



Mary Webb School

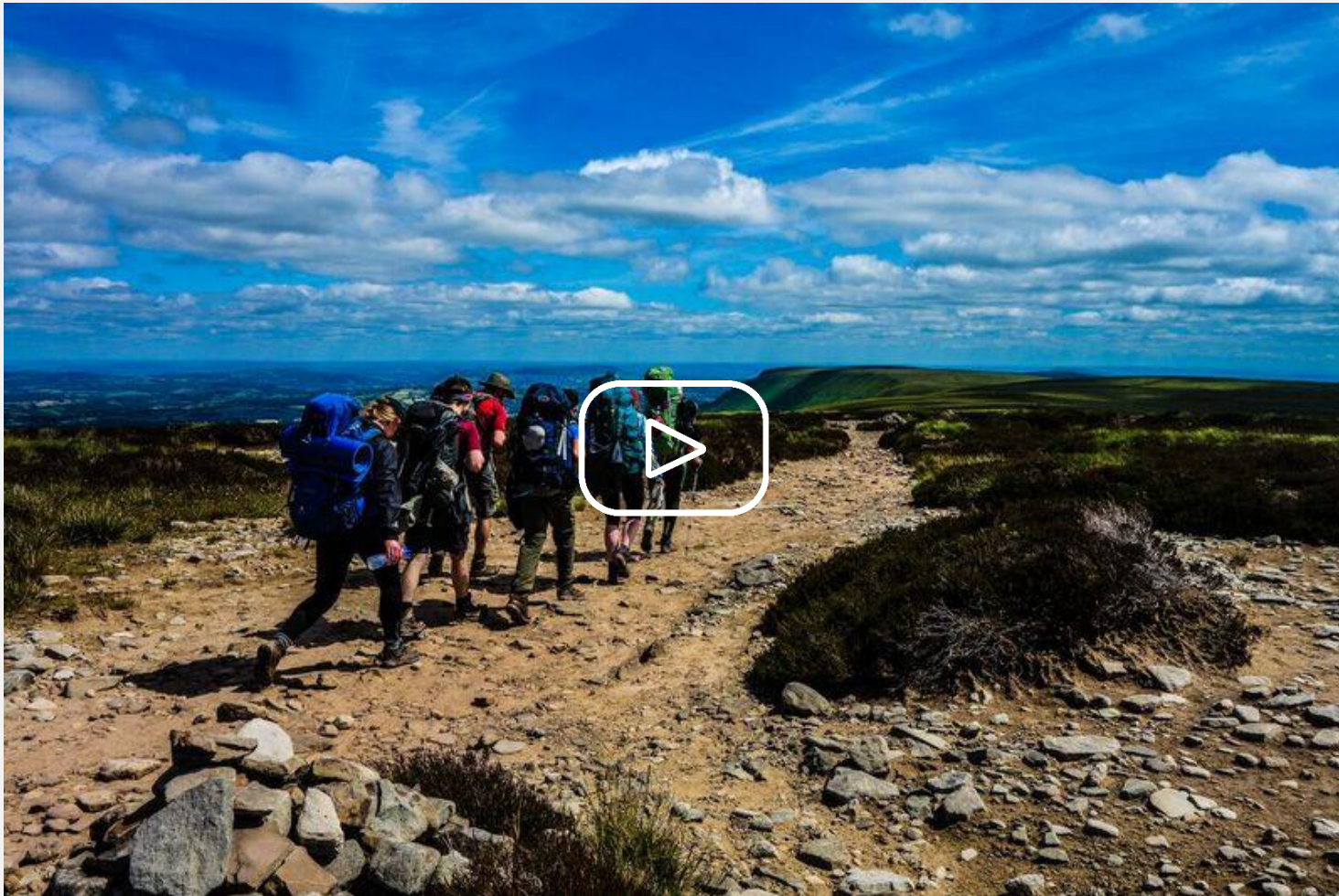
Parents Information Evening



Tuesday 24th September 6pm

BRONZE

Welcome: A flavour of a DofE expedition



2. In Context: DofE Timeline

Completing Volunteering, Skills & Physical Sections (October – July)

