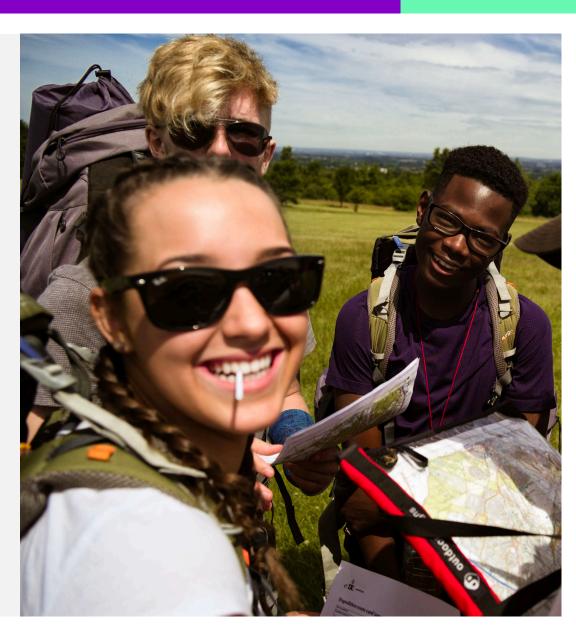
### What is the DofE?



The DofE is the world's leading achievement award for young people.

It's about going the extra mile – learning new skills for work and life, getting fitter, making a difference and broadening your horizons.

- Non-competitive
- Achievable by all
- Voluntary
- Personal development
- Personalised
- Balanced
- Progressive
- Achievement focused
- Demand commitment
- Fun









**3 MONTHS** 





Plus a further **3 months** in either the Volunteering, Physical or Skills section

There's **loads of activities** to choose from — most activities can count towards a DofE programme. Take a look at our website for ideas: DofE.org/do/activities.

- Activities could be something that young people are already doing or something completely new and
  there are lots of possibilities that can be done from home or under social distancing. Weekend, lunch and
  after school clubs and activities will count.
- Minimum one hour a week per section.
- A chosen Assessor will need to write a short statement when they've finished each section. This could
  be a family friend, neighbour, coach or teacher (not a relative).

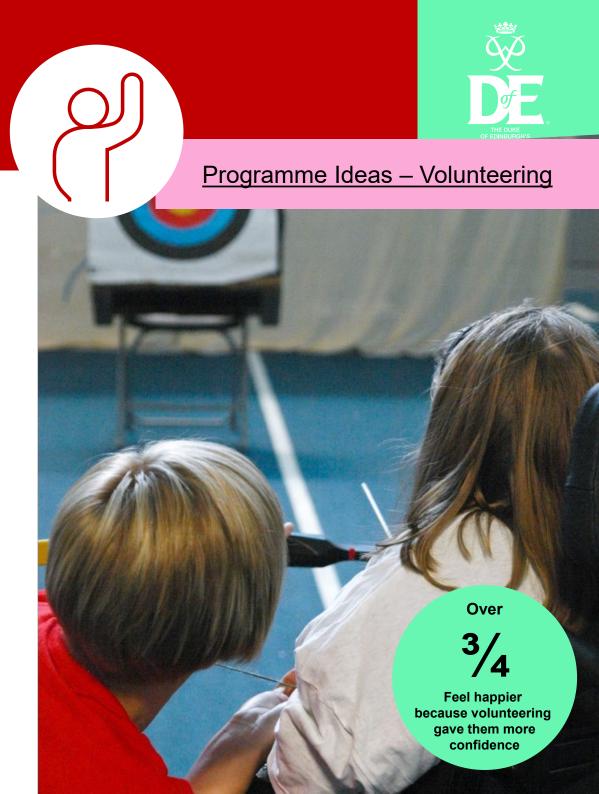
Expedition to take place on the weekend 13-14<sup>th</sup> July. We will have a meeting early June to discuss in more detail

### Volunteering

# Make a positive difference to others' lives and giving back to the community

Make a difference; choosing to give time to do something useful to help people, the community or society, the environment or animals.

