

The background of the entire page is a photograph of four students standing on a grassy hill, silhouetted against a bright orange sunset sky. They are standing close together, with their arms around each other's shoulders, looking out over the landscape. The overall tone is warm and celebratory.

Bronze DofE

Year 9

Lymm High School

BRONZE

What is the DofE?



The Duke of Edinburgh's Award is an award programme that is internationally recognised and involves 2 camping and walking expeditions as well as 3 other sections of participation in different areas.



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DofE at Lymm High School



At Lymm High School, we offer DofE programmes at three levels:

Bronze Year 9

Silver Year 10

Gold Year 12

...which lead to a Duke of Edinburgh's Award.



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What's involved?



To achieve your Bronze Award, you'll need to complete your own programme of activities in these four sections:

-  Volunteering
-  Physical
-  Skills
-  Expedition



How does the award work in school?

- Once the deadline has passed, we will buy your DofE registration packs. These are sent to your home address.
- We will run a signing-on session in school where you will log on to eDofE and choose your activities.
- Please check the list on www.dofe.org or the DofE noticeboard (at end of Art corridor) to make sure your activity counts.
- We will then approve it on eDofE and you can start doing it!
- We will support you through the year, but the emphasis is on you to be proactive and arrange your own activities – this is your award!



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.

You could be involved in some of your activities already (they can count from 9th Sept 2019)

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

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Volunteering – section 1



- Being a social responsible citizen in your community
- Count towards your Platinum Leadership Ladder award at the same time
- Make a difference to other people's lives
- Useful for your college or university application
- 1 hour per week for 3 or 6 months
- For example, you could volunteer to help:

The elderly, young children, a local sports team, individuals with disabilities, the environment, a charity, your own campaign,.

ONE THING THOUGH....YOU CAN'T VOLUNTEER IN A BUSINESS (WHERE THE ORGANISATION MAKES A PROFIT)



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Physical – section 2

- Choose a physical activity you will participate in 3 or 6 months
- 1 hour per week
- Activities could include anything that gets you physically active, for example:

Surfing, fitness suite, rugby, netball, running, yoga, Zumba, rowing, climbing, gymnastics, cycling, golf, fitness classes, swimming, street dancing, tennis, badminton, dodgeball **(and hundreds of others!)**



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Skills – section 3

- Choose a skill that you will take part in over 3 or 6 months
- 1 hour per week
- Huge variety of activities you can choose, for example;

Pet care

Learning a musical instrument

DIY

Gardening

First Aid

Astronomy

Photography (and hundreds of others!)



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Expedition – section 4

- 2 one night camping trips in Cheshire: 1 is near Kelsall, the other is near Tarporley.
- You will carry everything you need inc. your food, tent and cooking stove (Trangia)
- About 6 hours walking on each day
- Cook your own meals
- Pitch your tent
- Plan your walking route with your friends
- Improve your teamwork and leadership skills
- Have fun
- Presentation on the 2nd expedition to a member of staff



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Expedition – section 4

- **Compulsory elements of DofE:**

Training day: Fri 31st Jan or Mon 3rd Feb (in school)

Practice Expedition: Wed 6th – Thurs 7th May 2020

Qualifying Expedition: Fri 19th – Sat 20th June 2020

A word about the expeditions:

- The cost of the whole award in school is £243
- Unfortunately we do have to charge because the numbers of students we have wanting to do DofE are too large so we have to use a company to help us – they are called *Get Outside The Classroom*
- If you can do it for free with Scouts or Cadets, please feel free to do that instead.
- However, included in the cost of doing it is all trips, your registration pack and lending you for free most of the equipment you need.



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Expedition – section 4

- However, included in the cost of doing it is all trips, your registration pack and lending you for free most of the equipment you need.
- We will lend you:

Tent

Sleeping mat

Rucksack

Waterproof jacket and waterproof trousers

Cooking stove

Fuel for the stove

Map

Compass



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Expedition – section 4

- Things you will need yourself:

Walking boots

Sleeping bag

Food inc. meals

Camping bowl, plate,
mug & cutlery



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Start your DofE now



To get started, pick up a Bronze letter from Student Services – **return the reply slip & medical form** and pay the **£100 deposit** on Parent Pay to secure your place.

Sign-Up Deadline: Fri 4th October

Parent Information Evening: Wed 2nd October 6-7pm (Main Hall)