Volunteering
3
months

Physical
3
months

Skills
3
months

NOTE: At least 2 sections **MUST** be complete and signed off **BEFORE** April 2020

Volunteering
3
months

Physical
3
months

Skills
3
months

Choose Only **One** for additional

Plus a further **3 months** in either the Volunteering, Physical or Skills section

Expedition
2 days
1 night

Sign Up (£)

Kit Evening

Expedition Aims

Parents Meeting

Support with eDofE

eDofE Enrolment

eDofE Progress Check

eDofE Progress Check

eDofE Progress Check

DofE Training Day
eDofE Progress Check

Expedition Training eDofE Progress Check

Training Day with Overnight at Stokes Barn Much Wenlock

Assessed Expedition Mary Webb – The Bog, Stiperstones

September/
October 2019

November

December

January/
February 2020

March 2020

April 2020

May 2020

June 2020

Thursday 10th October
eDofE workshop
3:15pm-4:30pm

Thursday 24th October
eDofE Update

Monday 11th November
Kit Evening
@Blacks
6:30pm

Monday 16th December
Expedition Aims 3:30pm - 4:30pm

Thursday 13th February
DofE Parents Meeting
5:30pm – 6:00pm

Thursday 19th March
DofE Training Day Register at School return to school 4:00pm

1st half of group
Thursday 23rd April
Expedition Training

2nd half of group
Expedition Training
Thursday 30th April

Both days 3:30pm – 5:30pm

Friday 15th May to Saturday 16th May
Training Day with Overnight

1st Group
Friday 19th June – Saturday 20th June

2nd Group (if numbers permit)
Sunday 21st June – Monday 22nd June

2. In Context: How long will it take me?

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

You'll need to participate regularly and show that you're committed to your DofE during this time.

Bronze (Year 9+)	Volunteering 3 months	Physical 3 months	Skills 3 months	Expedition 2 days 1 night
	Plus a further 3 months in either the Volunteering, Physical or Skills section			

2. In Context: Choosing Activities

- There's a **wide range** of activities to choose from – most activities can count towards DofE.
- Look at our **Opportunity Finder** for some inspiration on **DofE.org**.
- Chat to your **Leader** to make **sure an activity counts for the right section** and that you've set yourself enough of a challenge.
- Most of all, choose activities you'll **enjoy** – it will make them easier to stick at it.



2. In Context: Choosing Activities

VOLUNTEERING

Reliable
Time management
Self-motivation
Commitment
Teamwork
Compassion/caring for others
Supporting the local community
Position of responsibility
Understanding of strengths and weaknesses
Leadership
Communication with others

PHYSICAL

Improved physical health and wellbeing
Working towards a goal
Having fun
Developing an interest
Working with others
Commitment
Recognising achievement
Meeting a challenge
Skill development and co-ordination
Understanding of rules and safety
Reflecting on progress
Leadership

SKILLS

Development of social and practical skills
Increased confidence and self-esteem
Ability to learn new things
Working with others
Commitment
Meet new challenges

EXPEDITION

Working as a team
Problem solving, decision making and dealing with the consequences
Commitment
Communication with others
Leadership
Self-sufficient
Organised
Awareness of safety and recognising hazards
Dealing with unexpected challenges
Achievement of shared goals



2. Physical



“It has been an experience that I have enjoyed immensely and that I will remember for the rest of my life.” - Edward, Bronze Award holder