Your volunteering must not be done for a business but can be undertaken for a charity or not-for-profit organisation.



### Volunteering

Road safety



Helping people  Helping children	Working with the environment or animals	Coaching, teaching and leadership
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	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	☐ 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
Community action & raising awareness	Helping a charity or community organisation	<ul><li>Scout Association</li><li>Air Training Corps</li></ul>
Campaigning Cyber safety Council representation Drug & alcohol education Home accident prevention Neighbourhood watch Peer education Personal safety Promotion & PR	Administration Being a charity intern Being a volunteer lifeguard Event management Fundraising Mountain rescue Religious education Serving a faith community Supporting a charity	<ul> <li>Army Cadet Force</li> <li>Boys' Brigade</li> <li>CCF</li> <li>Church Lads' &amp; Girls'</li> <li>Brigade</li> <li>Girlguiding UK</li> <li>Girls' Brigade</li> <li>Sports leadership</li> <li>Music tuition</li> </ul>

■ Working in a charity shop

### **Physical**



## Focus on your own health and fitness and have fun along the way

Anything that requires a sustained level of physical energy and involves doing an activity can count – as long as you show interest and improvement over time.

PE class will not count as your Physical Section.



### **Physical**



Individual sports	Water sports	Scottish/Welsh/	Extreme sports	Camogie
Airsoft Archery Athletics (any field or track event) Biathlon/Triathlon/Pentathlon/	Canoeing Diving Dragon Boat Racing Free-diving Kite surfing Kneeboarding	Irish dancing Street dancing/ breakdancing/ hip hop Swing Tap dancing	BMX Caving & potholing Climbing Free running (parkour) Ice skating	Cricket Curling Dodge disc Dodgeball Fives Football Frame football
Aquathon Bowls Boxing Croquet Cross country running Cycling Fencing Field Gun Geocaching Golf	Rowing & sculling Sailing Skurfing Sub aqua (SCUBA diving & snorkelling) Surfing/body boarding Swimming Synchronised swimming	Racquet sports  Badminton Matkot Racketball RacketlonRackets Rapid ball Real tennis Squash Table tennis Tennis	Mountain biking Mountain unicycling Parachuting Skateboarding Skydiving Snow sports (skiing, snowboarding, snowkiting) Speed skating Street luge	Futsal Gaelic football Goalball Handball Hockey Hurling Ice hockey Kabaddi Korfball Lacrosse Netball
Gymnastics Horse riding	Underwater rugby Wakeboarding Windsurfing	Wheelchair tennis	Martial arts  Aikido	Octopushing Polo Quidditch
Modern pentathlon Motocross Orienteering	windsurring  Dance	Fitness  Aerobics  Characteristics	Capoeira Ju Jitsu Judo	Roller derby Rogaining Rounders
Paintballing Pétanque Roller blading Roller skating Running Static trapeze Supercross Ten pin bowling Trampolining Wheelchair fencing Wrestling	Ballet Ballroom dancing Belly dancing Bhangra dancing Ceroc Contra dance Country & Western Flamenco Folk dancing Jazz	Cheerleading Fitness classes Gym work Medau movement Physical achievement Pilates Running/jogging Walking Weightlifting Wii-fit	Karate Kendo Mixed martial arts Self-defence Sumo Tae Kwon Do Tai Chi  Team sports  American football	Rugby (union/League) Sitting Volleyball Sledge hockey Sledge ice hockey Softball Stoolball Tchoukball Tug of war Ultimate flying disc
	Line dancing Morris dancing	Yoga	Baseball	<ul><li>Wallyball</li><li>Water polo</li></ul>

### **Physical**

### Monday

Y7-10 Boys Basketball with Mr Melia (Sports Hall)

V7-8 Boys Football with Mr George and Mr Walker (MUGA)

### Tuesday

YIO Boys Football with Mr Melia (MUGA)

V7-10 Girls Basketball with Ms McKenzie (Sports Hall)

