



Duke of Edinburgh's Award Parents' Information Evening



THE DUKE
OF EDINBURGH'S
AWARD



Mr Y. El-Hilly- D of E Coordinator

Miss B. Taylor, Mr A. Smith, Miss W. Case - Supporting with D of E





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Welcome to Duke of Edinburgh at Woodcote High School

- The DofE leaders at Woodcote High School
- What is the Duke of Edinburgh's Award?
- Keeping track of activities
- Is there anything parents can do to help?
- Expeditions:
 - What training will my child receive?
 - What will my child need?
 - Risks
 - First Aid
 - Dates



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.

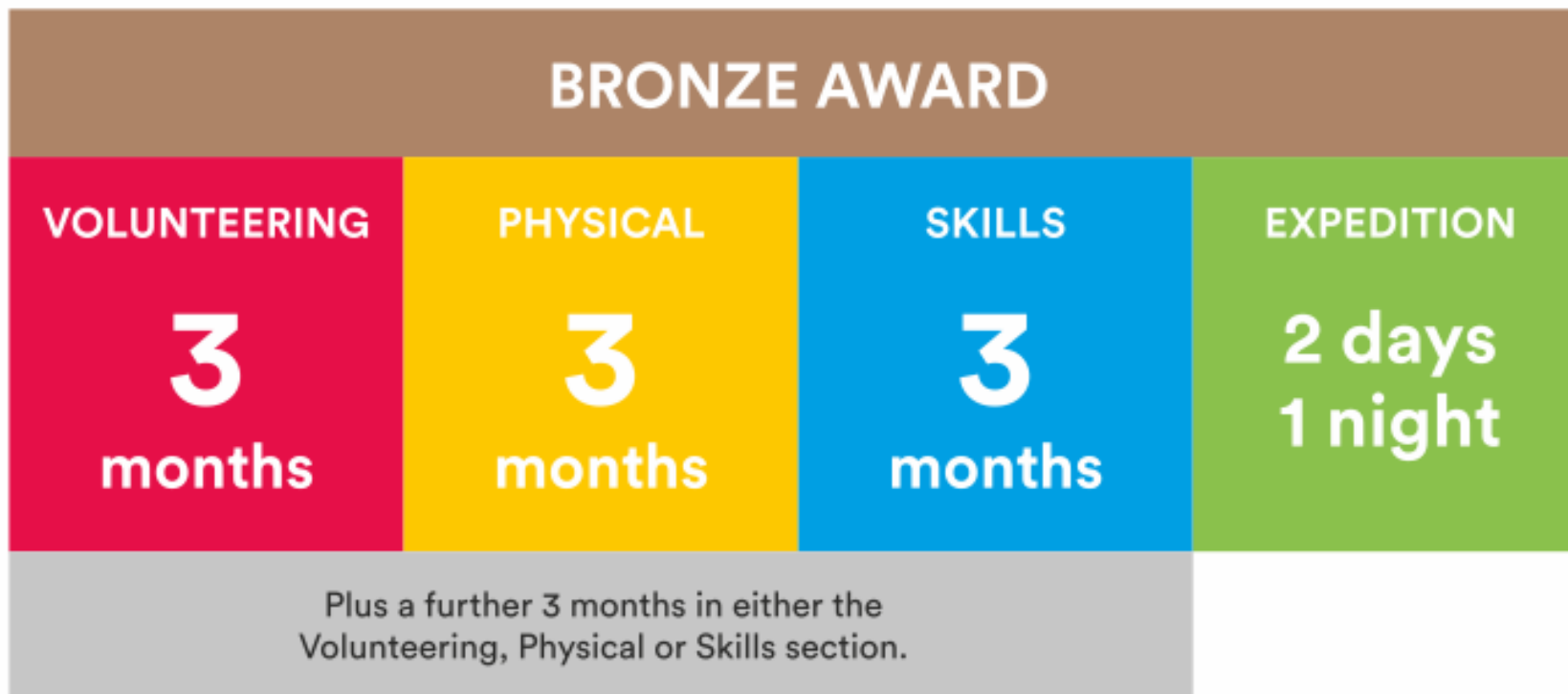
Now it's your turn.



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LIMITS**



What will I do?



Volunteering section

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

Help others and change things for the better



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Physical section

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

Get fitter and have fun
along the way!



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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



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When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you some ideas of things you could do or could use as a starting point to create a programme of your own. You can find more information at DofE.org/do and there is a range of exciting opportunities to help you complete this section at DofE.org/finder. You can

use the programme planners on the website to plan your activity with the support of your DofE Leader.

NOTE: Before you commit to a residential it is important to have approval from your DofE Manager to ensure that it meets all the criteria (see DofE.org/do for the requirements).