BRONZE

In context: Physical



*Continuous level of
energy and
physical activity*



Physical ideas

Individual sports

- ☐ Airsoft
- ☐ Archery
- ☐ Athletics (any field or track event)
- ☐ Biathlon/Triathlon/Pentathlon/Aquathlon
- ☐ Bowls
- ☐ Boxing
- ☐ Croquet
- ☒ Cross country running
- ☐ Cycling
- ☐ Fencing
- ☐ Geocaching
- ☐ Golf
- ☐ Gymnastics
- ☐ Horse riding
- ☐ Modern pentathlon
- ☐ Motocross
- ☐ Orienteering
- ☐ Paintballing
- ☐ Pétanque
- ☐ Roller blading
- ☐ Roller skating
- ☐ Running
- ☐ Static trapeze
- ☐ Supercross
- ☐ Ten pin bowling
- ☐ Trampolining
- ☐ 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
- ☐ 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
- ☐ Pole dancing
- ☐ 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
- ☐ 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

My Choice

2. Volunteering



96%

Say volunteering
gave them a sense
of achievement



“Volunteering has been my favourite part of the DofE and has given me a purpose.” - Kyle, Bronze and Silver Award holder

BRONZE

In Context: Volunteering

- Volunteering is all **about making a difference to others' lives.**
- From **coaching a local football team** to starting a recycling campaign
- You'll give up your time to **help others** and change things for the better.

Note: Volunteering cannot be completed at an establishment that is a business making profit.

Over

3/4

Feel happier
because volunteering
gave them more
confidence

88%

Believe volunteering
helps them feel more
satisfied in life

96%

Say volunteering
gave them a sense
of achievement



Volunteering ideas

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
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade
- ☐ Sports leadership
- ☐ Music tuition

My Choice

2. Skills



“I truly believe that my DofE Awards helped me gain a place at college and secure my job.”

Emmaline O'Toole, Bronze, Silver and Gold Award holder

In Context: Skills

- The Skills section is a great way to learn a new talent, develop existing skills and find something you enjoy doing.
- Through developing practical skills and gaining personal interests and talents, you can get a real sense of achievement.
- If you're interested in a specific field, this could be the perfect chance for you **For example, if you are interested in photography, you could do this as your skill.**



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

Learning & collecting

- ☐ Aeronautics
- ☐ Aircraft recognition
- ☐ Anthropology
- ☐ Archaeology
- ☐ Astronautics
- ☐ Astronomy
- ☐ Bird watching
- ☐ Coastal navigation
- ☐ Coins
- ☐ Collections, studies & surveys
- ☐ Comics
- ☐ Contemporary legends
- ☐ Costume study

- ☐ 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

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

- ☐ 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


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
- ☐ Tatting
- ☐ Taxidermy
- ☐ Textiles
- ☐ Weaving and spinning
- ☐ Wine/beer making
- ☐ Woodwork

My Choice

 **THE DUKE OF
EDINBURGH'S AWARD.**

**Bronze DoFE Award
Bitesize planner**

This has been designed to help you when setting up your eDofE account.

Your name: _____ Date of Birth: ____/____/____

Address: _____ Postcode: _____

Email address: _____

Your emergency contact's name: _____

Their relationship to you (parent/guardian): _____

Their telephone number: _____

Volunteering section planned start date: ____/____/____ for: **3 or 6 months?** (please circle)

Type & details of activity: _____

Where are you going to do it: _____

List personal goals you want to achieve: _____

Your Volunteering section Assessor's name: _____

Their job/position: _____

Assessor's Email or phone number: _____

Physical section planned start date: ____/____/____ for: **3 or 6 months?** (please circle)

Type & details of activity: _____

Where are you going to do it: _____

List personal goals you want to achieve: _____

Your Physical section assessor's name: _____

Their job/position: _____

Assessor's Email or phone number: _____

Skills section planned start date: ____/____/____ for: **3 or 6 months?** (please circle)

Type & details of activity: _____

Where are you going to do it: _____

List personal goals you want to achieve: _____

Your Skills section Assessor's name: _____

Their job/position: _____

Assessor's Email or phone number: _____

Your DoFE Leader will advise you on what to put in the Expedition section

[illegible]