> Dance Club with Bismark and Ms Pritchard in Drama Studio Open to All

### Thursday

08:00-08:30
Fitness with Ms
Pritchard in the Gym

Y7-I0 Girls Football with Ms
Caluert (MUGA)

**Table Tennis in Activity Hall** 

Trampolining Open to All with Ms Stanghon in Sports Hall

### Friday

Y9 Football with Mr Woodgate (MUGA)

Y7-9 Tennis with Mr George MUGA-SIGN-UP

Badminton with Mr Neil (Sports Hall)

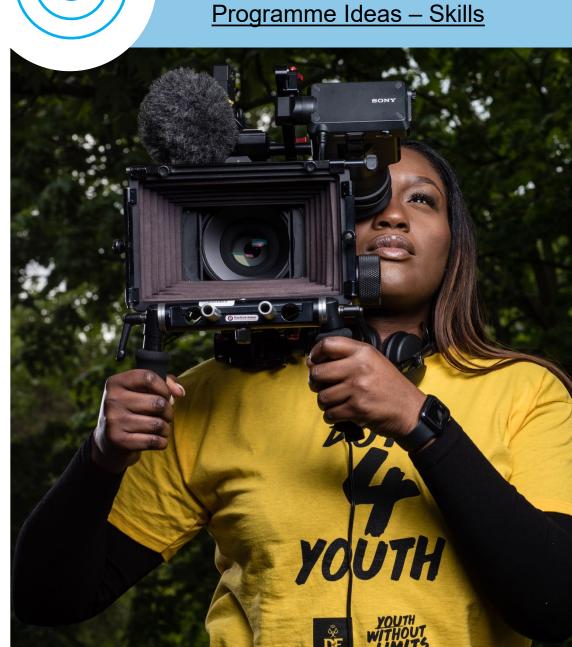
### Skills



Learn a new talent, develop existing skills and find something you enjoy doing

Something old or something new – improve an existing skill or develop a new one!

Choose an activity that will allow you to prove you have broadened your understanding and increased your expertise in your chosen skill.



### **Skills**



Performance arts	Physics	Music appreciation	Life skills	Ship recognition	Marquetry
1 orrormanos arts	Rocket making	Playing a musical instrument	Alternative therapies	Stamp collecting	
☐ Ballet appreciation			Cookery		Mosaic
Ceremonial drill	Taxonomy	Playing in a band	Democracy in action	Media & communication	Painting & design
Circus skills	Weather/meteorology	Reading & notating music	Digital lifestyle	Amateur radio	Patchwork
		Understanding music in relation	Driving: car maintenance/car	Blogging	Photography
Conjuring & magic	Zoology	to history & culture	road skills	Communicating with people who	Pottery
Majorettes		to motory at contain	Driving: motorcycle maintenance/	are visually impaired	Quilting
Puppetry			road skills	Communicating with people who	Rope work
Singing	Care of animals	Natural world	Event planning	have a hearing impediment	Rug making
Speech & drama	Agricultura (kaaning livaataald)	A curiou altumo	First aid – St John/St Andrew/	Film & video making	Snack pimping
	Agriculture (keeping livestock)	Agriculture	BRCS	Journalism	☐ Soft toy making
☐ Theatre appreciation	Aquarium keeping	Conservation	Hair & beauty	Newsletter & magazine	Tatting
Ventriliquism	Beekeeping	Forestry	Learning about the emergency	production	☐ Taxidermy
Yoyo extreme	Caring for reptiles	Gardening	services	Signalling	Textiles
_ ,,	☐ Dog training & handling	Groundsmanship	Learning about the RNLI	Vlogging	Weaving and spinning
Calamaa O ta ahmalami	_		(Lifeboats)	Writing	─ Wine/beer making
Science & technology	Horse/donkey/llama/alpaca	Growing carniverous plants	Library & information skills	_ ************************************	Woodwork
Aerodynamics	handling & care	Plant growing	Life skills	Creative arts	
_ '	Looking after birds (i.e. budgies &	Snail farming	Massage	Creative arts	
Anatomy	canaries)	Vegetable growing	☐ Money management	Basket making	
App design	Pet care – health/training/	9	Navigation	☐ Boat work	
Astronomy	maintenance	0	Public speaking and debating	☐ Brass rubbing	
Biology		Games & recreation	Skills for employment	Building catapaults & trebuchets	
Botany	Pigeon breeding & racing	Cards (i.e. bridge)	☐ Young Enterprise	Cake decoration	
				Camping gear making	
Chemistry	Music	Chess	Learning & collecting	Candle-making	
☐ Coding/ programming	Music	Clay target shooting		Canoe building	
☐ Ecology	Church bell ringing	☐ Coxing	Aeronautics	Canvas work	
☐ Electronics	Composing	Cycle maintenance	Aircraft recognition	Carnival/festival float construction	
Engineering	☐ DJing	Darts	Anthropology	Ceramics	
	_ •		Archaeology	Clay modelling	
Entomology	Evaluating music & musical	Dominoes	Astronautics	Crocheting	
□п	performances	Fishing/fly fishing	Astronomy	Cross stitch	
☐ Marine biology	☐ Improvising melodies	Flying	Bird watching	DIY	
Oceanography	Listening to, analysing &	Gliding	Coastal navigation	☐ Dough craft	
Paleontology	describing music	Go-karting	Coins	Drawing	
adol itology	describing music	_ GO-Naturiy	Collections, studies & surveys	☐ Dressmaking	
			Comics	Egg decorating	

