



**Start your  
Bronze or  
Silver DofE**



# What is the DofE?



**YOUTH  
WITHOUT  
LIMITS**

# What is the DofE?

When your child does their DofE programme they'll develop the skills and attitudes they need to become more rounded, confident adults.

Qualities that colleges, universities and employers are attracted to. So when you support your child's pursuit of their Duke of Edinburgh's Award, you're investing in their future.

You can expect to see your child develop in the following areas as they work through their DofE programme:

- Self-belief and self-confidence
- A sense of identity
- Initiative and a sense of responsibility
- A real awareness of their strengths
- New talents and abilities
- The ability to plan and use time effectively
- Learning from and giving to others in the community
- Forming new friendships
- Problem solving, presentation and communication skills
- Leadership and teamworking skills.



# What's involved?

Adventurous, caring, sporty, creative... however you might describe yourself, the DofE is for you. Anyone in the school year in which you turn 14 to aged 24 can take part in three progressive levels of programmes, leading to a Bronze, Silver or Gold DofE Award.

Bronze – Year 9

Silver – Year 10



To achieve your Awards, you'll need to complete your own programme of activities in these four sections:



# How do I choose my activities?

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 your Bronze DofE Award, you don't have to continue with the same activities – you could **try something new.**



# How long will it take me?



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 <b>3</b> months	Physical <b>3</b> months	Skills <b>3</b> months	Expedition <b>2 days</b> <b>1 night</b>
	Plus a further <b>3 months</b> in either the Volunteering, Physical or Skills section			
Silver (Year 10+)	Volunteering <b>6</b> months	Physical <b>6 or 3</b> months	Skills <b>6 or 3</b> months	Expedition <b>3 days</b> <b>2 nights</b>
	Physical and Skills sections: one section for <b>6 months</b> and the other section for <b>3 months</b> If you didn't do Bronze, you must do a further <b>6 months</b> in either the Volunteering or the longer of the Physical or Skills sections.			

# 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.



# Volunteering



## Helping people:

Helping children  
Helping older people  
Helping people in need  
Helping people with special needs  
Youth work

## Community action & raising awareness:

Campaigning  
Cyber safety  
Council representation  
Drug & alcohol education  
Home accident prevention  
Peer education  
Personal safety  
Promotion & PR  
Road safety

## 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

## 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

## Coaching, teaching and leadership:

Dance leadership  
DofE Leadership  
Group leadership  
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



# Volunteering Ideas



[ROT Scouting organisation - KatieL@Radcliffescouts.org.uk](mailto:KatieL@Radcliffescouts.org.uk)

[Canal and Riversides Trust](mailto:adrian.royston@canalrivertrust.org.uk)

[adrian.royston@canalrivertrust.org.uk](mailto:adrian.royston@canalrivertrust.org.uk)

[ROT Junior School - office@rotjs.notts.sch.uk](mailto:office@rotjs.notts.sch.uk)

[ROT Infant School - admin@rotins.notts.sch.uk](mailto:admin@rotins.notts.sch.uk)

[CCLS Junior School - \(office@candlebylane.co.uk\)](mailto:office@candlebylane.co.uk)

[Radcliffe on Trent Cricket Club \(tomandrach3@gmail.com\)](mailto:tomandrach3@gmail.com)

[Radcliffe Olympic FC -](#)

[Cotgrave and Radcliffe Community Gardens](#)

[Park Run - rushcliffehelpers@parkrun.com](mailto:rushcliffehelpers@parkrun.com)

[ROT – Litter Picking \(ROTPC\) - clerk@rotpc.com](mailto:clerk@rotpc.com)

[Notts Gymnastics Academy @ Rushcliffe School –](#)

[Leadership.academy@nottsgymnasticsacademy.co.uk](mailto:Leadership.academy@nottsgymnasticsacademy.co.uk)

## In school as Extra Curricular

SNA – Litter Picking (Caretakers)

Junior Librarian (Librarian)

Reading Leaders (Mrs Steele/Mrs Palethorpe)

Maths club (helping year 7/8s) (Mr Baxter)

ECO schools (Mr Leaman)

Sports Leaders (Mrs Roach/Mrs Libird/ Mr Ballard)