3. DofE Enrolment Pack & Costs

EDUCATION ON THE GO

Bronze Expedition Provision, Six Day Programme 2019/2020. Page 2 of 2

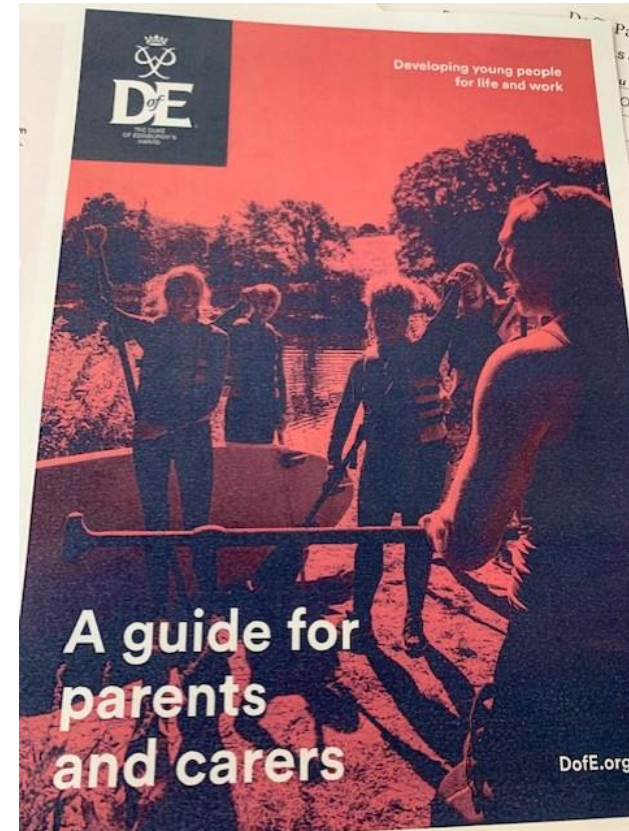
Re: Mary Webb School.

Six Day Programme.
At EDGE-ucation we believe that a six-day programme is the minimum amount of time required for a safe and successful D of E experience.

Activity	Dates and Times	Location	Delivery & Content
Launch	Tues 24 th September. 6-7pm	Mary Webb School.	Familiarisation and introduction to what's required for the expedition section of the award. Students and Parents.
Basic training day.	19 th March. Meet 9.30 am. Depart 4.0pm.	Snailbeach Village Hall.	A mixed day indoors and out. Covering all aspects of camp craft, food and cooking, equipment and how to pack it. Theory and practical navigation session.
Emergency Procedures Expedition First Aid. Expedition Planning. Issue of group equipment for expedition.	Thursday 23 rd April. First 1/2 of group only. 3:30pm - 5:30pm Thursday 30 th April. Second 1/2 of group only. 3:30pm - 5:30pm	Mary Webb School.	Rotation of activities: 1. Emergency Procedures, remote supervision, expedition First Aid. 2. If appropriate, the issue of group equipment ready for the training expedition.
Accompanied training day followed by use of stoves, supervised cooking and an overnight camp. Day 2 will be a short day using remote supervision.	Friday 15 th May and Saturday 16 th May. Meet on day 1 at 10.00am. Depart day 2 at 2.0pm.	Departures between Ironbridge and Leighton. Camping at Much Wenlock. Pick up from Much Wenlock.	Groups will be dropped at locations along the Severn Valley and finish at Much Wenlock. Main day will involve the teaching and application of navigation skills. On arrival, camp skills, cooking menus/food choices and stove safety, all working towards remote supervision. Day two will involve circuit starting and finishing at Much Wenlock using remote supervision.
Final planning and checks. Issue of Equipment.	Thursday 11 th June. 3.30 to 5.00pm.	Mary Webb School.	Final planning and last checks. Confirm Aims of Expedition.
Final Expedition. Friday 19 th and Saturday 20 th June. Second group if necessary: Sunday 21 st and Monday 22 nd June.	Meet on day 1 at 9.30am, depart on day 2 at 2.00pm.	Departure Mary Webb. Pick up, The Bog, Stiperstones.	Final assessed expedition as planned. Collect in group equipment. Should be finished a nice early start.