Monday Tuesday TIME Wednesday Thursday Friday Chess, Cards and Equality Chess, Cards and Lunch 7/9/II **Big Questions in 305** Abida's Salon in Ambassadors Y7,9,II **Board Games in Board Games in** Ms Barradell **Careers Hub** @12:55 in I2I with Mr Paish **Careers Hub Careers Hub** Chess, Cards and Board Games in Careers Hub **Lunch 8/10** @13:35 **Dungeons and Dragons Build Your Future with** Mural Art in 201 with Ms Alt Tailor for invited Y9 Gardening Club with Ms with Mr Lambert (303) Ms Nembhard and CYT **Bartlett-Garrard** in II8 with Ms Manning (by muga) (Careers Hub) for YII Greenhalgh **Drama- Stage Combat AFTER SCHOOL** @ every other week Most We will start expedition training after Christmas. This will take place with Mr Heelbeck finish every Friday 3.00-4.00. It is compulsory to pass the award. Duke of Edinburgh 210 with Mr Stamp V9-II sign up September starting after half term Film, Animation and unless specified Photography - Sign up Coming in October! **Further Maths for VII** with Ms Nembhard Model UN Society for V9 Grade 7+ in IOI with Mr and VIO. Sign up with Ms Ndebele Jouavel

### Who is going to be your Assessor?

Person in charge of that sectional activity eg charity shop manager, teacher that runs the after school club, sports coach outside of school.

#### Over 18 and cannot:

- be your friend
- be a family member

#### Doing something at home?

It will be expected that you ask a teacher, form tutor or relevant subject teacher, or a family friend to assess what you have done by providing them with regular evidence of that activity.



### Assessor Report – Online Portal



#### **Assessor's Report**

As an Assessor you can add your report directly into the participant's online eDofE account here.



Assessors can submit reports using an online portal.

#### www.dofe.org/assessor

They will need to know:

- Your eDofF Number
- The level you are doing
- Which section they are assessing

This will go directly to eDofE

All you need is the participant's eDofE ID number, their Award level (Bronze, Silver or Gold) and the section you are assessing them for (Volunteering, Physical, Skill, Expedition or Residential). Please ask the young person you have been supporting for these details. The young person must have entered their section details in eDofE before you can submit your report.

