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**DofE Activity Record**

Week Commencing Date: 06/04/2020

Week number: 1

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|  | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Weekend** |
| **Physical** | Took the dog out for a run – 30 mins and changed my Physical activity on eDofE to ‘Running’ | Bike ride with brother – 45 mins | Click or tap here to enter text. | Went out running – 30 mins | Played football in garden with brother and the dog – 1 hour | Yoga with Mum (beginner class on YouTube) – 30 mins |
| **Skill** | Genealogy – started to trace my Welsh family history using Ancestry.com on my Dad’s side of the family. | Changed my Skill activity on eDofE to ‘Genealogy’. | Genealogy – used Ancestry website military records to trace Great Uncle Moses’ WW1 war record. | Click or tap here to enter text. | Genealogy – started to create the Watkin/Dixon family tree with grandparents, great-grandparents and siblings. | Genealogy – found all the census from 1841 to 1911 for my grandparents and great-grandparents and downloaded copies. |
| **Volunteering** | Changed my Volunteering activity on eDofE to ‘Helping in the Community’ | Helped Mum cook hot meals and deliver them to 2 of our elderly neighbours Trevor and Maggie – 45 mins. | Click or tap here to enter text. | Helped Mum cook hot meals and deliver them to 2 of our elderly neighbours Trevor and Maggie – 45 mins. | Click or tap here to enter text. | Helped Mum cook hot meals and deliver them to 2 of our elderly neighbours Trevor and Maggie – 1 hour. |
| **Expedition** | Researched the right sleeping bag I will need for when expeditions resume. | Click or tap here to enter text. | Checked what camping equipment we had in the loft. Need to order a new mug and plate nearer the time. | Downloaded a meal planner from DofE website. Planned breakfast, lunch & dinner for my Silver expeditions when they are rearranged. | Click or tap here to enter text. | Click or tap here to enter text. |

* Download the DofE App to make recording your evidence easier
* If you need to change some of your section choices – open the section on eDofE -> revert the section to draft -> Enter your new activity choice -> submit for approval
  + **Please follow national guidance when considering different activities and talk your ideas through with a guardian or Leader**
* Make sure to evidence what you have been doing with a short bit of text or a picture. Upload this sheet to add towards your evidence
* Even though you need to do a minimum of one hour a week in each section, you can do more!

**Ideas List**

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| **Physical** | **Skill** | **Volunteering** |
| Jogging (e.g. Strava | DuoLingo | Missing Maps  <https://www.missingmaps.org/> |
| Army Fit | First aid – St Johns (online workbook) | Keeping in touch with vulnerable neighbours |
| Cycling | iDEA online | Raising cause awareness |
| Home workouts – Search YouTube e.g. Mr Motivator 10 min workout | Playing an instrument | Leonard Cheshire  <https://www.leonardcheshire.org/get-involved/volunteer-us/social-action?fbclid=IwAR1fEbq_Qov-zVzu5SY38yuh7wr29xOs5bjd8UHb0Hdl57t7pvMp5eAQThE> |
| Wii Fit | Vlogging | Volunteer for BeMyEyes |
| Online Zumba lessons | DIY | Community Care |
| Yoga (Youtube – Yoga with Adrian) | Tabletop gaming | Help with providing meals for the community |
| Fitness challenges (e.g. 100 press up challenge, plank challenge, step challenge) | Painting | Become an age UK digital buddy  <https://www.ageuk.org.uk/get-involved/volunteer/become-an-age-uk-digital-buddy/> |
| Sport skills (e.g. keepy uppy) | Learn sign language  <https://www.british-sign.co.uk/> | Loving  Hands  <http://www.lovinghands.org.uk/> |
| Walking | Reading and book reviews | Volunteer to translate  <https://translatorswithoutborders.org/> |