Step 3. Expedition Programme

Read and check dates – Commitment to dates is a **must** to complete the award



Step 4. Read The Parent/Carer Guide

Useful to help clarify any question you may have, plus check out the DofE website: DofE.org as well as the DofE section on our website.

Getting started with logging your activities...How does it work?

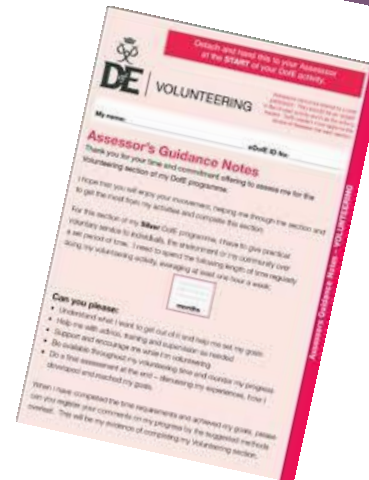
1. Students will **log onto and set up eDofE account** at school and confirm activity choices (V/P/S)



2. A **welcome pack** is sent to the home address and student is **assigned a 'Leader'** at school.



3. Student identifies **Assessor(s)** for each activity. Assessor reads Assessor card (**x 1 Assessor report card for each activity**)
*(a responsible adult who oversees/leads/supports their activity chosen)***



Getting started with logging your activities...How does it work?

4. Student starts their chosen activities:
Volunteering / Physical / Skill

(Remember 1 hour per week per chosen activity. 2 activities for 3 months each and one for another 3 months)



+ **One** for
additional 3
months

↓

5. **Student log activities** and acquire evidence using **Activity Logs**.
(Optional photos, presentations, projects etc can be added as supporting evidence of completing the activities) **Only Upload information to eDofE under guidance of Leader.**



↓

Once activity is complete the **Assessor** completes the **Assessor Report Cards** for whoever is assessing the activity, and the activity is signed off as complete



LEADER
support and
checks
progress,
directs students
regarding
evidence to
collate

BRONZE

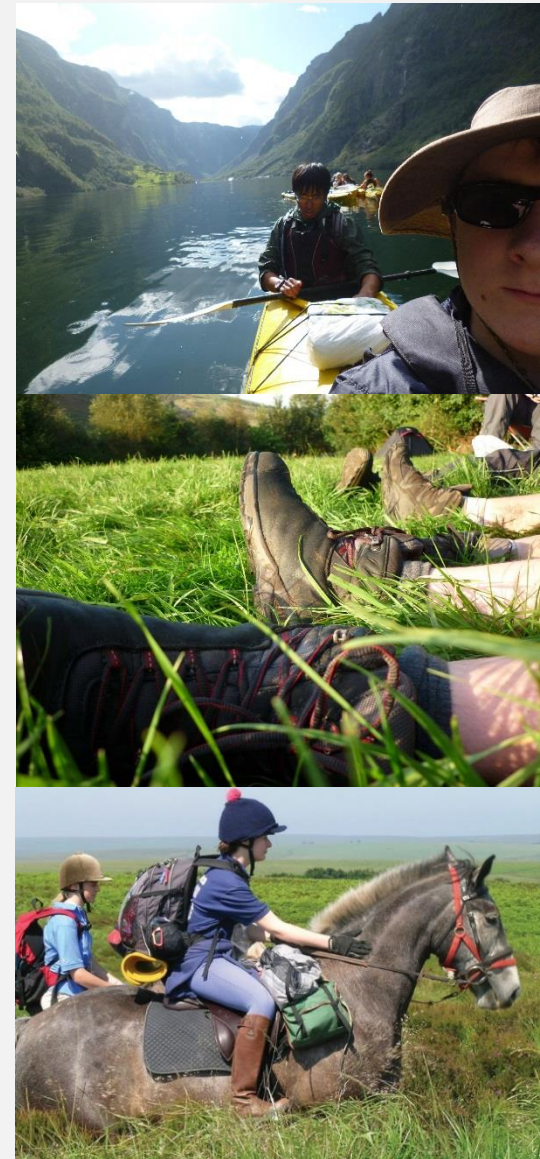
4. Expedition Information: Mike Pugh EDGE-ucation



Exploring the countryside and spending a night away with your friends. Your expedition will give you lifelong memories.