Lunch time table tennis/football/referring (Mr Siviter)

DofE Young Leaders Programme (Silver Only)

## Other Activities

Dog walking for disabled/elderly

Shopping for disabled/elderly

Gardening/cleaning for disabled/elderly

Writing a weekly letter to someone in the care home

Bird Track Garden Bird Watching/Tracking

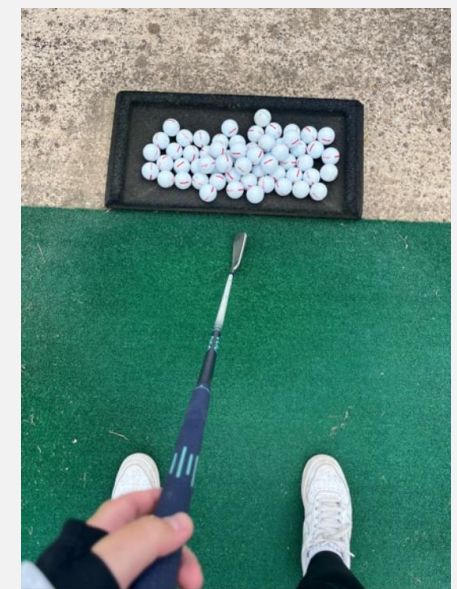
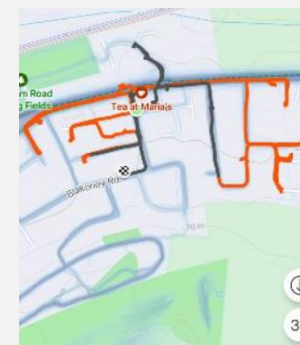
# Physical

**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.

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



# Physical

## Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/
- Aquathon Bowls
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Field Gun
- Geocaching
- Golf
- Gymnastics Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Pétanque
- Roller blading
- Roller skating
- Running
- Static trapeze
- Supercross
- Ten pin bowling
- Trampoline
- 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
- Fitness classes
- Gym work
- Medau movement
- Physical achievement
- Pilates
- 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
- Kuk Sool Won
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

## Team sports

- American football
- Baseball
- Basketball
- Boccia

- Camogie
- Cheerleading
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey Kabaddi
- Korfball
- Lacrosse
- Netball
- Octopushing
- Polo
- Quadball
- 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

# Physical Ideas

## SNA PE Department

C+ Activities

Football/Basketball/Netball/Rugby/Badminton

Boccia Club (LIC)

Radcliffe on Trent Cricket Club  
([tomandrach3@gmail.com](mailto:tomandrach3@gmail.com))

Park Run  
([rushcliffe@parkrun.com](mailto:rushcliffe@parkrun.com))

Radcliffe Olympic FC / Cotgrave FC  
Each particular coach

## Individual Activities

Running – Track with a phone app

Cycling – Track with phone app

Gym/Fitness Suite/Exercise Classes – Payment  
Receipts/App tracking/Personal Trainer

Swimming – Track on watch

Dance and Gymnastics

\*\* Climbing is classed as a physical NOT a skill

# Skills

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.



# Skills

## Performance arts

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

## Science & technology

Aerodynamics  
Anatomy  
Astronomy  
Biology  
Botany  
Chemistry  
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  
Keeping of pets  
Looking after birds (i.e. budgies &  
canaries)  
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 & sports

Cards (i.e. bridge)  
Chess  
Clay target shooting  
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  
Communicating with people who  
are visually impaired  
Communicating with people who  
have a hearing impediment  
Film & video making  
Journalism  
Newsletter & magazine production  
Signalling  
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 pimping  
Soft toy making  
Tatting  
Taxidermy  
Textiles  
Weaving and spinning  
Wine/beer making  
Woodwork

# Skills Ideas

## In school C+

Art (Mrs Robey/Mrs Rodgers)

STEM Club (Science Dept)

Music Lessons and Groups (Mrs Wood)

Youth Theatre (Mrs Lang)

ICT/Business Project (Mr Melfi – AI development)

Games Club (Hums)

Duolingo club (Languages)

Eco Club (Mr Leaman)

