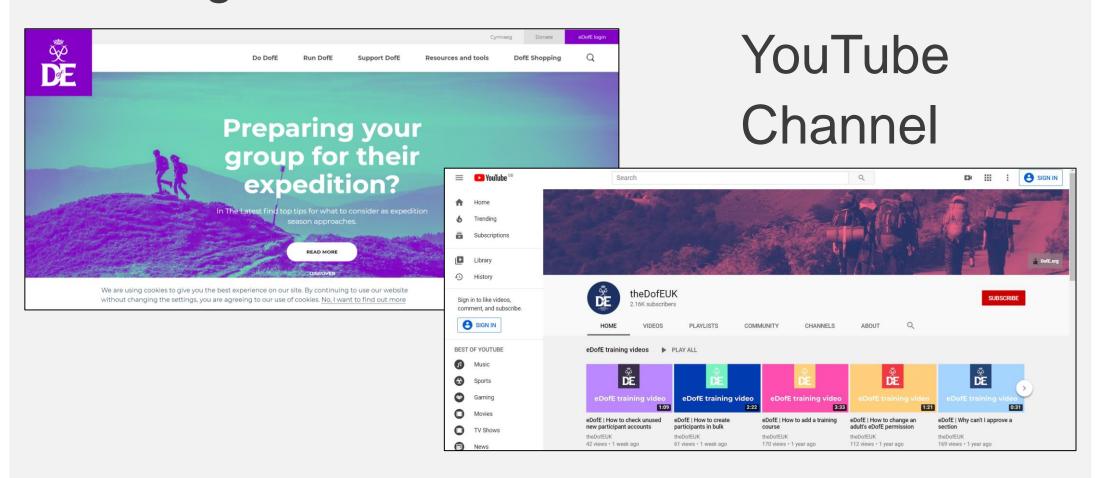
Provisional Expedition/Training Dates

Still being confirmed at the moment but should be communicated by the end of the school year

National DofE Resources



Dofe.org







We expect students to take the lead rather than parents, it is their award after all!

Having said that, we find group call communication through parents is the best way to get messages to students (newsletter, meeting reminders).

Parent emails should only be to follow up when students have already spoken to us please.

Mr Withey's Office is G1.11

Miss Wilson mainly teaches in C3.8

Students (and parents) can also contact us by email dofe@arthurterry.bham.sch.uk

We also have a website with information, forms and videos to help you https://arthurterry.bham.sch.uk/students/duke-of-edinburgh/

Start your DofE now!



Are you ready to volunteer, get fit, learn new skills and go on expeditions?

The DofE is one amazing adventure you'll never forget. So, what are you waiting for?

Research possible activities (contact us if you have a query)

Arrange activities, start dates, suitable assessors

Complete an enrolment form and programme planner online AND make a payment of £150* on Parent Pay.

We don't look at these forms until we have received the payment.

*There is also funding support available – please see us if required

If there are queries about the programme planner we will speak to the student directly and confirm changes with them to enrol them.

If all is suitable and payment is received, we will enrol them in bulk fortnightly until the end of July.

Then....



Look out for an email from DofE...

Log onto eDofE and enter your **personal details** – a **welcome pack** is automatically posted to the address you put in.

Enter the activity details for the three sections in full - then **submit for approval** (you cannot begin activities until the plans have been accepted online – you are not insured)

Check you have had **online approval** <u>before</u> you begin any activities (ideally).

Begin your activities for 1 hour a week

Immediately after the end of the time period, ask your assessor to FULLY complete an assessor report online at www.eDofE.org/assessor (they need your eDofE ID number)

OR

Assessors can FULLY complete an assessor report card from your welcome pack. The dates need to match what is online and be signed and dated after the end date.

One section must be completed by mid-March next year & at all three sections completed by mid-May next year

Thanks for coming tonight!





Any questions that might be relevant to everyone?



Please do come and chat to us now if you have any questions



Enrolment forms & programme planners are available on our website



Posters of activity ideas are around the room and some of the things our current students are doing

Some things Bronze Arthur Terry students are doing for VOLUNTEERING



- Charity Shops
- Coaching sports teams (Hockey, Netball, Swimming)
- Beavers, Scouts, Cubs, Brownies
- Dog walking
- Supporting church fundraising and youth groups
- Gardening for the elderly
- Marshalling for Park Runs
- Supporting primary school after school clubs
- Litter picking
- Animal rescue centres (Donkey Sanctuary)
- Working in the school library



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 <u>DofE.org/</u>
<u>volunteering</u> 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/volunteering** for the requirements).