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

- 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

PHYSICAL

Individual sports

- Airosoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathlon
- Bowls
- Boccia
- Croquet
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Petanque
- Roller blading
- Roller skating
- Running
- Static trapeze
- Supercross
- Ten pin bowling
- Trampoline
- 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
- Marston
- Racketball
- Racketlon/Rackets
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

Fitness

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Medua movement
- Physical achievement
- Pilates
- Pole dancing
- Running/jogging
- Walking
- Weightlifting
- Wilt-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
- Korfball
- 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

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

SKILLS

Performance arts

- Ballet appreciation
- Ceremonial drill

GAMES & RECREATION

- Cards (i.e. bridge)
- Chess
- Clay target shooting
- Coking
- Cycle maintenance
- Darts
- Dominoes
- Fishing/fly fishing
- Flying
- Gliding
- Go-karting
- Historical period re-enacting
- Kite construction & flying
- Mah Jongg
- Marksmanship
- Model construction & racing
- Motor sports
- Power boating
- Snooker, pool & billiards
- Sports appreciation
- Sports leadership
- Sports officiating
- Table games
- War games

Life skills

- Alternative therapies
- Cookery
- Democracy in action
- Digital lifestyle
- Driving: car maintenance/car road skills
- Driving: motorcycle maintenance/road skills
- Event planning
- First aid - St John/St Andrew/BRCS
- Hair & beauty
- Learning about the emergency services
- Learning about the RNLI (Lifeboats)
- Library & information skills
- Life skills
- Massage
- Money management
- Navigation
- Public speaking and debating
- Skills for employment
- Young Enterprise

Learning & collecting

- Aeronautics
- Aircraft recognition
- Anthropology
- Archaeology
- Astronautics
- Astronomy
- Bird watching
- Coastal navigation
- Coins
- Collections, studies & surveys
- Comics
- Contemporary legends
- Costume study
- Criminology
- Dowsing & d'vining
- Fashion
- Forces insignia

Media & communication

- Amateur radio
- Blogging
- Communicating with people who are visually impaired
- Communicating with people who have a hearing impediment
- Film & video making
- Journalism
- Newsletter & magazine production
- Signalling
- Vlogging
- Writing

Creative arts

- Motor making
- Boat work
- Brass rubbing
- Building catapults & trebuchets
- Cake decoration
- Camping gear making
- Candle-making
- Canoe building
- Canvas work
- Carnival/festival float construction
- Ceramics
- Clay modelling
- Crocheting
- Cross stitch
- DIY
- Dough craft
- Drawing
- Dressmaking
- Egg decorating
- Embroidery
- Enamelling
- Fabric printing
- Feng Shui
- Floral decoration
- French polishing
- Furniture restoration
- Glass blowing
- Glass painting
- Interior design
- Jewellery making
- Knitting
- Lace making
- Leatherwork
- Lettering & calligraphy
- Macramé
- Marquetry
- Model construction
- Mosaic
- Painting & design
- Patchwork
- Photography
- Pottery
- Quilting
- Rope work
- Rug making
- Snack pipping
- Soft toy making
- Tinting
- Taxidermy
- Textiles
- Weaving and spinning
- Wine/beer making
- Woodwork

On foot

- Studying how insect life differs from woodland to open fields.
- Exploring teamwork by nominating a different leader each day.
- Searching for forms of fungi, recording and sketching them.
- Planning a route and create a signpost selfie guide.
- Considering the impact of tourism on the flora and fauna of the area you are in.
- Drawing all the different star constellations you can see.
- Creating a photo guide to the Countryside Code.

By bicycle

- Using a cycle system to undertake a research project on the provisions and quality of cycle paths.
- Producing a nature guide of your route for future visitors.
- Investigating features of the Thames using the Thames cycle path.
- Plan a cycle of remembrance which visits war memorials to understand the scale of the losses.
- Creating a video diary of the expedition, recording each team member's experiences.
- Following part of the Gerald of Wales route of 1188 through Pembrokeshire.

By boat

- Sailing the Norfolk Broads to explore modern and ancient uses of the area.
- Exploring different team roles needed on a boat and giving everyone an opportunity to do a new one.
- Rowing along a large river recording the types of boats and their uses.
- Planning a significant sea journey under sail to record the effects of coastal erosion.
- Using simple mapping techniques to produce a map of an estuary on the expedition, comparing it with a real map when you return.

