



D*of***E**

THE DUKE OF
EDINBURGH'S AWARD



The 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+)
- **Silver** (aged 15+)
- **Gold** (aged 16+)

...which lead to a Duke of Edinburgh's Award.

There are 4 sections to complete to gain the award:

■ **Volunteering**

■ **Physical**

■ **Skills**

■ **Expedition**

Bronze Award (14+ years old)

Volunteering	Physical	Skills	Expedition
3 months	3 months	3 months	Plan, train for and complete a 2 day, 1 night expedition
<i>All participants must undertake a further 3 months in the Volunteering, Physical or Skills section.</i>			

The cost of participating in the Bronze award in 2020/21 will be in the region of £190, including DofE registration, administration, the training day and 2 x 2-day expeditions

Choosing activities

Think about what you want to do for each section, and check with your DofE Leader that your choices can be counted.

Use the helpful lists and category finder on www.DofE.org/sections

Volunteering

Aim

- To make a difference within your community or to an individual's life.
- To develop compassion by giving service to others.
- 1 hr per week for 3 months (or 6 months)



Benefits

- Learn about their community and feel a sense of belonging and purpose.
- Learn to take responsibility for their communities and their own actions.
- Build new relationships.
- Further understand their own strengths and weaknesses.
- Develop teamwork and leaderships skills.
- Trust others and be trusted.
- Enjoy new adventures.

What is required?

- Volunteering is simple. It's about choosing to give time to something useful, without getting paid.
- Team volunteering can be beneficial to you and to the project you choose.
- At least 3/4 of the activity needs to be practical volunteering, so only a 1/4 can be training.
- Training courses, therefore, must either:
 - Change their content to include practical volunteering e.g. raising awareness of the project.
 - Count towards the Skills section – e.g. Life skills category.

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

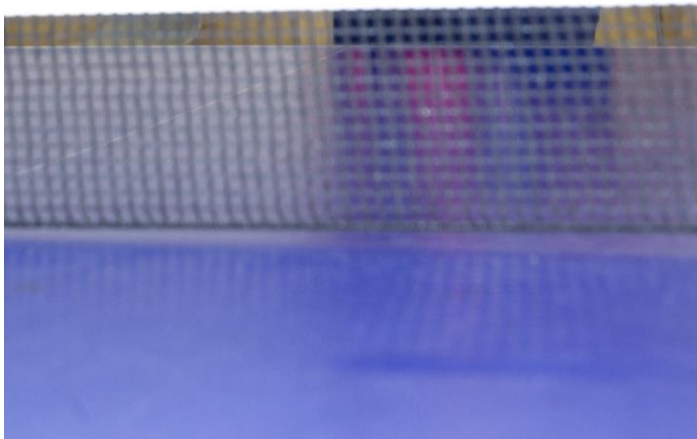


Physical



Aim

- To achieve greater physical fitness and a healthy lifestyle through participation and improvement in a physical activity.
- 1 hr per week for 3 months (or 6 months)



Benefits

- Enjoy keeping fit.
- Improve fitness.
- Discover new abilities.
- Raise self-esteem.
- Extend personal goals.
- Set and respond to a challenge.
- Experience a sense of achievement.

What is a physical activity?

In short, anything that requires a sustained level of physical energy and involves doing an activity.

You are free to do this section independently or as part of a team.

Physical categories

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



Skills



Aim

- To develop practical and social skills and personal interests.
- 1 hr per week for 3 months (or 6 months)

Benefits

- Develop a new talent.
- Improve self-esteem and confidence.
- Develop practical and social skills.
- Develop better organisational and time management skills.
- Sharpen research skills.
- Learn how to set and rise to a challenge.

Something old or something new

Ultimately you must be able to prove that you have broadened your understanding and increased your expertise in the chosen skill.

Activities can be undertaken on either an individual or group basis.

Skills categories

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



Expedition



Aim

- To develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.

Benefits

- Gain an appreciation of and respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Develop and demonstrate enterprise and imagination.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and the ability to accept consequences.
- Gain skills to reflect on personal performance.
- Learn to manage risk.
- Learn through experience.

Expedition

Our expeditions at St Johns' are run by a company called BXM who have led our expeditions for many years now: BXMoutdoors.com This enables all to offer the award to all students within a year group.

Their risk assessment and procedures are available to view on the DofE page on the school website (under downloads)

BXM provide the following:

Instructors and Assessors

Tents

Stoves (Participants are to provide their own mess tins)

Gas

Maps

Camp fees

Training resources

24hour 0800 support number for parents

Essential Kit

- 65L backpack
- Sleeping bag – 3 season
- Sleeping mat
- Head torch
- Walking boots & socks
- Baselayer
- Midlayer – fleece/jumper
- Outer layer – waterproof with hood
- No chinos no jeans
- 2 x 1litre water bottles
- Mess tin & spork
- Hat and gloves
- Individual 1st aid kit

The team:

Miss Lamport – DofE Manager

Mrs Nightingale – DofE administrator

Mr Cook – DofE Verifier

BXM Expeditions - run the expeditions on behalf of
St John's

Watch the video from our expedition provider, BXM and other useful videos on the school website

If you would like to sign up for the Bronze DofE award then please complete & return the registration form and make a payment via parentpay.

Make a note of **the training & expedition dates** in your diary

Any questions then please contact us at:

DofE@stjohns.Excalibur.org.uk

Students can decide upon and begin working towards their Physical/Volunteering/Skills sections (aim for 1 hour per week)