

# Monday 17<sup>th</sup> Sept 2018



- ▶ Silver award information
- ▶ 6pm BRONZE certificates presentation

# The Duke of Edinburgh Award



Banovallum

School

2018 – 2019

# Duke of Edinburgh Award



WOW!

Our *first EVER*  
SILVER group!!

# Bronze Award



## ▶ Y10 + Y11

Volunteering	Physical	Skills	Expedition
6 months	3months	3month	Plan, train for complete 2 day 1 night expedition

**ONE** of the sections (S or P) must be completed for an *additional 3mths*, therefore **6mths** in **TOTAL**

# The sections...



- ▶ Ideally try and choose a new sport, voluntary experience or skill...
- ▶ Don't forget to LOG all that you do, including
  - Date
  - Length of session
  - What you did in the session – detail, detail, detail...

# Expedition



- ▶ Must be completed by their own physical efforts over a continuous journey.
- ▶ At least **7** hours of planned activity during the day time. *Minimum* **4** hours must be spent journeying.
- ▶ The northern Lincolnshire Wolds area – Market Rasen - Casitor - Louth triangle.

# Expedition



- ▶ Must get fit for the expedition...
- ▶ They should be able to walk for *at least* 4 hrs (2 hrs, rest, 2hrs) over at least 2 days, ideally 3 days...
- ▶ Practice makes the feet recover quicker... ONLY 3wks between practice and qualifying...

# Expedition



- ▶ Practice carrying heavy loads – load up rucksacks with water (10L = 10kg of kit)...
- ▶ Hiking poles – reduce the pressure through the knees by up to 45% - PRACTICE using
- ▶ Dehydrated foods – possible sponsorship...



### Programme planner: Skills section

What is this programme planner for?  
When completing each section of your DoE Programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DoE programme for the Skills section.

For help and support see your DoE Leader or visit [www.DofE.org/skills](http://www.DofE.org/skills)

**The Skills section – why do it?**  
Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use the skill both now and later in life.

How long should I do activity for the Skills section?

Level	Minimum time	Notes
Bronze	12 or 24 hrs (1hr per week)	You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3. 6 months = 24 hrs      3 months = 12 hrs

Programme plan for: *Christie Whitley*

What kind of skills do you want to develop? (tick box)

Care of animals     Creative arts     Games and sports     Learning and collecting  
 Life skills     Media & communication     Music     Natural world  
 Performance arts     Science & technology

Detailed activity chosen:  
*music - guitar*

Where are you going to do it?  
*Bromston Hall LVA CAD*

What are your goals? What do you want to achieve?  
*To play guitar*

Who is going to support and assist you?  
*Name: Simon*

**DE SKILLS SECTION ACTIVITY LOG**

NAME: *Christie Whitley*    LEVEL: *Bronze*    TIMESCALE: *6*

Notes:

- If extra space is needed, use an additional log.
- This Activity Log is only a personal record of the time you spend on your activities for each section.
- Remember to add this information, along with scans, photographs etc. (at high resolution JPEG) as evidence into a DoE to ensure that your Achievement Pack will be a real reflection of your DoE activities.
- Download extra copies of this Activity Log, plus logs for the other sections, from [www.DofE.org](http://www.DofE.org) or [www.DofE.org/downloads](http://www.DofE.org/downloads)
- For Expedition/Residential records, please refer to the Keeping Track booklet.
- You can ask your Assessor, Leader, instructor, trainer, coach, mentor etc. to initial each entry.

Date	What you did	Hours	Initials
19/11/16	Practised if I were a boy by Beyonce and did some exercises (new ones as well as old ones)	1	CHW
23/11/16	Practised if I were a boy by Beyonce again but with her chords and progressed some chords	1	CHW
7/12/16	Practised the number parts and looked at some guitar tabs for the same exercise	1	CHW
14/12/16	Practised if I were a boy by Beyonce on which she mainly did all chords on the first and second parts of the major chords - changing - changed the chords - how to memorise a tune easily	1	CHW
21/12/16	Practised if I were a boy by Beyonce on which she mainly did all chords on the first and second parts of the major chords and played exercise 2 by Bob Marley and played exercise 3 by Bob Marley	1	CHW
4/1/17	Practised if I were a boy by Beyonce on which she mainly did all chords on the first and second parts of the major chords and played exercise 2 by Bob Marley and played exercise 3 by Bob Marley	1	CHW
11/1/17	Practised no women no cry by Bob Marley and did some exercises (new ones as well as old ones)	1	CHW
18/1/17	Practised no women no cry by Bob Marley and did some exercises (new ones as well as old ones)	1	CHW
27/1/17	Practised no women no cry by Bob Marley and did some exercises (new ones as well as old ones)	1	CHW
8/2/17	Practised no women no cry by Bob Marley and did some exercises (new ones as well as old ones)	1	CHW
15/2/17	Practised no women no cry by Bob Marley and did some exercises (new ones as well as old ones)	1	CHW
22/2/17	Practised no women no cry by Bob Marley and did some exercises (new ones as well as old ones)	1	CHW
1/3/17	Practised no women no cry by Bob Marley and did some exercises (new ones as well as old ones)	1	CHW

# How to...

- ▶ Complete the Bitesize planner (should match or is very similar to your application form) **DEADLINE: Wed 20<sup>th</sup> Sept (Library)**

## Once Bitesize Planner is approved...

- ▶ Complete each Programme Planner WITH your supervisor/mentor/leader
- ▶ Use the “eDofE...a guide” to complete your record online. Once completed, send for **APPROVAL** to Ynske Fawcett
- ▶ Start to complete the Activity Log each time you complete a session
- ▶ Once a section is finished, **scan in your Activity Log into your online record**
- ▶ Get your mentor to write a final report on how you got on, **scan this into your online record**
- ▶ **TELL MRS FAWCETT that you have finished!!**

# Don't forget...EXPED dates

- ▶ Parents Exped Information evening:
  - Thursday 7<sup>th</sup> March 2019 from 5pm (~1hour)
  - Go Outdoors will hopefully be present
- ▶ Practice – hopefully...
  - Thursday 20<sup>th</sup> / Friday 21<sup>st</sup> / Saturday 22<sup>nd</sup> JUNE 2019
- ▶ Qualifying – hopefully...
  - Sunday 14<sup>th</sup> / Monday 15<sup>th</sup> / Tuesday 16<sup>th</sup> JULY 2019

**Expeds ONLY if all other sections are COMPLETE!**

<https://www.youtube.com/watch?v=6eguGkdzX64>