By canoe or kayak

- Recording the wildlife found on a large inlet or loch.
- Taking a series of photos to come up with a guide to a section of canal systems.
- Making a study of the locks and locks on the Caledonian Canal.
- Investigating samples of the river bed en route and comparing them with each

EXPEDITION

By wheelchair

- Creating an expedition music play list that reflects the team's experiences.
- Following a disused railway track noting the current use of previous railway buildings.
- Planning and doing a challenging route in the Peak District, making a video diary.
- Preparing a users' guide of a country park or National Trust estate, explaining how it can be used, e.g. fishing, picnicking, conservation.
- Planning a route in a forest to take a series of landscape photographs to use in a calendar.
- Producing an illustrated guide to a stretch of canal. Research the history and then travel along the towpath using the expedition to gather photographs and sketches to illustrate the guide.

On horseback

- Exploring bridle paths and create an A-Z of the outdoors from the trip.
- Planning an expedition with sea views, taking photos along the way so that you can paint a picture of your favourite scene when you return.
- Creating a series of team games to play whilst on expedition.
- Going on an expedition through woodland, noting the different types and ages of trees you see.
- Going on a horseriding expedition and writing a poem on your return to describe your experiences.

RESIDENTIAL

Please note: The programme ideas listed below are thinking prompts, we cannot guarantee that these programmes are actively run by providers.)

Service to others

- Being a leader at a UK-based holiday camp for disadvantaged young people.
- Undertaking a voluntary teaching placement overseas.
- Being part of a service crew at a large summer camp for Brownies.

Environment and conservation

- Joining a tree planting project with your local environment trust.
- Attending a conference on climate change as a youth representative
- Helping the preservation team of a railway or canal
- Studying coral bleaching in Australia.
- Joining a National Trust working holiday and join different conservation projects in various locations across the UK.
- Taking part in a Field Studies course learning about biodiversity and conservation.

Learning

- Undertaking a cookery course.
- Doing a photography course and exhibiting your work.
- Taking part in a bushcraft residential.
- Spending time on a narrowboat and training towards becoming a skipper.
- Taking part in a field studies course.
- Learning to write and produce music and putting on a show.
- Taking part in an astronomy course, learning about constellations, black holes and solar systems.
- Taking part in a week-long Gaelic or Welsh language and culture course.

Activity based

- Taking part in a sport based residential developing your basketball skills.
- Taking part in multi-faith residential, studying different religions.
- Joining an ACF activity week with members of different detachments you don't know.
- Learning to snowboard on an intensive course in Scotland.
- Joining an historical re-enactment society.



Expedition

Explore the great outdoors
and spend a night away
from home

Create memories that
will last a lifetime



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Costs

The cost will be £120, which includes:

- DofE Registration fees
- Admin fees
- Full training program
- Practice Expedition (2 days, 1 night)
- Expedition (2 days, 1 night)
- All expedition equipment

Financial support may be available



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What will my child need?

- A basic kit list can be found on the following website: [DofE Expedition Kit List - The Duke of Edinburgh's Award \(DofE\) Shop](#)

We advise:

- Boots with ankle support
- A waterproof layers (coat and trousers)
- Rucksack
- Sleeping bag





D of E

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The Staff Team

- Mr El-Hilly, Award co-ordinator, qualified with experience of running Duke of Edinburgh at previous school.
- Miss Taylor and Mr Smith, providing administrative support and will be happy to answer questions. Attended previous D of E expeditions run by Woodcote High School.





The ethos of the Award is:

- Personal challenge
- Non-competitive
- Personal development
- Range of skills
- Resilience and independence
- Commitment





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Keeping Track of Activities

- All activities are recorded electronically on eDofE

The screenshot displays the eDofE website interface. On the left is a navigation menu with items like 'DofE Information', 'Participation Places', and 'Award approvals'. The main content area shows 'My stats' with a 'Bronze Award' count of 108, and 'Shortcuts' for 'PARTICIPANT OVERVIEW' and 'ADULT OVERVIEW'. On the right, a 'Participant Profile and details' table is shown, listing participants with their activity status across various sections.

Participant Profile and details		Section				
Sort by: ID / First Name / Surname ▲		Volunteering	Physical	Skill	Expedition	Residential
B	[Redacted] Group: Bronze 24/25 (Y10)	✗	✗	✗	✗	N/A
B	[Redacted] Group: Bronze 24/25 (Y10)	✗	✗	✗	✗	N/A
B	[Redacted] Group: Bronze 24/25 (Y10)	✗	✗	✗	✗	N/A
B	[Redacted] Group: Bronze 24/25 (Y10)	✗	✗	✗	✗	N/A
B	[Redacted] Group: Bronze 24/25 (Y10)	✗	✍	➔	✗	N/A
B	[Redacted] Group: Bronze 24/25 (Y10)	➔	➔	✗	✍	N/A
B	[Redacted] Group: Bronze 24/25 (Y10)	✗	✗	✗	✗	N/A

