



Start your Bronze 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 could be your turn.



Mr P. Withey – DofE Manager
Miss C. Wilson – Deputy Manager
Mrs S. Jones – 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
- 31 Staff are involved in running expeditions and training
- We have 5 Gold sixth form students who volunteer with us to further support expeditions
- 14 Accredited Expedition Assessors (11 of these are up to Gold level)
- 4 staff with HML awards and 5 staff with LLA awards
- 8 staff with current Outdoor First Aid qualifications



BRONZE

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



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

- This year in our centre, 70 students are doing the Bronze award!
- Currently, there are 55 students doing Silver
- And 35 doing Gold awards!

What do you have to do?



BRONZE

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.

Bronze (Year 9+)	Volunteering	Physical	Skills	Expedition
	3 months	3 months	3 months	2 days 1 night

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



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!



You could be an energy envoy for the NEF or fundraise for the BHF

Volunteering

We recently received a certificate for the number of hours that our current students have given to the community...



We have a booklet of national volunteering ideas you are welcome to take at the end

We are working on a school-based set of activities as well

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 improving 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 official. **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.



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 needs to go 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 course instead.



Check out www.ubee.org.uk
(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 – ie football coaching, football training, football appreciation!
- **Remote Assessors - We don't like doing this and will only accept this on the conditions that – you upload specific evidence monthly and meet your assessor in person every month (but it must show dates, times and progression) - this is high risk. Ideally do an online course that certifies you over a time period.**

OUR DEADLINE FOR COMPLETION OF THESE 3 SECTIONS IS 1ST FEBRUARY 2021

Students who begin the Award and withdraw at a later date can be refunded £80 of the £110 and will remain enrolled until they are 25

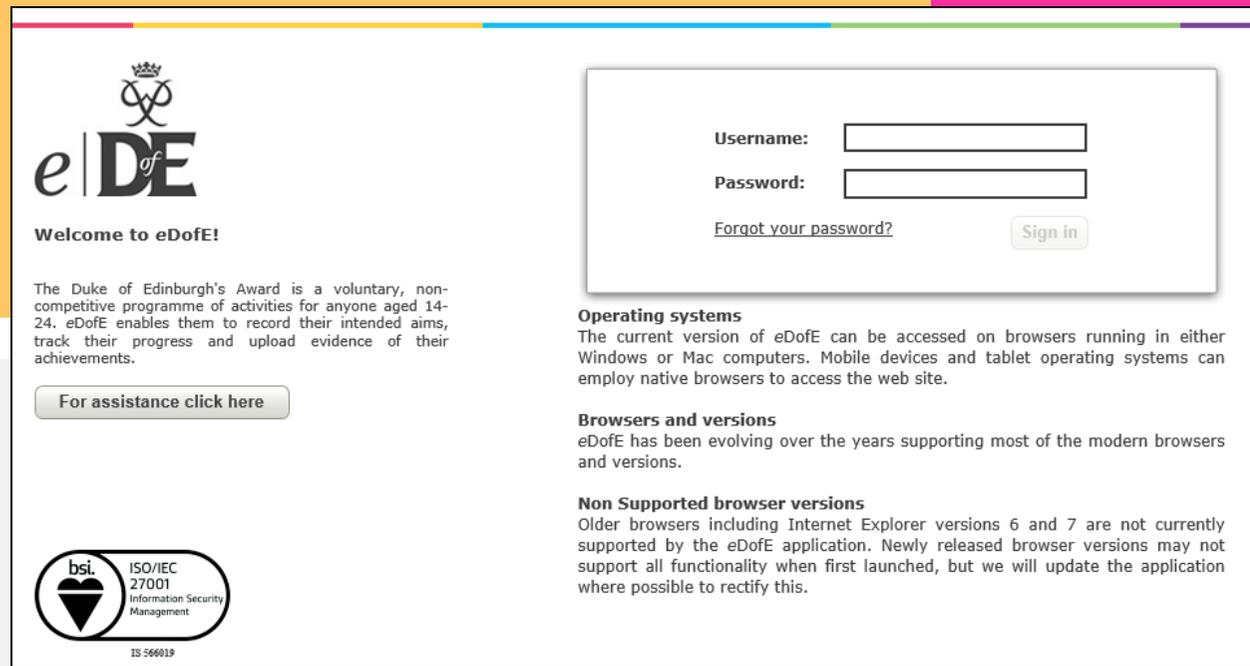
eDofE

When you enrol, we will set up an account for you and meet you to put all of your details online.