Your comments automatically go to the participant's DofE Leader for approval before being added to the participant's account. We ask for your email address and phone number to enable their DofE Leader to contact you should they wish to discuss your assessment with you and so we can send you a copy of the report you submit.

Thank you for supporting young people with their activities. Please read our Privacy Statement for information on how your personal information is secured.

Note: If you have a problem with the CAPTCHA code, please use a different device/network/browser and this should solve the issue. If not, please contact edofe@DofE.org.

* Participant's ID number	
*Level	~
* Section you are assessing	*
I'm not a robot	

#### What to include in your Assessor's Report

- Download a checklist of the information an Award Verifier will look for when reading your report. Please try to include as much of this information as possible in your report.
- Please describe the achievements of the participant as they undertook this section. Say how they met their goals, what skill they have developed and mention any memorable things that they accomplished.
- Please include the start and end dates between which the young person undertook their activity.

### Expedition



Getting into the great outdoors and spending a night away with friends – a DofE expedition will give young people lifelong memories.

As part of a small team, they will plan their aim, choose their location, do some training to make sure they're prepared and know what they are doing — then spend two days and one night away.

The expedition will improve resilience, communication, teamwork and leadership skills.

They might come home with a rucksack full of washing — and experiences they won't forget.



#### Parental role



#### **Guidance**

Provide guidance and support on activities, kit and Assessor choices.

#### **Encouragement**

 It can be challenging to keep the motivation going, especially over some of the longer timeframes.

#### **Expedition support**

 You may be required to drop off/collect from expeditions... and also wash the kit when it comes home!

#### Reminders

 Keep them on track with their activities, particularly those which are being done from home.

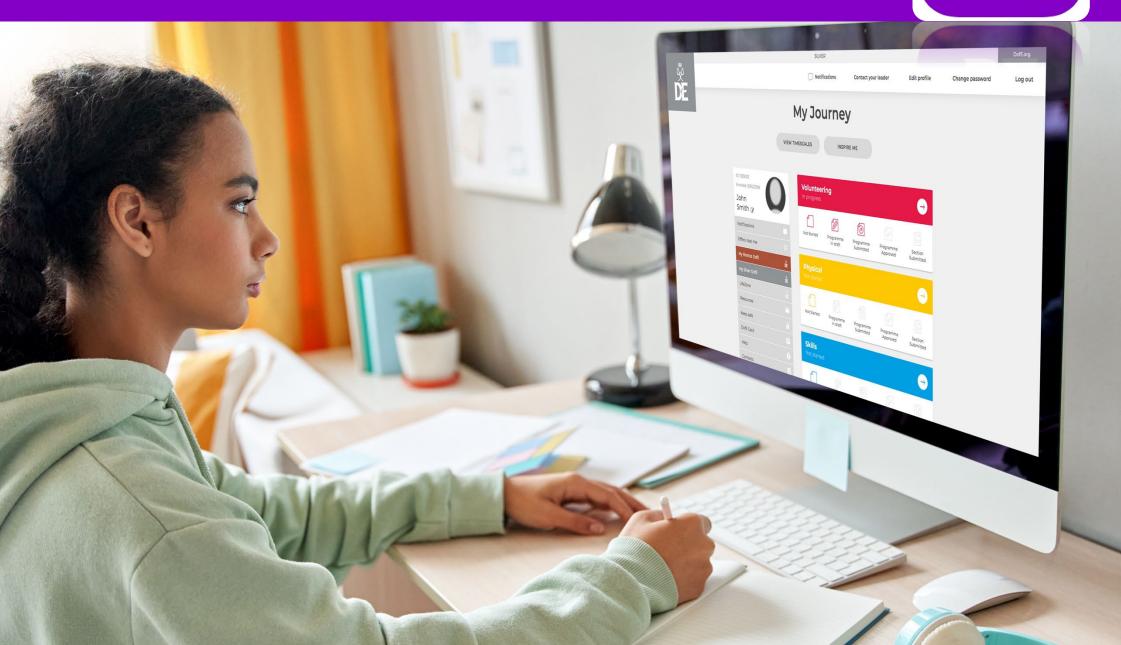
#### Recognise their achievements

 We hope all organisations will recognise the amazing achievement, and it is just as important to receive that recognition from family members.



