



Guidance booklet

Name :

In order to pass this Award you need to complete 4 sections:

1. 3/6 months of 1 hour a week of developing or improving a skill
2. 3/6 months of 1 hour a week of improving on your fitness
3. 3/6 months of 1 hour a week of volunteering (this cannot be paid)

This means one of the above needs to be for 6 months and the others are 3 months.

See the help sheets for ideas.

4. Plan and carry out an expedition with at least 3 others and take part in the review afterwards. This means take part in the school training and practice walks.

What happens next

- Firstly, when you get your email you need to download the D of E app and then fill in your contact details. D of E will send you a pack in the post with your D of E discount card and a booklet with the assessor reports.
- Decide what you are going to do for the 3 sections and fill this in for each section. Submit this for approval. Mrs B will approve it or query it.
- Complete your 3/6 months. Upload some evidence e.g. a log of the dates and activities you did, photos, certificates awarded, witness statements. This evidence is really essential if you are doing something on your own i.e. running, cycling, beach cleans, helping neighbours, cooking meals for your family.
- All sections will need an assessor report. Without this you cannot pass. Spares are on the D of E SharePoint.
- This needs to be uploaded by you via your app on your phone. The easiest way is to part fill in the paper assessor report and get your assessor to sign and add a comment. Check the dates match. Submit this for approval on your phone. Mrs Blackmore will check this and either send you a query on the app or pass you.
- We will do all the expedition training and organisation e.g. booking campsites, fuel, equipment needed e.g. tents. This will be in the summer term during school time except for the expedition which is overnight!. More on that later. If you have not completed at least 2 sections you will not be allowed to take part in the expedition this year. We will sort out the assessor report for this section.
- Once you have completed all 4 sections, Mrs Blackmore will forward your sections to the verifier who will decide if you have enough evidence. If all OK you will pass the Award. Mrs Job will check and print off certificates (when we have a batch large enough) and pass onto your Head of Year to give out.

Programme ideas: Volunteering section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Volunteering section 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.

It's your choice...

Volunteering gives you the chance to make a difference to people's lives and use your skills and

experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see DofE.org/do for the requirements).

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
 - Air Cadets
 - Jewish Lads' and Girls' Brigade
 - St John Ambulance
 - Scout Association
 - Air Training Corps
 - Volunteer Cadet Corps
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade Sports
- Leadership Music tuition

Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a physical 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.

It's your choice...

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your

Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/
- Aquathlon Bowls
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Field Gun
- Geocaching
- Golf
- Gymnastics Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Pétanque
- 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

Racquet sports

- Badminton
- Matkot
- Racketball
- Racketlon/Rackets
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

Fitness

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Medau movement
- Physical achievement
- Pilates
- Running/jogging
- Walking
- Weightlifting
- Wii-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
- Korfbal
- Lacrosse
- Netball
- Octopusing
- 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

Programme ideas: Skills section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Skills programme of your own.

You can find more information at DofE.org/skills and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Performance arts

- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism
- Yoyo extreme

Science & technology

- Aerodynamics
- Anatomy
- App design
- Astronomy
- Biology
- Botany
- Chemistry
- Coding/ programming
- Ecology
- Electronics
- Engineering
- Entomology
- IT
- Marine biology
- Oceanography
- Paleontology

Physics

- Rocket making
- Taxonomy
- Weather/meteorology
- Website design
- Zoology

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
- 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

Natural world

- Agriculture
- Conservation
- Forestry
- Gardening
- Groundsmanship
- Growing carnivorous plants
- Plant growing
- Snail farming
- Vegetable growing

Games & recreation

- Cards (i.e. bridge)
- Chess
- Clay target shooting
- Coxing
- 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 & divining
- Fashion
- Forces insignia
- Gemstones
- Genealogy
- Heraldry
- History of art
- Language skills
- Military history
- Movie posters
- Postcards
- Reading
- Religious studies
- Ship recognition
- Stamp collecting

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

- Basket 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
- Tattling
- Taxidermy
- Textiles
- Weaving and spinning
- Wine/beer making
- Woodwork

Frequently asked questions

Any other queries email Mrs Blackmore on m.blackmore@vcj.sch.je

Want to join but don't have enough money? Speak to your tutor or Mrs Blackmore. There are funds to help.

Lost username or password ? Email Mrs Blackmore or Mrs Watkins and they will remind you of your username and reset your password

Need ideas of what to do? Speak to your friends, form tutor, any of the D of E trainers, look on the PPT for ideas, look on D of E site or come and talk to Mrs Blackmore

What evidence do I need to supply? The most important is the assessor report. See the SharePoint D of E site for spare copies but you will get some in your pack. It can be your coach or teacher but not your family or someone under 18.

Say I do something on my own like cooking or cycling without a formal assessor? Bit trickier. Ideas could be photos of meals cooked, witness statement from your family such as cycling/running Strava maps screenshots. Then you can ask your form tutor/Mrs Blackmore to fill in your assessor sheet.

Surely once I have done my 3 months I have passed that section . No you have to upload and submit the evidence. The quickest way is by the app on your phone . Mrs Blackmore cannot just write your assessor report.

I have lost the booklet they sent me . Look on the SharePoint as it will have copies of the assessor report you can use

Why won't it allow me to upload evidence Hmm not sure, could be that you haven't filled in what you are going to do first and have it approved. Then come and see Mrs Blackmore if its not working. Could be just a wifi issue.

I have uploaded the assessor report why have you not said it is OK. For most people this is because they do not have dates or dates which match the 3/6months. Needs to be signed by the assessor.

Where can I find Mrs Blackmore . She is usually in New Building 3 before and after school and at lunchtimes (not Tuesdays).

I have uploaded my evidence why hasn't it been passed yet ? Mrs Blackmore does have lessons to teach. You need to be aware that she spends 4 hours extra a week at least on D of E admin and sometimes with lessons and assessments she cannot always keep up with everything!

Why haven't I got my certificate yet? It's likely you haven't submitted your evidence. It could be left as draft and not accessible to Mrs Blackmore to check.

When are the Expedition dates?

At the moment we have some provisional dates booked. Try not to book your holiday then.

D of E training in school - 27 June 2023

Practise walk A - 27 June

Practise walk B - 28 June

Prep for expedition - 30 June

Expedition group A - 3 to 4 July

Expedition group B - 10 to 11 July

What will I need for the expedition? This will depend a bit on the weather. Wait until next term. Mrs Blackmore will send you a suggested kit list nearer the time. Luckily its not like the UK where it always rains and is muddy!

Does everyone pass the expedition ? No you can fail and not get your Award. This will be because despite hints, warnings and second chances (everybody makes mistakes) you are unsafe or put your group in danger or make others feel unsafe. You will be sent home regardless of the day or time. In addition the assessor will look for navigation, timings, teamwork, campcraft, cooking and eating a hot meal and taking part in the review afterwards. As D of E assessors we are allowed to alter some peoples' expedition in light of their needs and the circumstances.

What if I am ill ?

We usually try and do some catch up expeditions in the September/October. This is if we have enough staff and get permission from school to be out of lessons. We can also give you a certificate of the Award without the expedition.

What happens if I don't finish in time? Mrs Blackmore is meant to close the accounts after 6 months of inactivity. She will usually put notes in the newsletter and try to send emails to everyone including their tutors and parents if possible. She is happy to extend the time but needs to know that this is in hand . Usually an email from parents or yourself will stop her closing the accounts. There are over 250 students to chase excluding support for any Gold students. It is your Award and your responsibility although I do appreciate that often parents and teachers will help you .