Dungeons and Dragons

## Other Good Ideas

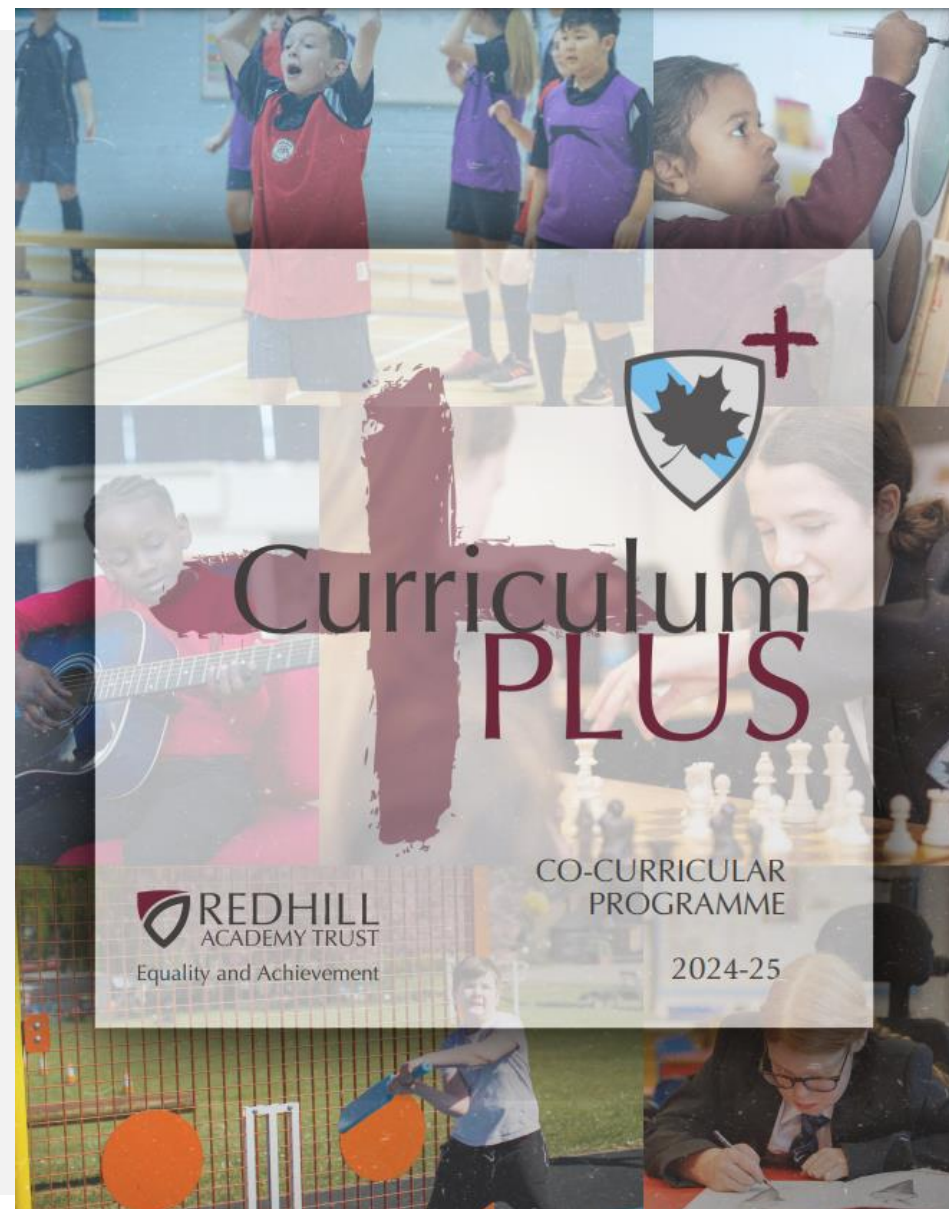
IBM Skills Build Courses - [www.dofe.org/shop/ibm-skillsbuild/](http://www.dofe.org/shop/ibm-skillsbuild/)  
British Sign Language Course – Minimum of £3 (£15 to cover the course/£25 if you can)

<https://www.british-sign.co.uk/shop/product/introducing-british-sign-language-enrolment-online-course/>