Helping people Working with the Coaching, teaching and environment or animals leadership Helping children Helping children to read in Animal welfare Dance leadership libraries □ Environment □ DofE Leadership Helping in medical services e.g. Rural conservation Group leadership Hospitals Preserving waterways Head student Helping older people Working at an animal rescue Leading a voluntary Helping people in need centre organisation group Helping people with special - Girls' Venture Corps Litter picking needs Urban conservation - Sea Cadets Tutoring Beach and coastline - Air Cadets Young carer conservation - Jewish Lads' and Youth work Zoo/farm/nature reserve work Girls'Brigade - St John Ambulance Community action & Helping a charity or - Scout Association - Air Training Corps raising awareness community organisation - Army Cadet Force Campaigning Administration - Boys' Brigade Cyber safety Being a charity intern - CCF Council representation Being a volunteer lifeguard - Church Lads' & Girls' Drug & alcohol education Event management Brigade Home accident prevention Fundraising - Girlguiding UK Neighbourhood watch Mountain rescue - Girls' Brigade Peer education ☐ Religious education ☐ Sports leadership Personal safety Serving a faith community ☐ Music tuition Promotion & PR Supporting a charity Road safety Working in a charity shop



Some things Bronze Arthur Terry students are doing for PHYSICAL



- Boxing
- Hockey
- Gymnastics
- Dancing (Ballet, Ballroom)
- Running
- Golf
- Rugby
- Cricket

- Swimming
- Sailing
- Cheerleading
- Yoga
- Squash
- Basketball
- Athletics
- Horse riding

- Tennis
- Netball
- Karate
- Football
- Aerobics
- Trampolining
- Canoeing
- Kickboxing



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/physical**

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 activity before you start.

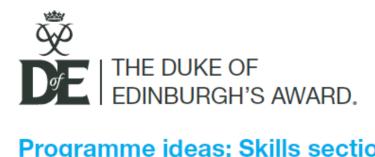
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ountain biking Fu ountain unicycling Ga rachuting Go ateboarding Ha	tsal aelic football oalball
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ow sports (sking, snowboarding, snowkliting)	iriculari pockey irling hockey ibaddi irlball crosse tiball topushing
Po	lo
poeira Ro	uidditch oller derby
	gaining
rate Ru ndo Sit ked martial arts Sie f-defence So mo So	Rounders Rugby (union/League) Sitting Volleyball Sledge hockey Sledge ice hockey Softball Tidhoukball Tidg of war Ultimate flying disc Volleyball Water polo Wheelchair basketball
	Kwon Do Sto Chi To Tuy n sports Ult



Some things Bronze Arthur Terry students are doing for SKILL



- Playing a musical instrument
- British Sign language online course
- Photography
- Sports coaching (Football,)
- Film making
- Cooking
- Handling and care of horses/dogs/reptiles/fish
- Acting
- Life guarding
- Green Power



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 us

t'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

rogramme ideas that you could do or you could se it as a starting point to create a Skills programme if your own. You can find more information at DofE.org/skills and here is a range of exciting opportunities to help you omplete this section at DofE.org/finder.		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	Physics Rocket making Taxonomy Weather/meteo Website design Zoology		 ☐ Music appreciation ☐ Playing a musical instrument ☐ Playing in a band ☐ Reading & notating music ☐ Understanding music in relation to history & culture 	
Puppetry Singing	Care of anim	als	Natural world	
Speech & drama Theatre appreciation Ventriliquism Yoyo extreme Science & technology Aerodynamics Anatomy App design Astronomy Biology	canaries) Pet care – healt maintenance	es nandling lama/alpaca ure rds (i.e. budgies &	Agriculture Conservation Forestry Gardening Groundsmanship Growing carniverous plants Plant growing Snail farming Vegetable growing Games & recreation	
Botany	Pigeon breeding	g & racing	Cards (i.e. bridge)	
Chemistry Coding/ programming Ecology Electronics Engineering Entomology IT Marine biology Oceanography Paleontology	Music Church bell ring Composing DJing Evaluating musi performances Improvising mel	ic & musical s lodies alysing &	Chess Clay target shooting Coxing Cycle maintenance Darts Dominoes Fishing/fly fishing Flying Gliding Go-karting	

☐ 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	Criminology Dowsing & divining Fashion Forces insignia Gemstones Genealogy Heraldry History of art Language skills Military history Movie posters	Fabric printing Feng Shui Floral decoration French polishing Furniture restoration Glass blowing Glass painting Interior design Jewellery making Knitting Lace making
☐ Table games ☐ War games	☐ Postcards ☐ Reading ☐ Religious studies	Leatherwork Lettering & calligraphy Macramé
Life skills ☐ Alternative therapies	Ship recognition Stamp collecting	☐ Marquetry ☐ Model construction ☐ Mosaic
□ 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 RNL1 (Lifeboats) □ Library & information skills □ Life skills □ Massage □ Money management □ Navigation □ Public speaking and debating □ Skills for employment □ Young Enterprise	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 catapaults & trebuchets Cake decoration Camping gear making	Painting & design Patchwork Photography Pottery Quilting Rope work Rug making Snack pimping Soft toy making Tatting Taxidermy Textiles Weaving and spinning Wine/beer making Woodwork
Learning & collecting	Candle-making Canoe building	
Aeronautics Aircraft recognition Anthropology Archaeology Astronautics Astronomy Bird watching Coastal navigation Coins Collections, studies & surveys Comics Contemporary legends Costume study	Canvas work Carnival/festival float construction Ceramics Clay modelling Crocheting Cross stitch DIY Dough craft Drawing Dressmaking Egg decorating Embroidery Enamelling	