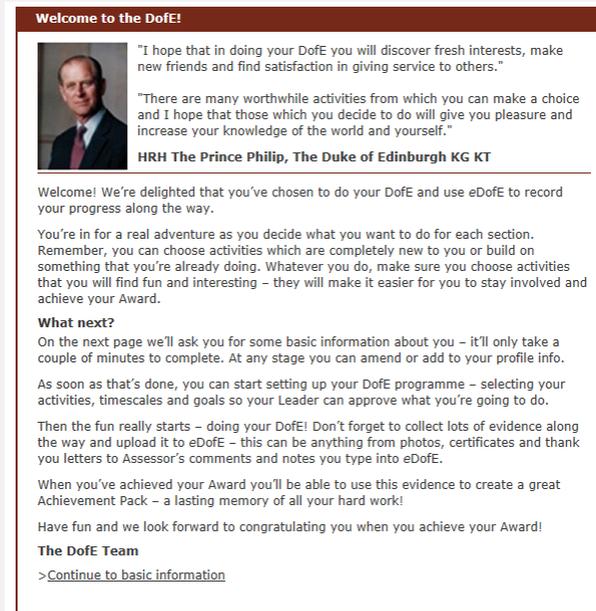
You will need to bring full details of sections and contact details to this meeting.

Please ensure you have an email address that YOU check regularly.

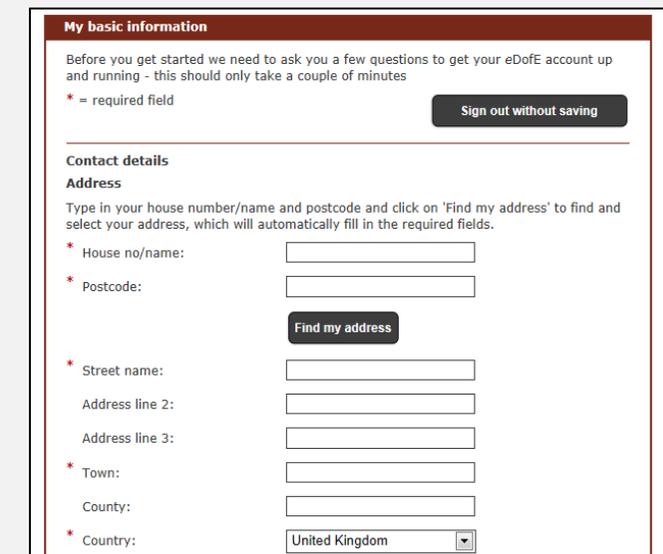
Filling in your **personal details** results in a welcome pack being posted out automatically



The screenshot shows the eDofE login interface. At the top left is the eDofE logo, which includes a crown and the letters 'e|DofE'. Below the logo is the text 'Welcome to eDofE!'. A paragraph explains that the Duke of Edinburgh's Award is a voluntary, non-competitive programme for ages 14-24, and eDofE allows users to record their intended aims, track progress, and upload evidence. A button labeled 'For assistance click here' is positioned below the text. At the bottom left is a BSI ISO/IEC 27001 Information Security Management logo with the number IS 566019. On the right side, there is a login form with fields for 'Username:' and 'Password:', a link for 'Forgot your password?', and a 'Sign in' button.

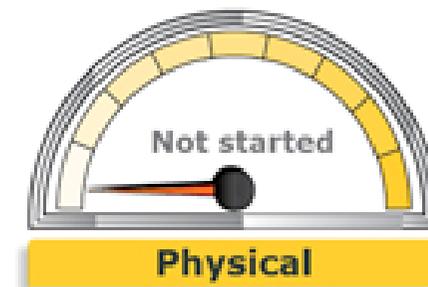


This screenshot displays the 'Welcome to the DofE!' page. It features a portrait of HRH The Prince Philip, The Duke of Edinburgh KG KT. Two quotes are provided: one from the Duke about discovering fresh interests and making new friends, and another about choosing worthwhile activities for pleasure and knowledge. Below the quotes is a 'Welcome!' message from the organization, followed by instructions on how to use the eDofE system. A 'What next?' section outlines the next steps: providing basic information, selecting activities and goals, and collecting evidence. A final paragraph congratulates the user on achieving their Award. At the bottom, there is a link to 'Continue to basic information'.



