



What is the 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's your turn.



Adventurous, caring, sporty, creative... however you might describe yourself, the DofE is for you. Anyone from year 9 in school can take part. There are three progressive levels of programmes which when completed lead to a Bronze, Silver or Gold DofE Award.

To achieve your Bronze or Silver Award, you'll need to complete your own programme of activities in these four sections:

Volunteering

Physical

Skills

Expedition



There's a wide range of activities to choose from – most activities can count towards DofE.

Maybe you want to try something completely new?

Or get better at something you're already doing?

Your DofE can be whatever you want it to be.

– Look at our Opportunity Finder for some inspiration on DofE.org.

– Chat to your Leader to make sure an activity counts for the right section and that you've set yourself enough of a challenge.

– Most of all, choose activities you'll enjoy – it will make them easier to stick at it!

– Don't forget: if you've already achieved a previous DofE Award (Bronze or Silver), you don't have to continue with the

same activities –

you could try something new.



Activities for each DofE section take a minimum of one hour per week over a set period of time, so they can be fitted in around your studies and life outside school.

You'll need to participate regularly and show that you're committed to your DofE during this time.

Bronze (Year 9+)

Volunteering

3

months

Physical

3

months

Skills

3

months

Expedition

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. Perhaps 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.

It can also give you the chance to experience the world of work.



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Work-ready skills that DofE Leaders think participants develop...

- 96%** Teamwork
- 86%** Confidence
- 72%** Determination
- 69%** Commitment
- 65%** Positive attitude



Typical mistakes/tips:

Must not be a profit making organisation

Some clubs are run as a business and these would not count

Registered charities are safe

Cannot do a task if they are perfectly capable of doing it themselves.

Walking a friends dog because they are busy/lazy would not count.

Walking someone's dog because they are too old/frail/had a recent accident would count.

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.

Whether you decide to join a team or do it on your own, it's up to you.

Typical mistakes/tips:

**Things done in normal lesson time
does not count**

After school clubs are ok

It does not have to cost you any money

**Going for a jog for an hour per week in total is fine and can be
several jogs that add to an hour**

**P.E. teachers are very supportive and will often
act as an assessor if needed**

SKILL.

From podcasting to playing a musical instrument, the Skills section is a great way to learn a new talent, develop existing skills and find something you enjoy doing.

Through 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 are interested in photography, you could do this as your skill.

You can improve confidence and develop practical and social skills whilst learning how to rise to a challenge.

Typical mistakes/tips:


If it is more of a Physical activity it wont count in this section. e.g. Karate would not count


Avoid sports and dance

Things done in normal lesson time does not count because it is directed time


e.g. Music lessons in school during normal lesson time does not count

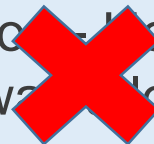
Music lessons or practicing at lunch time or at home does count

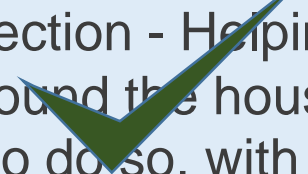
1 – Skill section - Target shooting, with the Instructor for your assessor 

2 – Volunteering section - Helping young children at a Dance school they pay to go to, with the Dance teacher for your assessor 

3 – Skill section – Learning to cook different meals at home, with your Aunt (who is a chef) as your assessor 

4 – Physical section - Riding your bike to school for over an hour in total per week, with your school tutor as your assessor 

5 – Volunteering section - Helping walk your neighbours dog because they work away a lot, with the neighbour as your assessor 

6 – Volunteering section - Helping your neighbour cut their lawn and do general jobs around the house because they have become physically unable to do so, with them as your assessor 

7 – Skill section - Learning how make a rocket at a workshop that lasts 4 hours but is only on once every 4 weeks, with the teacher as your assessor 

Exploring the countryside and camping under the stars with your friends. Your expedition will give you lifelong memories.

You'll plan, train for and do an expedition, spending two days and one night away at Bronze.

As part of a small team of 4 to 7 people, you'll plan your aim, choose your location and do some training to make sure you're prepared and know what you're doing.

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



Staff have relevant qualifications and current outdoor first aid certificates. They are accredited DofE assessors themselves and have over a hundred expeditions worth of experience at all levels.

All Worle staff give up their free time voluntarily to run the award – This is well over a hundred hours each year! We do it because we believe in the values the Award offers to young people and we think that you all deserve the opportunity.

For more information you can visit the DofE website
<https://www.dofe.org/do/>

Would you as a parent like to volunteer also? Please see Mr. Gray to discuss.

At Worle we make the Duke of Edinburgh Award as accessible as possible.

Pupil Premium contributions can be made if you meet the criteria, payments can be paid in instalments and much of the kit can be borrowed.

The school can provide:

Tent
Stove
Fuel
Maps
Rucksack
Sleeping bag
Roll mat
Transport from school
(apart from Mendips exped)

You will need your own:

Walking boots
Waterproof coat
(with hood)
Waterproof trousers
Water bottle
Food
Basic first aid kit (shared)
Compass (shared)
Map case (shared)

Registration and Expedition fee: £150

So why should you do your DofE? What are you going to get out of doing it? Well, the benefits of achieving any Award are endless. It's difficult to list them all, 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.