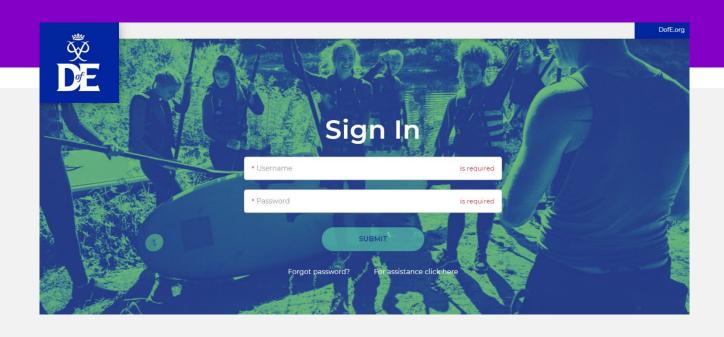






### Login

1. Go to eDofE.org



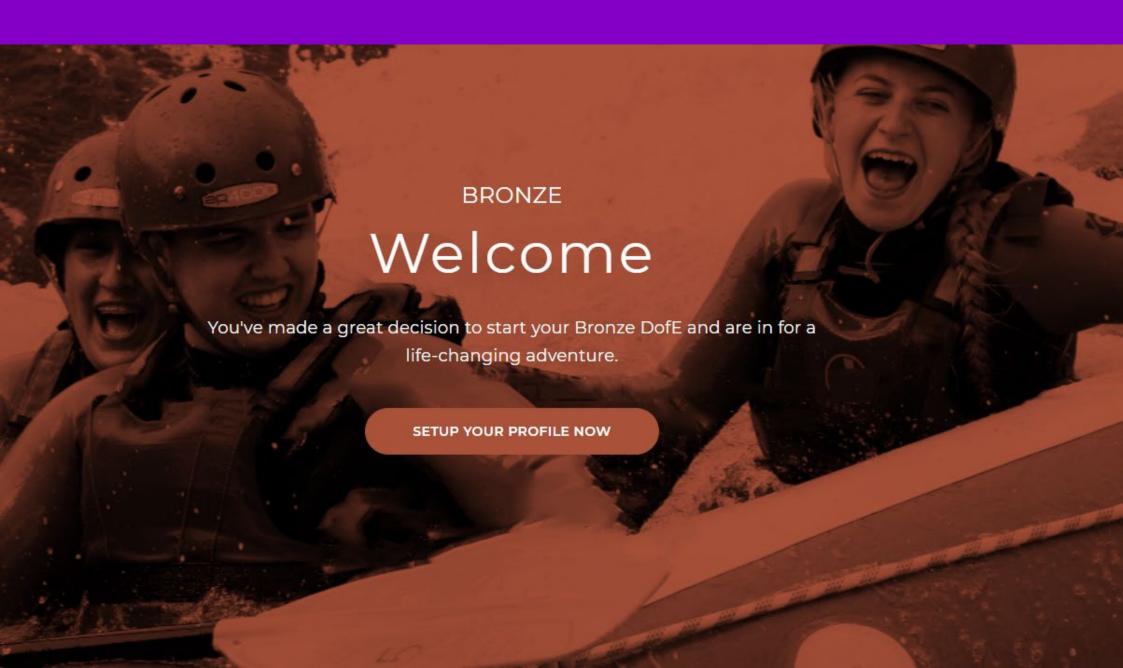
2. Sign-in:

Username = full name
Password = date of birth (DDMMYYYY)

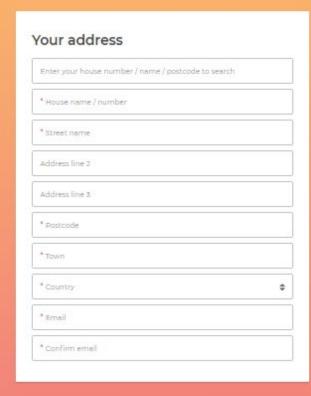
e.g. 1st January 2001 = 01012001

(no dashes, full stops etc)

### **Bronze**



#### Contact details



This address is where your welcome pack will be sent to!