The screenshot shows the 'My basic information' form. It begins with a note that the user will be asked a few questions to set up their eDofE account. A 'Sign out without saving' button is located at the top right. The form is divided into sections: 'Contact details' and 'Address'. The 'Address' section contains several fields: 'House no/name', 'Postcode', 'Street name', 'Address line 2', 'Address line 3', 'Town', 'County', and 'Country'. A 'Find my address' button is placed between the 'Postcode' and 'Street name' fields. The 'Country' field is a dropdown menu currently set to 'United Kingdom'. Asterisks indicate required fields.

Before you can begin any activities !!



Click on each section and enter **ALL** of the details

- Start date
- Details
- Assessor name and position
- 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. We should be able to do it on the day of your initial meeting with us.
- **You are not insured/authorised to start the activity until this has happened!**
- But...if its something you have already been doing, the system will allow you to backdate your start date for one section by 3 months (as long as your assessor is happy to sign off this as your start date)

My Volunteering section

Status:	Draft	
Timescale:	6 Months	
* Start date:	<input type="text" value="20/09/2012"/>	
Earliest completion date:	20/03/2013	
* Type/category of activity:	<input type="text" value="Helping people"/>	
* Detailed activity chosen:	<input type="text" value="Helping children"/>	
* Where are you going to do it?	<input type="text" value="17th Sutton Coldfield East, All Saints Sea Scout Beaver colony"/>	
	62/140 characters used	
* What are your goals? What do you want to achieve?	<input type="text" value="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)?	<input type="text" value="Richard Berry"/>	
* What position do they hold?	<input type="text" value="Colony Leader"/>	
Assessor's email:	<input type="text" value="mewberry@live.co.uk"/>	
Assessor's telephone no:	<input type="text"/>	
* Select your preferred Leader to	<input type="text" value="K Bird"/>	

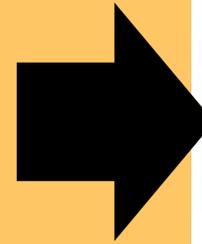
More detailed presentations on using eDofE are on our website and there are YouTube videos on the DofE Channel too.

Your Welcome Pack

This should arrive in the post within a couple of weeks (but you don't have to wait to start activities if you have had online approval from us).



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** 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 screenshot shows a web interface for managing evidence. At the top, there are tabs for 'Section Details' and 'Evidence'. Below this, the word 'Evidence' is displayed. A 'Select all:' checkbox is in the top right. The main area contains a grid of evidence cards. The first card is highlighted with a red border and has a red 'Assessor' label at the top. It contains text: 'has always had a diligent attitude towards training and competition. This Assessor's report'. Below the text is a green checkmark and a checkbox. Other cards contain text about cross-country races and photos of athletes. At the bottom, there are buttons for 'Query', 'Delete', 'Unapprove', 'Mark as Assessor's Report', and 'Approve'.

The minimum requirement for each section is just an assessor report (but huge amounts of students cant seem to get this right if they use the cards! 150/300 queries last year so they had to be done again. This year 20 out of 70 didn't meet the deadline or get the reports right)

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, and sometimes it undermines your completion with a remote assessor eg. Strava

6 hours of work after the March deadline last year to sort out numerous issues like this isn't acceptable. It was the same this year

Students from this year are told they MUST upload their report immediately after the section is complete, not wait until March. We have moved the deadline to February as a result of this

Assessor's comments:

Please write as much as possible taking into account training, experience if applicable and achievements. When you write you should be assessing the achievement of the young person and not form part of their personal record of their DASH programme.

[REDACTED] INITIALLY HAD LIMITED FLEXIBILITY AND STRUGGLED WITH CONCENTRATION AND EARLY ON SET OVER THE [REDACTED] AND AS TATION AT B SHE HAS ALSO ICE WHICH HELPS IN CALMING HER MIND, OBTAIN GOOD PRESENTS

No details at the top
Only 5 months
No goals
Position of the assessor

Signature: S Clark
Assessor's first name: SALLY Last name: CLARK
Assessor's position/qualification: [REDACTED]
Assessor's phone number: [REDACTED]
Assessor's email: [REDACTED] @yaboo.co.uk

Assessor's comments:

Please write as much as possible taking into account training, experience if applicable and achievements. When you write you should be assessing the achievement of the young person and not form part of their personal record of their DASH programme.

[REDACTED] has Improved her Physical 3 months at the gym she has Done

No details at the top
Not written by an adult
Forged signature
Position of the assessor
No contact details (so how could we verify this was authentic?)

