

DofE	
DofE helps young people build life-long belief in themselves, supporting them to take on their own challenges, follow their passions, and discover talents they Because when you prove to yourself that you're ready for anything, nothing can hold you back.	y never knew they had.
Skills (3 months) Aim: To inspire young people to develop practical and social skills and personal interests.	
Option 1 – learners to choose their individual skill, learners may already have a skill they complete outside of school. This can be used as evidence.	
Option 2- learners to complete a skill as a group this could be decided as a group and could be teacher led. For example a gardening project	
Physical (3 months)	
Aim: To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical a	activity
Option 1 – learners to choose their individual skill, learners may already have a skill they complete outside of school. This can be used as evidence.	
Option 2- learners to complete a skill as a group this could be decided as a group and could be teacher led, for example Trampolining.	
Volunteering (3 Months)	
Aim: To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service	e to others
Option 1- learners to complete an organised period of volunteering independently in the community for example help in a charity shop, fundraise for a local	Il cause, mentoring.
Expedition (2 days 1 night)	
Aim: To inspire young people to develop initiative and a spirit of adventure and discovery, by planning, training for and completing an adventurous journ	ney as part of a team.
All learners will take part in training throughout the year, areas that are required to be covered are, tent building, camp fires, jet boils (portable stove), bag planning.	packing, first aid, route

	Autumn 1Autumn 2	Spring 1	Spring 2	Summer 1 Summer 2
DofE	An introduction to DofE	First aid course (external)	Expedition	This term learners will be provided
			Tent building	time to ensure they have collated all
	- Expectations	Activities to be completed Autumn 1	Camp fires	relevant evidence. Learners need to
	 Model of delivery 	and Autumn 2	Jet boils (portable stove)	ensure that folders have photographic
	- What DofE encompasses	 Team building 	Bag packing	evidence demonstrating they are
	- Sign up to DofE	- Walking	First aid	annotated and labelled effectively. Any
	51611 00 00 0012	- Navigation	Route planning	digital portfolio/logs will need to be
	Activities to be completed Autumn 1	- Map reading	1 0	checked and signed off during this
	and Autumn 2	- Time and distance	Expedition to be planned, prepped	term.
	- Team building	management	and completed during this half term.	
	- Walking	- Building trust	1 0	
		- Nutrition	The learners will be required to	Activities to be completed Autumn 1 and
	Navigation	- Orienteering	practice as all activities need to be	Autumn 2
	iviapreduing	- Compass training	completed without adult intervention.	- Team building
	- Time and distance	 Compass training Fitness training 		- Walking
	management	- ritness training	Learners are required to plan, budget	- Navigation
	- Building trust	Skill	their meals.	- Map reading
	- Nutrition	-		- Time and distance management
	- Orienteering	Physical	Learners must complete 2 days 1	- Building trust
	 Compass training 	Bath the second second like second	night on the expedition.	- Nutrition
	 Fitness training 	Both these sections will be run		- Orienteering
		alongside each other as stated above	Learners must be able to demonstrate	- Compass training
	Skill	learners will have the opportunity to	they are able to	- Fitness training
	Physical	choose which option they do. As a		Tranciss training
		group we will focus on cooking as a	- Build a tent	Skill
	Both these sections will be run	skill and Trampolining as a physical	- Build a camp fire	Physical
	alongside each other as stated above	(Post 16) unless the learner chooses	- Use a stove to cook meals	Filysical
	learners will have the opportunity to	an alternative during independent	- Demonstrate they are able to	Both these sections will be run alongside
	choose which option they do. As a	learning time.	pack their bags appropriately	each other as stated above learners will
	group we will focus on cooking as a		and effectively.	have the opportunity to choose which
	skill and Trampolining as a physical	Expedition	- Take part in 6 hours of activity	option they do. As a group we will focus
	(Post 16) unless the learner chooses		per day.	option they do. As a group we will focus
	an alternative during independent	Activities to build knowledge and	- Demonstrate navigation skills	on cooking as a skill and Trampolining as a physical (Post 16) unless the learner
	learning time.	application in the below skills.	- Abide by the relevant code of	chooses an alternative during
			conducts.	independent learning time.
		Tent building	- Select and use appropriate	
	RRSA	Camp fires	equipment	
	3,6, 8, 13, 14, 15, 17, 24, 26, 28, 29,	Jet boils (portable stove)	 Identify likely hazards Assess risks from identified 	Post 16 will have left by Summer 2
	31, 42	Bag packing First aid	hazards	1 USE TO WIII Have left by Summer 2
	· ·	Route planning	- First aid (evidence	RDCA
		Route plaining	knowledge)	<u>RRSA</u>
		DDCA	Kilowieugej	3,6, 8, 13, 14, 15, 17, 24, 26, 28, 29, 31,
		RRSA	DDCA	42
		3,6, 8, 13, 14, 15, 17, 24, 26, 28, 29,	RRSA	
		31, 42	3,6, 8, 13, 14, 15, 17, 24, 26, 28, 29, 31,	
			42	