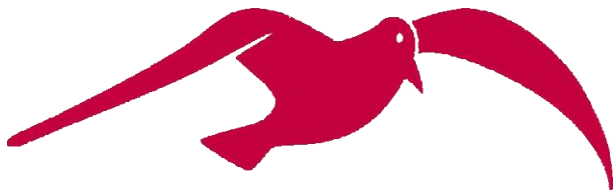


The Duke of Edinburgh Award

at

Jo Richardson



Silver Duke Of Edinburgh Award

The DofE's a life-changing adventure you don't want to miss.

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

Millions of young people in the UK have already done their DofE.

Now it's your turn.



<https://www.dofe.org/wp-content/uploads/videos/6.-DofE-Silver-Recruiting-young-people-Start-your-DofE-1.mp4>

How do I choose my activities?

Most activities can count towards your DofE.

Try something new or get better at something you already do. Your DofE can be whatever you want it to be.

Activities for each section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.

It will take you at least 6 months for Silver if you've already achieved your Bronze, or 12 months if you've jumped straight into Silver.

- Volunteering section: 6 months
- Physical and Skills sections: One section for 6 months and the other section for 3 months
- Expedition section: 3 days/2 nights

If you didn't do Bronze, you must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.

What could you do for each section? - Volunteering

Volunteering's all about taking action and making a difference to other people's lives. Giving up your own time to help others. For example:

Work with animals

Tackle climate change

Coach a local sports team

Start a campaign

It's extremely rewarding, grows your confidence and independence — and can give you the chance to experience the world of work too.



What could you do for each section? - Physical

The Physical section is a chance for you to focus on your health and fitness and have fun along the way. For example:

Yoga

Gym

Skateboarding

Dance

Team games

Doing more physical activity can give your mental health a great boost too.



What could you do for each section? - Skill

From coding to cookery, the Skills section lets you learn a new talent, develop existing skills and discover new things you love.

Develop practical and social skills and gain interests and talents. ie:

Photography

Music

Languages

Gardening

You'll grow your confidence and show you're committed, motivated and can rise to a challenge.



Expedition

Getting into the great outdoors and spending two nights away with your friends – your expedition will give you lifelong memories. You will have a choice of venue, perhaps the South Downs, the Isle of Wight or even the Lake District!

You'll plan your aim, and do some training to make sure you're prepared and know what you're doing — then spend three days and two night away.

Your expedition will improve your resilience, communication, teamwork and leadership skills.

You'll come home with a rucksack full of washing — and an experience you won't forget.



Covid safe D of E

The COVID-19 outbreak won't stop you doing your DofE – far from it.

You get to choose and change your own activities, so you can pick ones that are easy to do safely under social distancing guidelines or from home.

There are flexible ways to run expeditions so – when it's safe to do so and Government guidelines allow – you can do yours, with all the benefits and memories you'd get at any other time.

Visit **DofE.org/DofEWithADifference** for loads of activity ideas and information.

**Running Mentoring DIY Cooking
Yoga Photography Wii Fit Coding
Guitar playing Knitting Cycling
Sign language Gardening Walking
Painting Circuits Quizzing Jogging
Campaigning Money management
Vlogging YouTube fitness Dancing
Helping neighbours Dog-walking
#DofEWithADifference Languages
Tutoring Singing Martial arts Sewing
Pilates Crafting Blogging App design
Filmmaking Combatting loneliness
Cyber safety Family tree research
Online learning Foodbank collection
Website building Book reviewing
First aid Aerobics Driving skills
Programming Skateboarding**



JRCS STUDENTS RECEIVING THEIR AWARDS AT THE
BROADWAY THEATRE BARKING

How it will work at JRCS - silver

Year 10 – complete your Volunteering, physical and skill sections of the award - your own voluntary time.

Mentoring from JRCS staff (initially by e-mail).

Year 11 – Expedition training, meetings before school (breakfast included) to plan and prepare for your expedition.

Expedition training at Easter 2022

Qualifying expedition following prom in July 2022.

Costs

Registration - £22

Cost for expedition depends on where you choose to go.

Bursaries are available.

No-one is denied the opportunity because of lack of funds.

To apply

- Collect your application form from your tutor or download from the school website go to *Information – Duke of Edinburgh- Silver tab*.
- Forms to your tutor by Monday 19th October
- see <https://www.dofe.org/dofewithadifference/activities> for Covid safe activity ideas

Questions?

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