Blogging/Vlogging

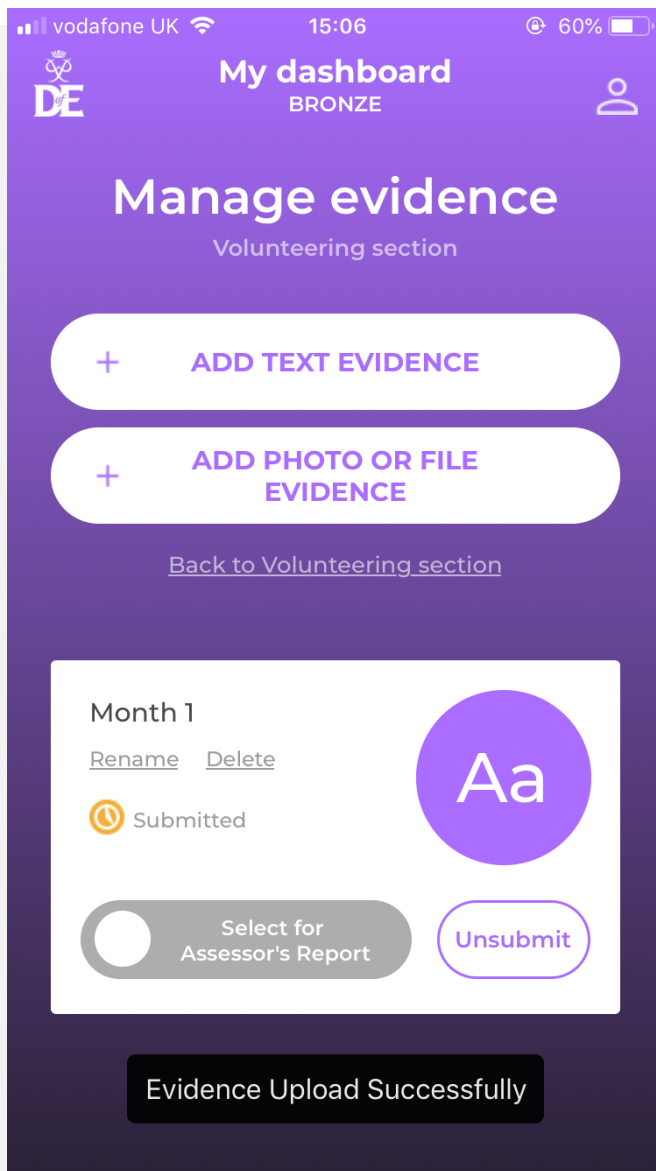
Gardening

Cooking/Baking





# Evidence and Assessors

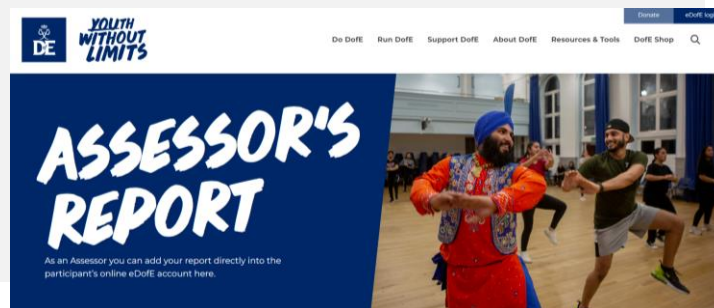
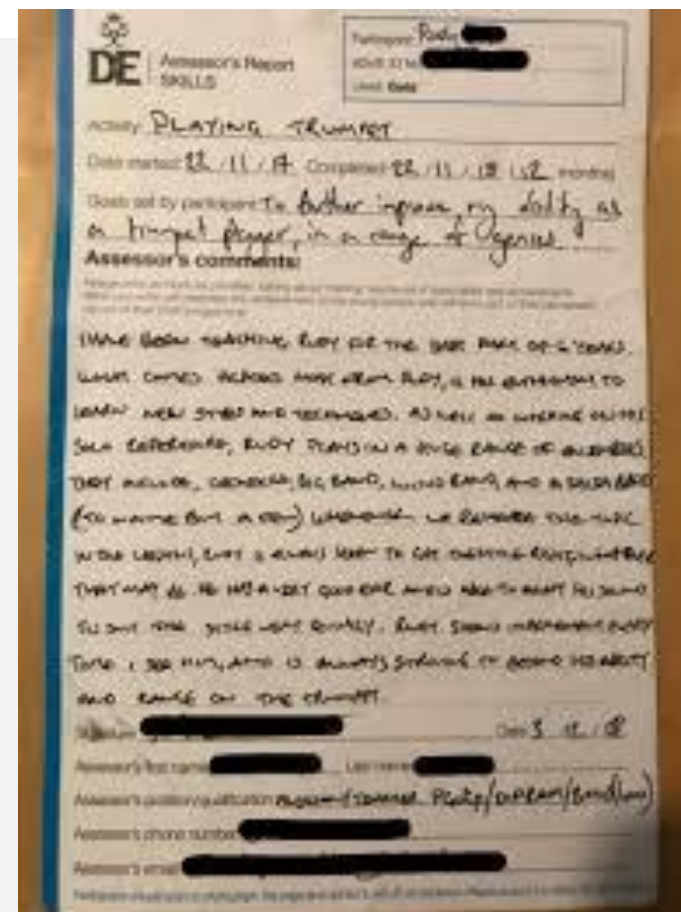


