


Williamwood



Bronze

THE DUKE  
OF EDINBURGH'S  
AWARD

# Requirements



• Skill

• Volunteering

• Physical

• Expedition

# Timeline eDofe



- Skill
- Volunteering
- Physical

Two sections: 1 hour a week for 3 months

One section: 1 hour a week for 6 months.

# Expedition

- ▶ **Training Day (Conference Room)**
- ▶ **Practice**
- ▶ **Final expedition**
- ▶ Both practice and qualifying expedition will be at Lochgoilhead Outdoor Centre. Pupils will be walking for 2 days and 1 night camping

# Expedition dates

## Group A:

- ▶ Training Day: Tuesday 16<sup>th</sup> April 2024
- ▶ Practice Expedition: Thursday 18<sup>th</sup> - Friday 19<sup>th</sup> April 2024
- ▶ Final Expedition: Thursday 9<sup>th</sup> - Friday 10<sup>th</sup> May 2024

## Group B:

- ▶ Training Day: Wednesday 17<sup>th</sup> April 2024
- ▶ Practice Expedition: Tuesday 23<sup>rd</sup> - Wednesday 24<sup>th</sup> April 2024
- ▶ Final Expedition: Tuesday 14<sup>th</sup> - Wednesday 15<sup>th</sup> May 2024

**Groups will be decided closer to the expedition.**

# Skill

## Performance arts

- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriliquism
- 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
- Handbell ringing
- 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

# Skill Cooking

If you would like to do cooking for your skill you must speak to the F&TT department as soon as possible.

# Physical

## Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathon
- 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
- 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
- Korfbal
- Lacrosse
- Netball
- Octopushing
- 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



# Volunteering

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

[https://www.dofe.org/wp-content/uploads/2022/08/programme\\_ideas\\_-\\_volunteering.pdf](https://www.dofe.org/wp-content/uploads/2022/08/programme_ideas_-_volunteering.pdf)

# eDofe

- ▶ Volunteering must be at a non-profit organisation.
- ▶ Participating in a Sport cannot be counted as a skill.
- ▶ All sections should be out with the school timetable, for example your physical section cannot be during Physical Education.

# Volunteering Eco Committee

If you would like to volunteer for the Eco Committee please speak to Mrs Rogers about joining the committee.

If you would like to be involved you will need to attend weekly meeting on a Wednesday lunchtime.

# Sections

- ▶ Cannot do Sport for your skill section.
- ▶ Volunteering needs to be non profit organisation.
- ▶ Use the extra curricular booklet to join and volunteer at clubs. Can be found online.

# Downloading the App

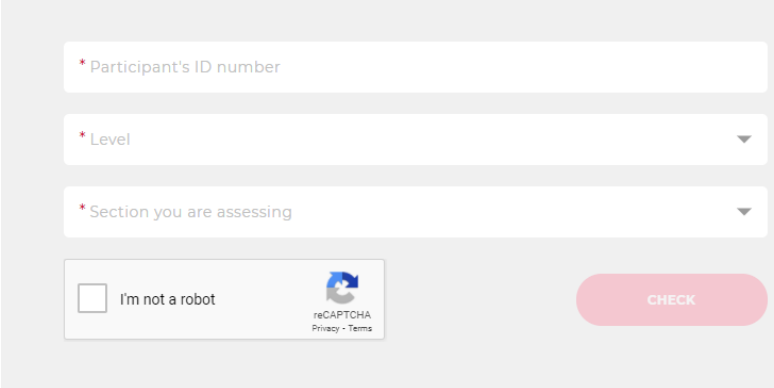
Please download the DofE app from the app store.

**Watch the video - How to set up account**

**<https://www.youtube.com/watch?v=D80IGvCwbhM>**

# Assessor's Report

- ▶ When you have completed your section you must get an assessor's report
- ▶ A parent cannot be an assessor for their own child.
- ▶ The easiest way to do this is to get your assessor to visit <https://www.dofe.org/run/assessors/> with your ID number.



A screenshot of a web form for generating an assessor's report. The form is light gray and contains the following elements:

- A text input field labeled "\* Participant's ID number".
- A dropdown menu labeled "\* Level".
- A dropdown menu labeled "\* Section you are assessing".
- A checkbox labeled "I'm not a robot" next to a reCAPTCHA logo.
- A pink button labeled "CHECK".
- Small text below the reCAPTCHA logo: "reCAPTCHA Privacy - Terms".

# eDofE License Number and Profile

You will be issued your license number to the email address that you have provided.

Your License number will come with your user name.

Please download the DofE app and create your account using your user name.



# Managing Evidence online

- ▶ Weekly logs must be added after each session. They must be in detail in order to be approved.
- ▶ 4 pictures are required in each section (including the expedition section).
- ▶ Cannot be any pictures of young people please cover their faces if you need to upload the pictures.



# Deadline and Meetings

- ▶ Meetings are mandatory and a register will be taken at each session.

Dates	Meeting	Targets
Tuesday 5th September	1 (Street)	About Dofe, how to use the app and create online profile
Tuesday 26th September	2 (ICT)	2 logs and 1 picture for each section
Tuesday 24th October	3 (ICT)	5 logs and 2 pictures for each section
Tuesday 28th November	4 (ICT)	12 logs for 2 sections with 4 pictures
Tuesday 30th January	5 (ICT)	24 logs for 1 sections with 4 pictures
Tuesday 27th February	6 (ICT)	All evidence uploaded and getting assessor reports
Tuesday 26th March	7 (Street)	Physical, Skill and Volunteering completed. Meeting about expedition.
Tuesday 21st May	8 (ICT)	Uploading information and 4 pictures for the expedition section
Monday 3rd June	DEADLINE	All sections must be completed by this date in order to receive the award.