Signature: [Handwritten Signature]
Assessor's first name: [REDACTED]
Assessor's position/qualification: [REDACTED]
Assessor's phone number: [REDACTED]
Assessor's email: [REDACTED]

Participants should scan or photograph this page and upload to eDASH as evidence.

We made up a little rhyme about it



We can only judge you.....

On what we see, that
is present on eDofE !

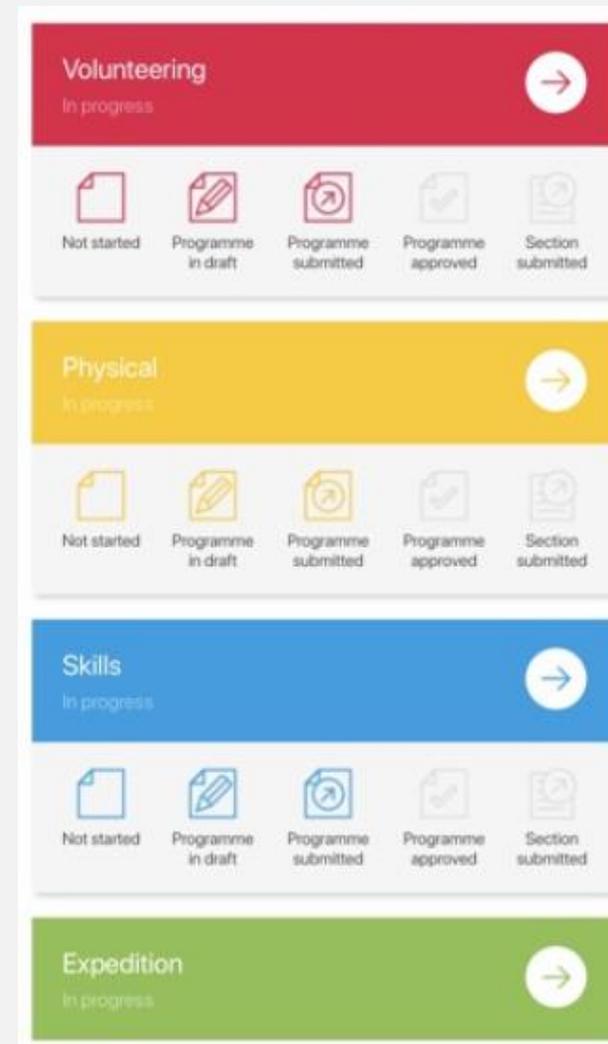
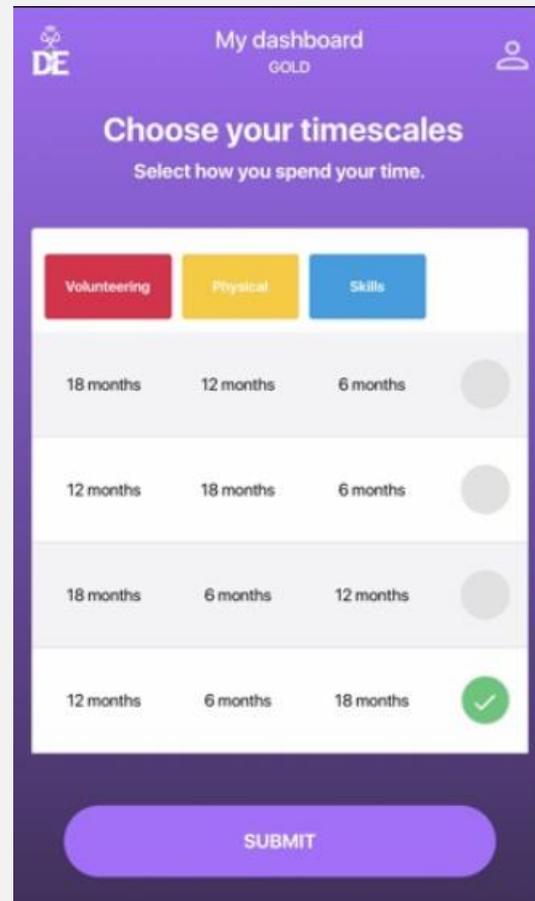
Yes, you might have been doing it all.....

But we don't own a crystal ball!

eDofE - The App !



This is a new way to add information to your account and check your status for each section



It does a lot of the things that the eDofE website does but you can carry it around with you !