## Evidence

On the eDofE app students have to upload evidence about what they have done. This can be text evidence, log book, photos or files. This will show your assessor, internal verifier and DofE that you have achieved your goals.

## Assessors

Each section needs an assessor, this cannot be a family member. They sign off to say you have achieved the section goals and completed the timescale. This can be done written in the template or online [www.dofe.org/assessor](http://www.dofe.org/assessor)



# Expedition

**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 for bronze and three days and two nights away for Silver.

As part of a small team, 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.

You will be assessed by an external assessor based on your competencies to navigate, cook and camp.



# Expedition

Expedition points to note:

- Students must be available for **all training dates** (attendance at the in school training must be high, practice walks/practice expeditions and final expeditions must be attended)
- Absences from school immediately following all expeditions will be deemed 'unauthorised' as you are expected to be able to cope with the demands of the expedition alongside your school commitments.
- There are Expedition Requirements that students must meet. These are what your expedition team will be assessed against. These are available on the school and DofE official website.
- Expedition groups **MUST** be a minimum of 4 and a maximum of 7. Students can chose their own groups, however ensuring everyone is happy and included is my priority.




# SNA Pledge Passports


# PUSHING YOUR BOUNDARIES TO ACHIEVE MORE



**PLEDGE 2** To represent the Academy in Sports



**PLEDGE 3** To contribute to Academy Performing Arts



**PLEDGE 5** To organise and actively participate in at least 2 fundraising events



**PLEDGE 7** To take part in community projects



# In school support



COMPULSORY afterschool designated sessions

**BRONZE – TBC**

**SILVER – TBC**

- eDofE training and support in uploading and getting appropriate evidence and details online where possible
- Training for expedition

**The key thing participants need to be aware of is that it is their journey not their parents/teachers and they **MUST** take responsibility for their own award.**

**Students are responsible for managing their time; this is one of the challenges of the Award and is a reason why it is highly valued by employers – it is not meant to be easy!!**

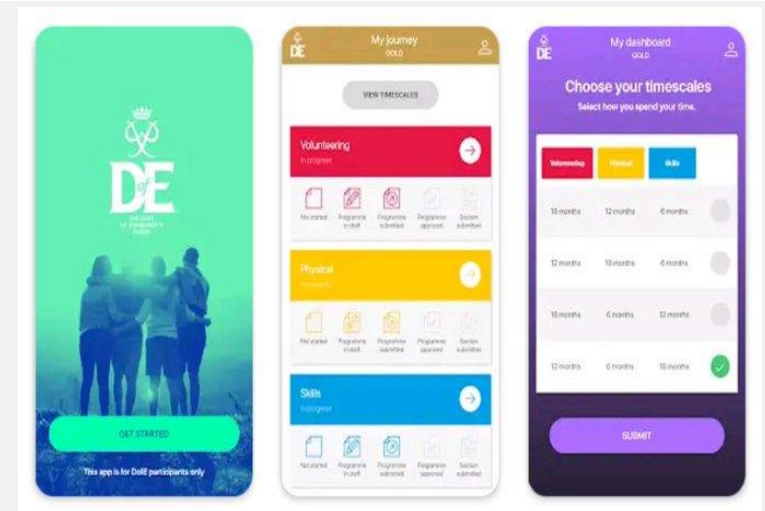
Once you have signed up, you will receive an eDofE username.