# Practice and Final Expedition





Lochgoilhead Outdoor Centre  
Shelter Park  
Lochgoilhead  
Argyll  
PA24 8AQ

# The Lochgoilhead Centre



**NATIONAL  
ACTIVITY  
CENTRE**  
LOCHGOILHEAD



# Kit List

Got it	Packed It	Items Needed	Notes
		Walking Boots with proper ankle support	
		Rucksack	Can provide, If required
		Rucksack Liner	
		Sleeping Mat	
		Sleeping Bag	
		Waterproof Bag	
		Torch	
		Personal First aid kit, including personal medication	
		Water Bottle	
		Cutlery, Bowl and a Plate	
		Midge Spray	
		Midge Net	
		Personal clothing	See next list
		Toilet Roll	

# Clothes

Got it	Packed It	Items Needed	Notes
		Walking Socks	
		T-shirts	Preferably not Cotton
		Warm jumper	
		Walking trousers	Must not be Jeans
		Underwear	
		Night wear	
		Hat and Gloves	
		Sun Cream	
		Waterproof Trousers	Can provide, if required
		Waterproof Jacket	

# Group Kit

Got it	Packed It	Items Needed	Notes
		Tent	Provided
		Stove	Provided
		Fuel for stove	Provided
		Food	
		Bin bags	
		Trowel	Provided
		Antibacterial hand wash	
		Navigational Equipment	Provided
		First Aid Kit including Tick remover*	Will be with instructor

# Food

- ▶ Lochgoilhead do not supply food. They recommend the following:
- ▶ Pasta, sauce for main meals, i.e. tuna pasta.
- ▶ Boil in the bag/dehydrated meals (available from Go Outdoors/Tiso etc).
- ▶ Breakfasts should be reasonably substantial - porridge sachet or pots.
- ▶ Snacks - cereal bars, snack bars, trail mix. NO NUTS
- ▶ Reusable water bottle - water can be purified.
- ▶ Lunch on the first day should be a packed lunch and second day could be similar.



# Food things to avoid:

- ▶ Pot noodles (low nutritional value, bulky and quite often the participants will sit on their bag and these split and the contents go everywhere).
- ▶ Things that need refrigeration.
- ▶ Bulky packaging or glass containers.
- ▶ Reusable 1litre (minimum) water bottle, ideally that they can put hot water that has been purified.

# Standards

- ▶ All expeditions are assessed to the DofE 20 conditions.
- ▶ All groups will cover 20 conditions within the training phase and know the standards required for qualifying.
- ▶ Groups will plan all qualifying routes with local knowledge of the supervisors

# 20 Conditions

1. Your expedition must be by your own physical effort, without any motorised or outside assistance.
2. Your expedition must be unaccompanied and self-sufficient.
3. Your expeditions must be supervised by an adult who is able to accept responsibility for the safety of you and your team.
4. Your expedition must have an aim.
5. You must be properly equipped for your expedition.
6. You must have completed the required training and practice expeditions.
7. You must undertake at least one practice expedition at each level of the programme. You should do this in the same mode of travel and in a similar environment to the qualifying expedition.
8. You and your team must plan and organise your expedition.
9. You must be assessed by an approved accredited Assessor to the DofE.
10. There must be between four and seven people in your team (eight people may be in a team for modes of travel which are tandem).

11. You must be within the qualifying age of the DofE programme level.
12. All the people in your team must be at the same level of assessment.\*
13. Your team must not include anyone who has completed the same or higher level DofE expedition.
14. Your overnight accommodation should be camping.
15. Your expedition must be the minimum number of days required for your DofE level.
16. Your expedition should normally take place between the end of March and the end of October.
17. Your expedition should be in the recommended environment for your DofE level.
18. You must do the minimum hours of planned daily activity for your DofE level.
19. You should cook and eat a substantial meal each day.
20. You must create and deliver a presentation after your expedition to complete the section

# Things not to bring

- ▶ Hair dryers /straightners.
- ▶ Games systems.
- ▶ Lots of money.
- ▶ Anything you would be upset to lose.
- ▶ Designer clothing.
- ▶ Expensive Electricals.
- ▶ Heavy things.
- ▶ Anything you do not need.



# Mobile Phones

- ▶ Pupils can take their mobile phone but it is at their own risk. Photos and videos.
- ▶ Phones are not covered by the school insurance.
- ▶ Contact details and communication
- ▶ Navigation - GPS trackers

# Money

- ▶ Pupils do not need to bring large sums of money with them as there are no shops nearby.

# Medication

- ▶ If the young person requires medication they **MUST** show this to staff before going on the bus or they will not be allowed to go.
- ▶ **Please inform us of any last minute changes to medical conditions**
- ▶ Inhalers
- ▶ EpiPens
- ▶ Piriton
- ▶ Others
- ▶ Lochgoilhead staff are aware of any medical conditions. They are all first aid trained.





# Expectations

## Standards of Behaviour

- ▶ Must show up to all meetings
- ▶ Keep profile up to date
- ▶ Living the values

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# Google Classroom Code

**jlqmkj**