



**YOUTH
WITHOUT
LIMITS**

**START
YOUR BRONZE
DOFE**

Meet the team

Miss Mitchell

DofE Manager/Lead/Assessor

I enjoy being outdoors on walks around lakes and hills, and often camping in the warmer months. I am a strong advocate for getting outdoors to boost mental health, and this is why I enjoy being in nature so much.

I have completed both my Silver and Gold DofE awards, and have seen 1st hand the opportunities, skills and friendships that can be gained from getting involved.

jmitchell@wreake.bepschools.org

Mr Morris

DofE Assessor

Mr Rackley

DofE Supervisor

Miss Spargo

DofE Award Verifier



**YOUTH
WITHOUT
LIMITS**

What is the DofE?

The DofE is a life-changing adventure.

You make it: The DofE is as unique as you are

Millions of young people in the UK have already done their DofE.

Now it's your turn.



**YOUTH
WITHOUT
LIMITS**



What will I do?



Done in own time, one hour a week for the selected time frame

Volunteering section

Take action and make a difference to the causes you care about

Help others and change things for the better



***YOUTH
WITHOUT
LIMITS***



Volunteering section

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

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

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
- ☐ 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
 - Volunteer Cadet Corps
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade
- ☐ Sports leadership
- ☐ Music tuition

Physical section

**Take part in whatever
dance, sport or fitness
activity you would like**

**Get fitter and have fun
along the way!**



***YOUTH
WITHOUT
LIMITS***



Physical section

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
- ☐ Trampolining
- ☐ 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
- ☐ 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
- ☐ Korfbal
- ☐ 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

Skills section

Devote yourself to improving your skills in the things you love to do

Discover new passions and develop talents you didn't know you had



***YOUTH
WITHOUT
LIMITS***



Skills section

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
- ☐ Handbell ringing
- ☐ Evaluating music & musical performances
- ☐ Improvising melodies

describing music

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

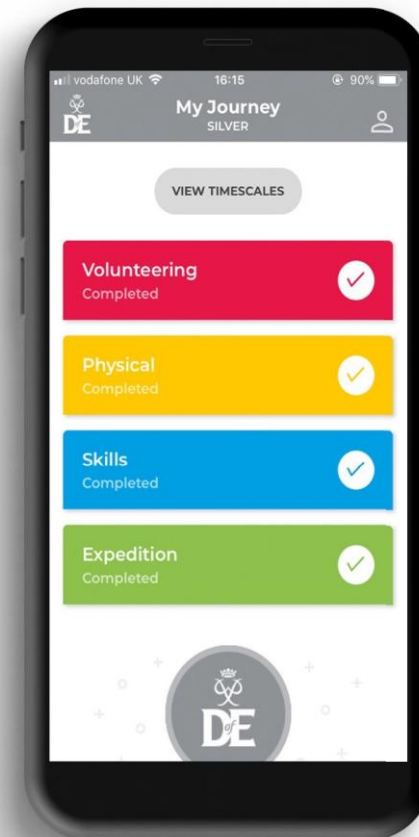
Natural world

- ☐ 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

Logging evidence for sections



Expedition

**Explore the great outdoors
and spend a night away
from home**

**Create memories that
will last a lifetime**



**YOUTH
WITHOUT
LIMITS**

D of E Kit List



**YOUTH
WITHOUT
LIMITS**

Approx cost - £100+ - Up to you how much you spend

Clothing

- Pair of walking boots (£35-50)
- 2/3 pairs of walking socks (£10-15)
- Waterproof jacket (£25)
- Waterproof trousers (£15)
- Fleece (not hoodie) (£15)



Personal

- Rucksack 65L (£45-70)
- Sleeping bag (£20-30)
- Sleeping mat (£10)
- Torch
- Personal first aid kit (Make own £5-10)
- Food for the 2 days, 1 night

The DofE commitment



**YOUTH
WITHOUT
LIMITS**

- **Tuesday (B6)/Wednesday (Yr9) after school** mostly fortnightly training sessions
- **Time to complete the sections** (3 months X 2, 6 months X1)
- **Practice day walk**
- **Expedition weekend** (2 days, 1 night)
- **D of E registration fee (£75)**
- **Expedition personal equipment**

Key dates Term 1



**YOUTH
WITHOUT
LIMITS**

B6

- **Tuesday 11th**
November (DofE introduction session)
- **Tuesday 25th**
November (EDofE logins session)
- **Tuesday 9th**
December (EDofE check in session)

Year 9

- **Wednesday 12th**
November (DofE introduction session)
- **Wednesday 26th**
November (EDofE logins session)
- **Wednesday 10th**
December (EDofE check in session)

Application process




**YOUTH
WITHOUT
LIMITS**

Friday 3rd October (Expression of interest form released – physical copy – come and collect from Miss Mitchell's classroom – Hums 6/hums planning)

Monday 13th October
(Expression of Interest form return deadline – hand back to Miss Mitchell)

Thursday 16th October (Place confirmation/waiting list if needed, 1st payment set up on Arbor)

 **DofE Participant Enrolment Form** 

Please print information clearly in CAPITALS. All questions must be completed.

DofE Level: Bronze

Have you registered for any previous levels of the DofE? No / Yes ~~==~~(please delete one)

If YES – please give the name of the DofE Centre you were registered at/dofe number:

Personal details:

First name(s):	Last name:
School Year Group:	Tutor Group:
Date of birth: / /	Primary language:
School Email address:	

When you first sign in to eDofE you will be asked to record some personal details such as your contact details, ethnicity and personal circumstances along with details of any medical needs you may have. This data is used to enable your Leaders to support you doing your DofE programme and for the DofE's statistical and reporting purposes. You will always have a 'prefer not to say' option.

Declaration: (to be completed by the student)

I agree to enrol as a participant on a DofE programme. I understand that I will be managing my programme using the online eDofE system. I acknowledge that this system has a set of terms and conditions that I agree to. These terms and conditions are available at www.eDofE.org



I agree to take responsibility for organising the sections of my award, and for completing them independently in my own time. I understand that I will not be invited onto the expedition until I have completed or have almost completed the other sections of the award. I agree to attend training sessions on a Wednesday night after school.

Print Name	Signature	Date
		/ /

Consent to enrol from parent or guardian: (to be completed by parent or guardian)

I agree to my child / ward doing a DofE programme. I note that it is my responsibility to check that any activity child / ward undertakes for their DofE programme is appropriately managed and insured, unless the activity is directly managed or organised by their DofE group, centre or Licensed Organisation.

Print Name	Signature	Date
		/ /

 **DofE Participant Enrolment Form** 

To be completed by the student.

Please detail why you would like to participate in the DofE Award

Please write down what you plan to do for each of your sections (volunteering, physical and skills)

Note:

Data supplied on this form and in eDofE and information about DofE activities recorded in eDofE will be used by the DofE Charity, the Licensed Organisation and DofE centre to monitor and manage DofE participation and progress by young people and manage and support Leaders.

The DofE Charity will use personal data to communicate useful and relevant information to either help participants complete a DofE programme, Leaders to run DofE programmes more effectively or help the DofE Charity to improve the quality and breadth of its programmes.

We also send emails that contain information about the Charity, DofE negotiated privileged discounts and invites to events and other activities however if you would like to remove these emails you will need to opt in. Once you have opted in to this you can opt out at any time by visiting www.dofe.org.uk/privacy, or clicking the unsubscribe link that can be found at the bottom of all non-programme related email.