

Thirsk School

The Duke of Edinburgh
Award Scheme

Aims of the presentation

Introduction to Duke of Edinburgh
Plan for the year
Costs

Plan for the year.

Usually every Wednesday 5.30-7.00pm

Completion of the current award and
preparation for next level

Finances

Usual cost of Participation

Book / Enrolment- £65.00

Intro expedition - £3

Practice Expedition - £10.00

Assessment Expedition - £40.00

What is the DofE?



The DofE is...

A 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 programmes at three levels:

- **Bronze** (aged 14+)
- **Silver** (aged 15+)
- **Gold** (aged 16+)

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

The DofE is...

You achieve an Award by completing a personal programme of activities in four sections:

- **Volunteering:** undertaking service to individuals or the community
- **Physical:** improving in an area of sport, dance or fitness activities
- **Skills:** developing practical and social skills and personal interests
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad
- At Gold level, you must do an additional **Residential** section, which involves working and staying away from home doing a shared activity

Time and age requirements

Level:	Minimum period of participation by:	
	Direct entrants	Previous Award holders
Bronze	6 months	n/a
Silver	12 months	6 months
Gold	18 months	12 months

Direct entrants are young people starting their DofE programme at either Silver or Gold level, who have not achieved the previous level of Award.

Choosing activities

There is a massive choice of activities that count towards DofE programmes. You can select practically any activity you want – as long as it's legal and morally acceptable.

- Activities are placed in specific sections for a reason.
- You need to choose activities you are going to enjoy.
- Activities could be something that you are already doing or perhaps one you've always wanted to try.

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 inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.



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.

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 inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.



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.

Physical categories

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



Skills

Aim

- To inspire young people to develop practical and social skills and personal interests.



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.

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



eDofE

All sections are updated online
Expedition is signed off by us – and
assessor.

Students do the rest.

eDofE

For each section:

Submit idea for approval

Email assessor and they sign it off.

Student submits to say section complete.

Expedition

Aim

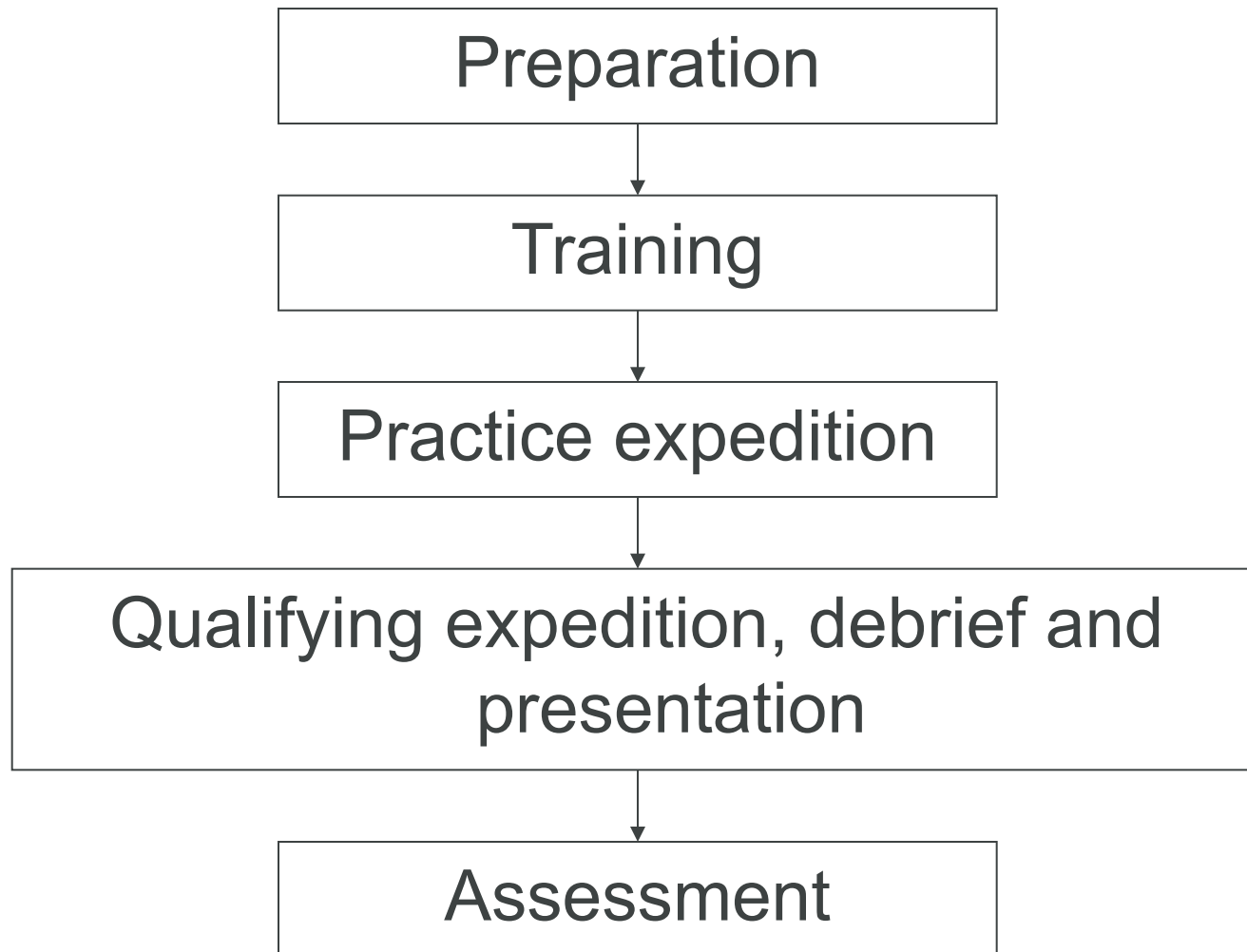
- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



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.

The expedition process



Timescales for qualifying expeditions

Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
Silver	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying)
Gold	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying)

Expedition – the best bit of the award?

Last years Gold students....

Kit requirements.

Mr Terry Hodgson

The DofE is sponsored by Cotswold outdoors and you will see a lot of adverts for this on their website. They provide very good kit – but it is expensive. At this stage I would advise you not to buy any kit until we can clarify expeditions (see last slide).

First Aid

Mr Steve Smith

It is a requirement that we have up to date medical knowledge of your child. We take them to remote areas so please make sure you keep us up to date with any conditions, even if you feel it would not be affected by the expedition.

Dates

Wednesday sessions start next Week 5.30

Introductory expedition and camp on the
10th October.

Bronze Practice 9th and 10th May

Bronze Assessment 5th - 7th June

Questions?

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