### Parent or carer contact details (Optional)

We would like to send your parent or carer ongoing information about the Award level you are undertaking, as well as information about your Expedition and other relevant offers.

First name

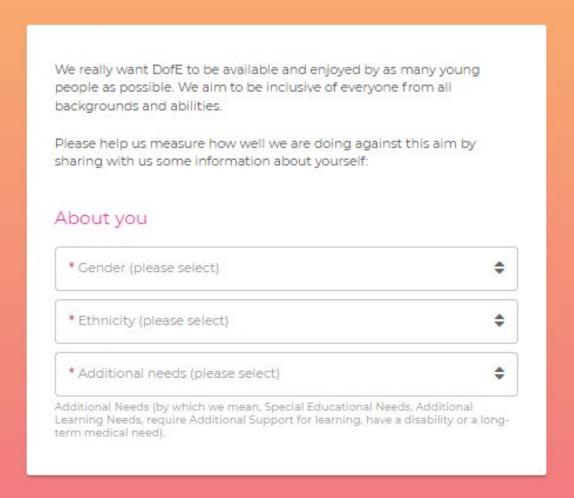
Last name.

Email address

### Account details

Pa	ssword			
Keep	your password sa orable.	fe and don't sh	are it. Choose so	omething
* N	ew password			
* C	onfirm password			
	12 Characters	Uppercase	Lowercase	Number

### Personal details



# Communication preferences

Essential DofE programme information will be shared with you automatically, by email, post, your eDofE account and sometimes text.		
For DofE Offers, Expedition Kit and DofE you want to receive them. Opt in below the expedition kit and days out, get the laterabout DofE events or even win great prizouchers.	to hear how to save money on at expedition kit advice, find out	
DofE Offers, events and Expedit	ion Kit emails?	
DofE Offers, events and Expedit Yes please	ion Kit emails?	

### Activate your account

#### Almost there

Please read and confirm you accept our Terms of use and Privacy Statement before activating

You can add or edit your information at any time in eDofE by clicking on 'View/edit my profile' next to your picture.

\* Terms of use | Privacy Statement

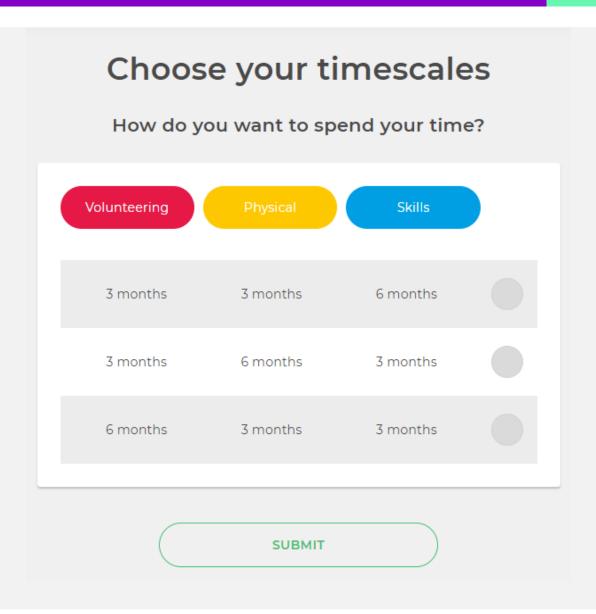
I have read and agree to the above Terms of use and Privacy Statement







Don't worry if you change your mind later down the line, you can change this!



#### Check in!



#### Bronze wellbeing check-in

#### Bronze wellbeing check-in

We know that a DofE programme can be life changing but we want to know more about the difference it makes to you personally. We ask you how you feel about your confidence, abilities, and your future at the start, middle and end of your DofE programme so that we can see how these things have changed. It also gives you the change to reflect on how you felt throughout your DofE journey and the impact it has had on you.