You'll plan, train for and do an expedition, **spending two days and one night away.**

As part of a small team, **you'll plan your aim, choose your location** and do some training to make sure you're prepared and know what you're doing.

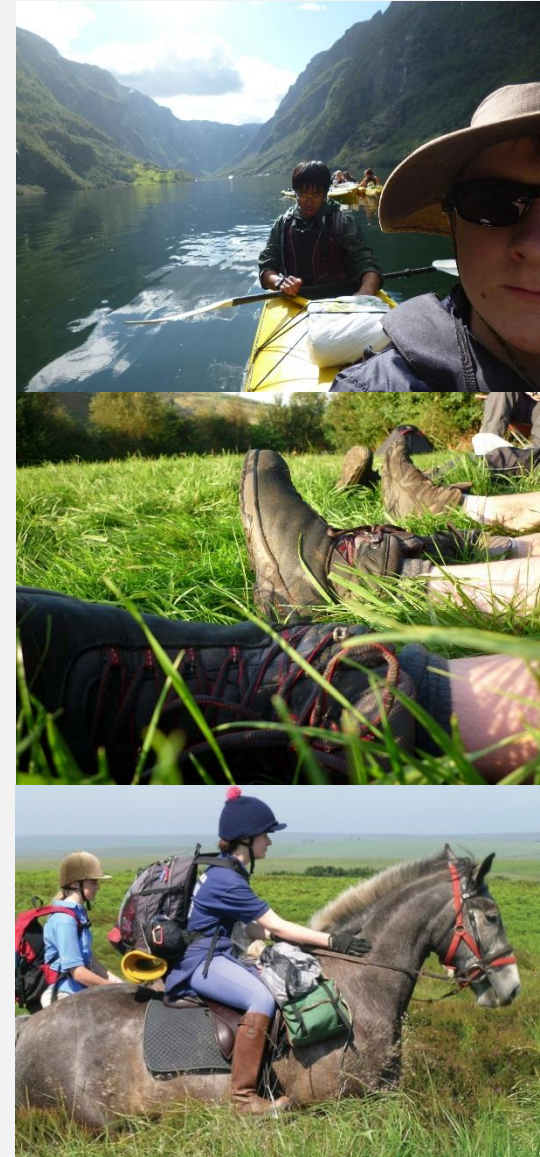


5. Kit Considerations – Blacks in Shrewsbury

Exploring the countryside and spending a night away with your friends. Your expedition will give you lifelong memories.

You'll plan, train for and do an expedition, **spending two days and one night away.**

As part of a small team, **you'll plan your aim, choose your location** and do some training to make sure you're prepared and know what you're doing.



6. Expectations: Remember...



OUTSTANDING OPPORTUNITIES

require

OUTSTANDING COMMITMENT

DofE Bronze Award =

130 hours+ of student time

BRONZE

Why do your DofE?



So why should you do your DofE? What are you going to get out of doing it? Well, the benefits of achieving your Bronze Award are endless. It's difficult to list them all, so here's a quick snapshot. You'll...

- Have lots of fun
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents you didn't know you had
- Gain skills that employers value, which you can reference on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.



"As an actor I know how much Award holders' experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today."

Benedict Cumberbatch, actor.



"Life doesn't naturally happen, you've got to get involved. What better way to do that than do your DofE. As an employer I want to work with people who have a range of skills and can see things through."

Deborah Meaden, Entrepreneur and Dragons' Den Investor