Will be FirstnameSurname and a number.  
MickeyMouse12

Your password will be automatically set to your date of birth DDMMYYYY (e.g. 01092007)

Instructions on how to use eDofE will be shared when signed up.

However, ensure the app is downloaded onto their phone.





# Costs



Bronze is £95

Silver is £115

(Payable through the school ParentPay system) in a lump sum or two instalments. The first £50 instalment is non refundable. The second can be refunded up till the deadline date for the expedition just after Easter)

This includes:

DofE enrolment

Contribution to the school licence fee

Weekly school support sessions and all expedition training

Use of expedition equipment tents/trangia's and fuel- inc maintenance and upgrades.

Supervision throughout expeditions

Payment for expedition assessors

Payment for campsites

Insurance

Certificate and Badge on Completion – Presentation Evening in October after completing.



# Additional Costs



Additional costs you need to expect.

## 1. Personal Equipment

Hiking boots with ankle support, 65L+ Rucksack, Sleeping Bag, Roll Mat, Clothing (inc waterproofs), Personal First Aid Kit, Eating and Drinking Equipment.

Recommendations - Borrow kit from friends, family, previous DofE participants.  
- Decathlon, McArthur Glen, Go Outdoors, Sports Direct, Supermarkets.  
- SNA preloved (TBC)

(Kit lists and more information are available on the school website)

## 2. Food for Expeditions

Personal items of food along with a portion of group cooking items

**If your child receives Pupil Premium funding we can support with some costs. Please speak to Mrs Hawksworth directly if this applies to you.**

# Dates



Practice Day Walk and Evening Training  
**Dates in May TBC**

Bronze Final Expedition  
**Friday 6<sup>th</sup> June – Saturday 7<sup>th</sup> June**



Practice Day Walk  
**Date in November TBC**

Practice Expedition  
**Friday 16<sup>th</sup> May – Saturday 17<sup>th</sup> May**

Final Expedition  
**Thursday 19<sup>th</sup> June – Saturday 21<sup>st</sup> June**

# Once Signed Up



Once you have completed the online FORMS enrolment form and paid at least the first instalment they will be signed up and given access to the eDofE system.

You will then receive a welcome pack in the post.

- Assessor Reports
- Discount card and information regarding kit and some advice

Students will get a username for them to access eDofE and their leaders will guide them during an afterschool session on how to use the system.

They will be added into a ClassCharts group to keep you and them updated on sessions and important information.

Students will need to add in section information online and send for checking then they can begin (the sooner you do this the sooner you can start!)

Communication with you will be via ClassCharts announcements.

# FAQs and Common Issues



1. Liability when students are doing sections – it lies with the parent to ensure that the 'assessors' and location that your child is doing a section is safe and suitable.
2. eDofE – Sections must be completed on eDofE and approved by SNA before starting a section
3. Assessors – Students **MUST** approach and ask an assessor **BEFORE** starting the section.
4. Assessors – **CANNOT** be a parent or close relative
5. Assessor Forms – Need to be completed in full and include the dates and a signature.
6. Weekly commitments – each section must be done for a minimum of 1 hour a week. Cannot complete sections in blocks. (1 hour a week for 3 months *not* 12 hours over 2 days)
7. Mobile phones and personal equipment is the responsibility of the participant not the school. (phones are to be kept switched off in a waterproof bag inside their rucksacks, for use in an emergency only)
8. Do not leave starting the sections till last minute!

# Any Questions



# Next...



## Take any print outs you wish - outside

Deadline for applications and Payment via Parent Pay ASAP

**Friday 4th October \*\***

This PowerPoint will be shared as a ClassCharts announcement for your reference.

- Visit [www.dofe.org](http://www.dofe.org) for more information

Or

- The SNA website, Duke of Edinburgh page for more information and downloads.

# Start your DofE now

Are you ready to volunteer, get fit, learn and go on expedition? The DofE is one amazing adventure you'll never forget.

So, what are you waiting for?