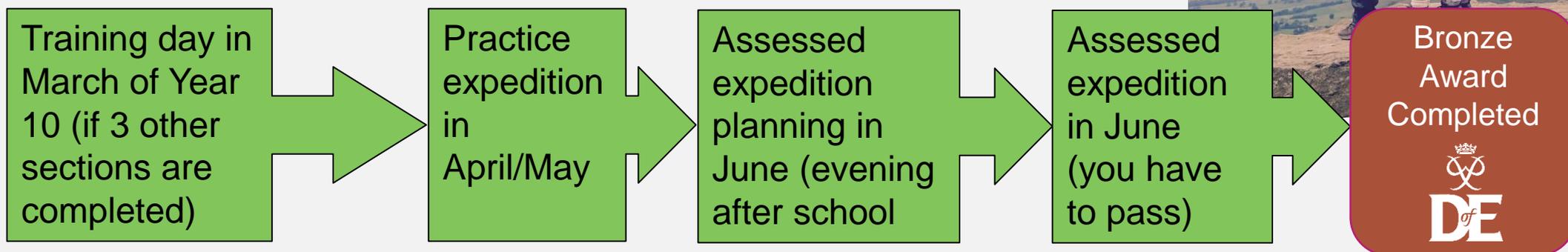
Expedition

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 (6 or 7), you'll plan your aim, choose 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.

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 and the dates are released in September. If you cannot attend ALL of these you will not 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

“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 not about distance travelled and being back first, 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

Expectations & Equipment Purchase

Code of conduct – Any breach of this and students do not pass the expedition (no phones and music players, **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.

Our kit night for parents and students in March after the expedition training supports you in choosing the most appropriate equipment

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

15%

off the current selling
price. Includes reduced
price items.

Proud to be a part
of your outdoor life.



Milletts.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.



Geared up for the outdoors

Tiso.com

15%

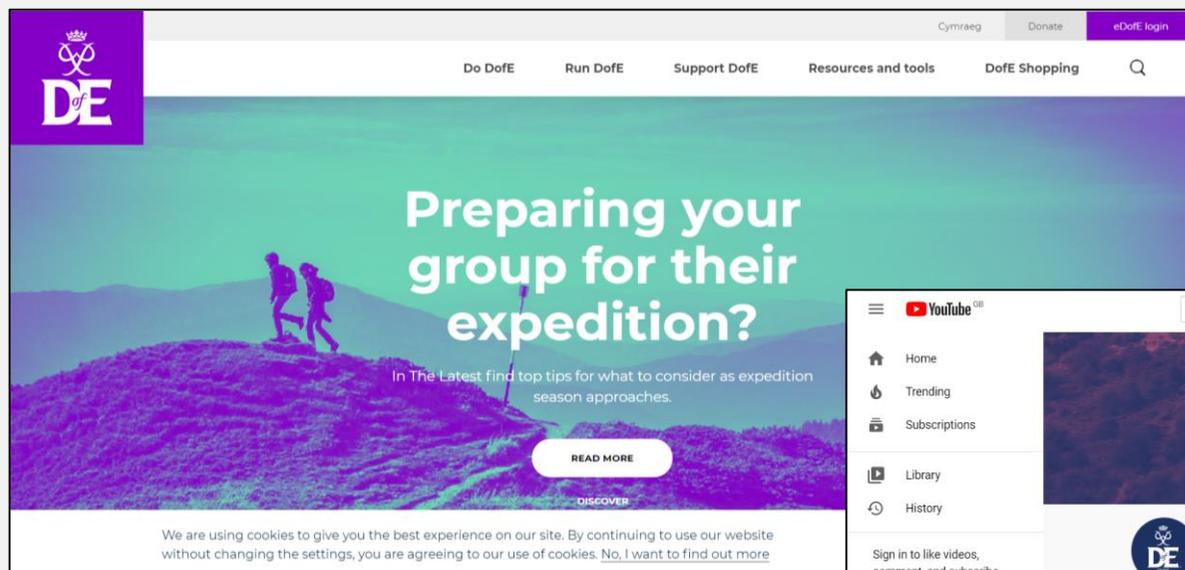
off the retail price.