This information is only used for statistical purposes and your individual responses will not be shared with anyone else. However, if the two most negative responses are entered for all four wellbeing questions, your centre will be notified so they can follow up any concerns.



\* How happy did you feel yesterday?

On a scale where 0 = 'not at all' and 10 = 'completely'

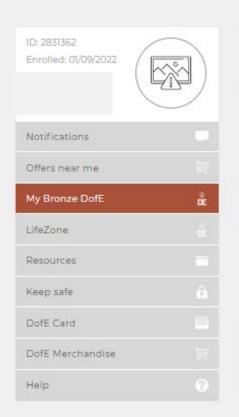
Don't worry, your individual answers will not be shared with anyone. But if the two most negative responses are entered for all 4 wellbeing questions, your school will be notified to make sure you are okay.

You can click 'prefer not to say'!

#### My Journey

VIEW TIMESCALES

INSPIRE ME

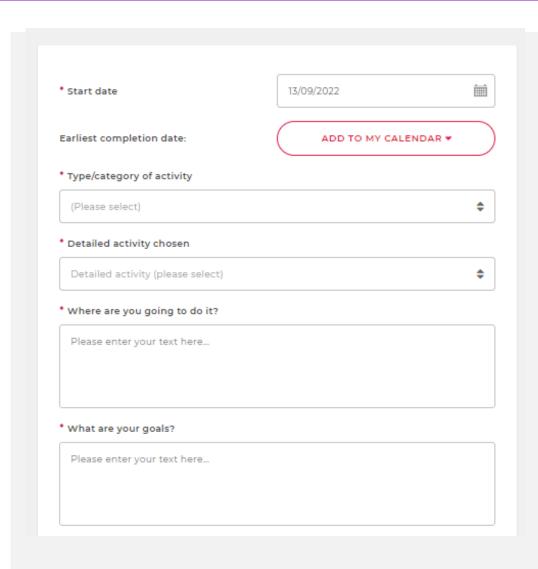




Click here to start your planners

Expedition Planning will come later!

### **Your Section Programme Planners**



Assessor's position:		
Assessor's email:		
Assessor's telephone i	no:	
My Leader is:		
Select Leader	Your DofE Leader	<b>\$</b>

#### Who will be your assessor?

Person in charge of that sectional activity e.g. charity shop manager, teacher that runs the after school club, sports coach outside of school.

Over 18 & cannot be your friend. CANNOT be a family member.

### eDofE login details



## Participant's initial password will be set to their date of birth in the following format: DDMMYYYY (12/01/1995 = 12011995)

- AlvaAbeloneBartholomew
- ZainabAli18
- IvanBlackman
- RayaBranford
- OliviaBromfield1
- FlorenceDupin
- DaphneEpaminondas
- ConstanceGuthrie-Howe
- HarrisJakub
- RobynJones20
- SophieKuenzler
- KateLeeming
- DulcieMasters
- EveMstafa
- BlessingOgunleye

- KaylaGraceOkuma
- SophiePenaMedina
- GiuliaPittino
- MichaRose
- OlabisiSamuel
- EllaSmith120
- InalenSmith
- OlaraStoute-Bellamy
- LoreleiStuttard
- AriadnaTroyaAlmeida
- LolaWatts1
- Ky-maniWheeler
- IsaacWilliams27
- NoshaiWilliams
- KatiaWoods

### Next Steps...

Collect eDOFE login – Were you on the list?

Download eDofE app

Start to think of your activities and return planning sheet to me (210) by 14<sup>th</sup> October

Compulsory drop in session 22<sup>nd</sup> September, room 210

If you need any help come see me in 210 – DofE allocated help time 3.00-4.00 Fridays

Ensure you take a poster with the different opportunities

Email me with any problems jstamp@deptfordgreen.co.uk