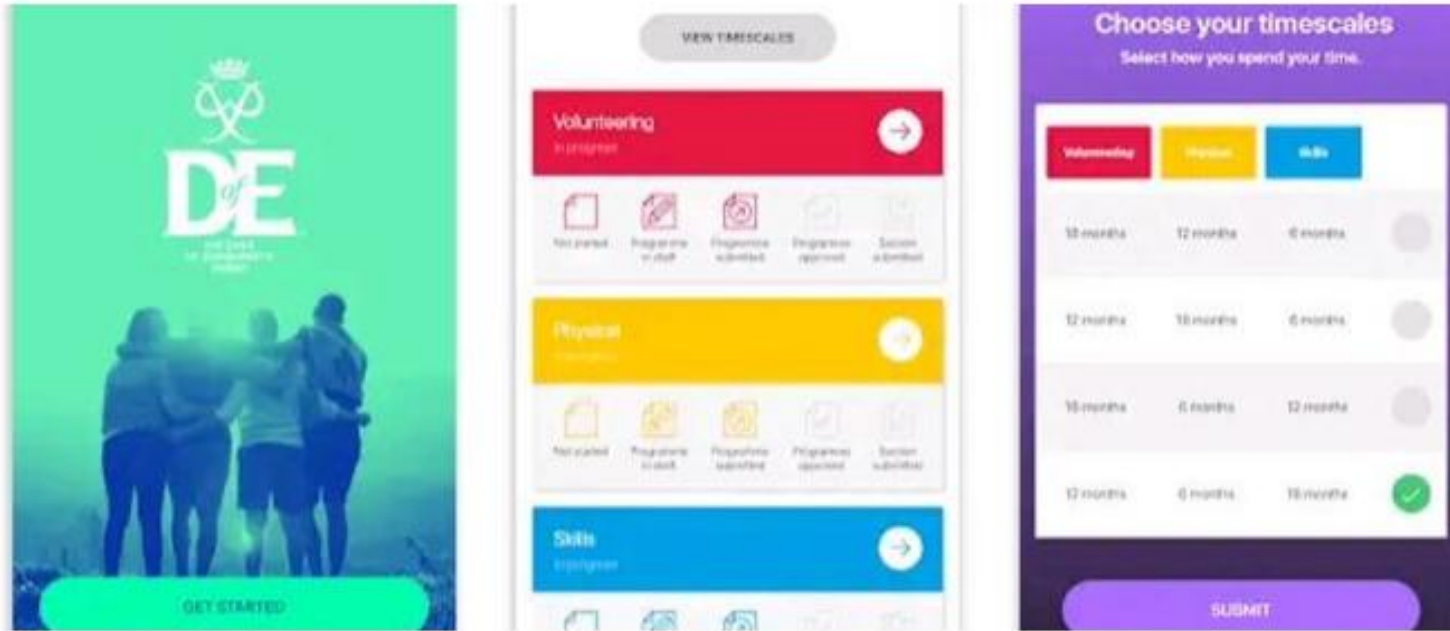


DofE

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Keeping Track of Activities

- The DofE app



Video tutorials can be found on YouTube

[eDofE | How to use the DofE App](#)





D of E

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Is there anything that parents can do?

- Support with relaying information and keeping to deadlines
- Consent form is done electronically at the time of payment via Parentpay
- Make sure that your child has the correct equipment
- Keep the D of E team informed of any unavoidable absence at events
- Ensure that students attend school after expeditions even if they are tired or achy!
- Picking your child up after expeditions or training events.
- Independence on the Award
- Supporting your child





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Expedition

- This is the only activity which is specifically organised by the school.

Participants will receive training in:

- Route planning and map skills
- Navigation
- Putting up a tent
- Cooking on a camp stove
- Packing a rucksack
- Safety Procedures and Basic First Aid
- The Country Code





DOFE V3





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Mobile Phone Policy

- Duke of Edinburgh is all about building independence and resilience so there must be no use of mobile phones, unless in an emergency.





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Expedition and Training Dates

Practice Walk– This will take place in the local area. We will walk from Woodcote to Farthing Downs and back to school. This will take all day and will be about 14 kilometres.

Bronze Training Weekend

Bronze Assessed Expedition Weekend





Our Expectations

- We require outstanding behaviour from the students that attend Duke of Edinburgh. We ask that they listen and are engaged with the programme.
- Camping overnight is exciting! But we do ask that students are sensible and sleep at nighttime.
- We ask that students work as a team and are respectful of their groups.
- We ask that students follow our instructions and routes for their safety.
- Commitment! Your child needs to attend all Duke of Edinburgh sessions





Contacts

- **Duke of Edinburgh team:**
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 - Mr Smith: asmith@woodcotehigh.org.uk
- www.dofe.org