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

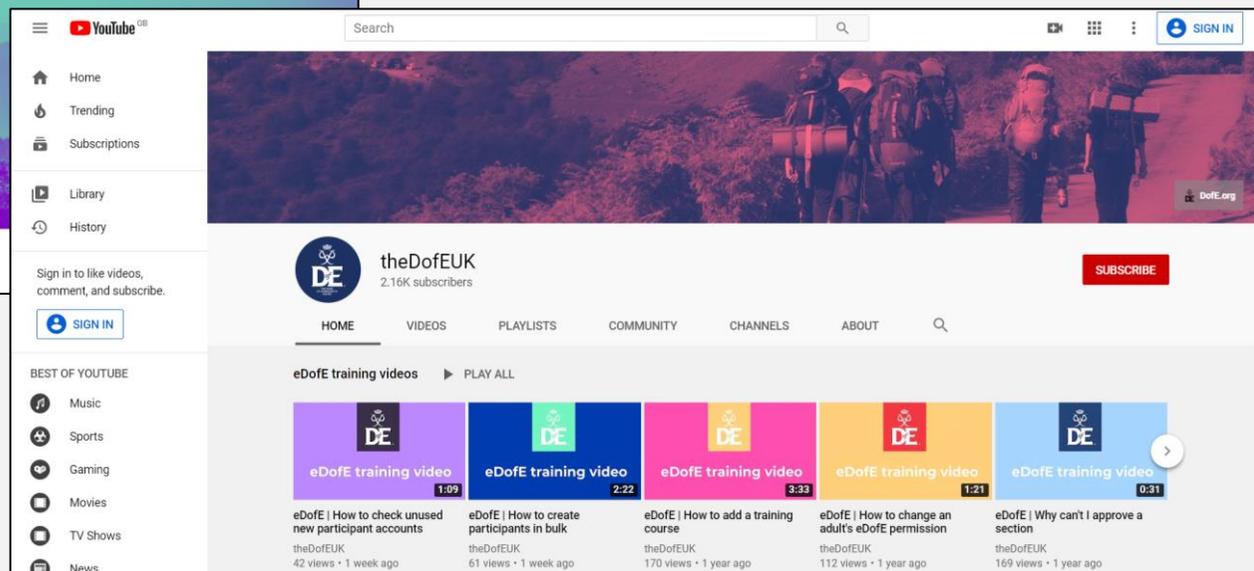
National DofE Resources



Dofe.org



YouTube Channel



Finding out more & asking us questions



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

Although 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 but he can also be found in the science department

Miss Wilson mainly teaches in C3.8

Students (and parents) can also contact us by email – we check it most days
dofe@arthurterry.bham.sch.uk

We also have a website with information, forms and videos to help you
www.arthurterry.bham.sch.uk/dofe

Start your DofE now



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

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

Research possible activities (come and see us if you have a query)

Arrange activities, start dates, suitable assessors

Complete an enrolment form **AND** programme planner (fully) **or complete it online** – hand this in at reception **AND** make a payment of £110* 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 and return it to them to amend if required, and then hand in again.

If all is well, we will enrol them in bulk at the end of March/April/May/June/July (but no later than this, without exception)

Parents will be notified by group call about when the participant is invited to their welcome meeting (usually at the start of the following month – bring all of their details with them to enrol!)

Then.....

At the meeting you will 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** before you begin any activities. We should do it straight away at the meeting – All good to go!

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 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**

**Remember all must be completed
by February 1st 2021
(no tears, tantrums or stress next year we hope)**

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 at the front and also on our website



Posters of activity ideas are around the room and some of the things our current students are doing, and some leaflets too.

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 DofE.org/volunteering 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

- 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

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.

Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathlon
- Bowls
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Pétanque
- 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
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- Sub aqua (SCUBA diving & snorkelling)
- Surfing/body boarding
- Swimming
- Synchronised swimming
- Underwater rugby
- Wakeboarding
- Windsurfing

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

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

Racquet sports

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

Fitness

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Medau movement
- Physical achievement
- Pilates
- Pole dancing
- Running/jogging
- Walking
- Weightlifting
- Wii-fit
- Yoga

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

Team sports

- American football
- Baseball
- Basketball
- Boccia

- Camogie
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey
- Kabaddi
- Kortball
- Lacrosse
- Netball
- Octopus pushing
- Polo
- Quidditch
- 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

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



THE DUKE OF EDINBURGH'S AWARD.

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 and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

Performance arts

- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism
- Yoyo extreme

Science & technology

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

Physics

- Rocket making
- Taxonomy
- Weather/meteorology
- Website design
- Zoology

Care of animals

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

Music

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

Music appreciation

- Playing a musical instrument
- Playing in a band
- Reading & notating music
- Understanding music in relation to history & culture

Natural world

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

Games & recreation

- Cards (i.e. bridge)
- 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
- 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
- Massage
- 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
- Canoe 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
- Tattling
- Taxidermy
- Textiles
- Weaving and spinning
- Wine/beer making
- Woodwork