



Presentation to Year 9
students

13/10/2020

**Start your
Bronze DofE**



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What is the DofE?



The Duke of Edinburgh's Award (DofE) is a life-changing adventure you don't want to miss.

It's about going the extra mile – learning new skills for work and life, getting fitter, helping others, and exploring the countryside.

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

Now it's your turn.....



What's involved?

Adventurous, caring, sporty, creative... however you might describe yourself, the DofE is for you. **Anyone in the school year in which you turn 14 can start the award, even if you are still 13.** There are three progressive levels of programmes which, when completed, lead to a Bronze, Silver or Gold DofE Award.



To achieve your Bronze Award, you'll need to complete your own programme of activities in these four sections. **Use the Bitesize planner on the school website to help you:**

-  Volunteering
-  Physical
-  Skills
-  Expedition

How do I choose my activities?

There are a wide range of activities to choose from – most activities can count towards DofE. Maybe you want to try something completely new? Or get better at something you're already doing? Your DofE can be whatever you want it to be.

- Look at our Opportunity Finder for some inspiration, and 'DofE With a Difference' on DofE.org (also on the school website).
- Chat to me 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.



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.

Find an assessor for your activities- someone to verify that you have spent the required amount of time participating. This person needs to be over 18 years of age and **NOT** a family member.

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



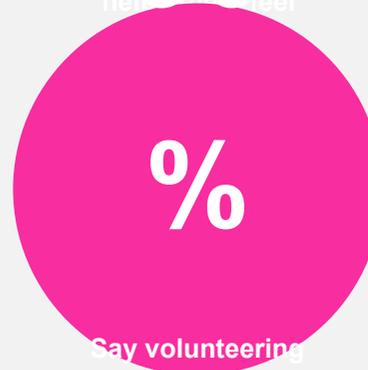
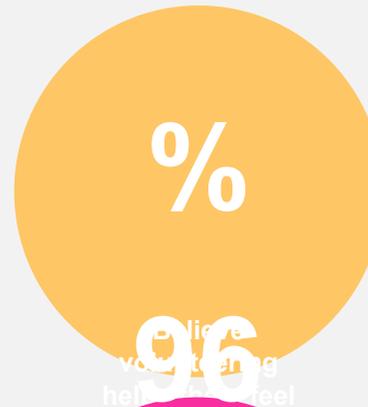
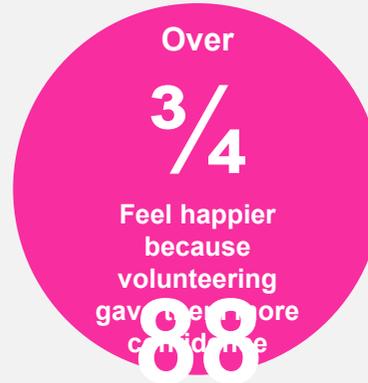
Volunteering is all about making a difference to others' lives. Perhaps you're interested in animals or conservation? Or you want to raise money for a cause that means a lot to you?

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.

It's extremely rewarding.

It can also give you the chance to experience the world of work.

We have 20 volunteering spaces at Marlow Rugby Club on their Young Person Volunteering Programme-**see me in you are interested.**



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Physical



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

Try something completely different or concentrate on something you already do, as long as it requires a continuous level of energy and physical activity.

From Zumba to football, skateboarding to walking – almost any dance, sport or fitness activity can count.

Whether you decide to join a team or do it on your own, it's up to you.

Participating in after school clubs at GMS is a good place to start.



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Skills



From podcasting to playing a musical instrument, 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 to do something related to this. For example, if you are interested in photography, you could do this as your skill.

You can improve confidence and develop practical and social skills whilst learning how to rise to a challenge.

We have 20 spaces available at our DofE After School Cookery Club at GMS. I can also be your assessor for an online St John Ambulance First Aid course. **See me if you are interested.**



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Expedition



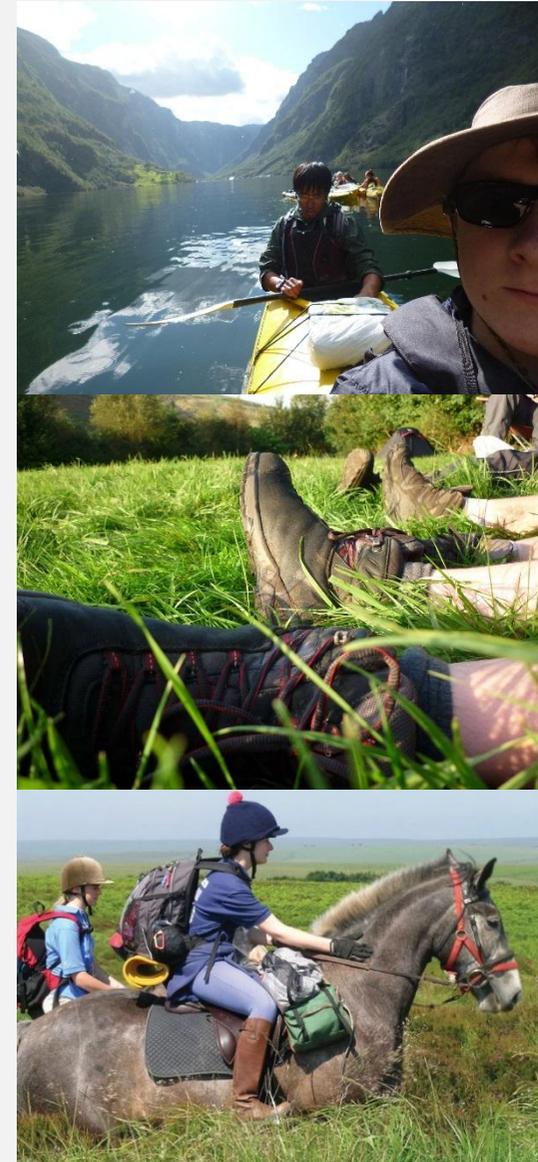
Exploring the countryside and spending a night away with your friends. Your expedition will give you lifelong memories.

This is your chance to go on an adventure!

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

You'll participate in a training expedition and a qualifying (assessed) expedition for 2 days and 1 night away, camping each time.

Your expedition will improve your communication and leadership skills and whilst you'll come home with a rucksack full of washing, you'll have an experience you won't forget.



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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

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Start your DofE now



Are you ready to volunteer, get fit, learn, and go on expedition? The DofE is one amazing adventure you'll never forget.

So, what are you waiting for?.....

To get started, speak to:

Miss H Murray

Office upstairs in B block



Miss H Murray

DofE Award Manager

Great Marlow School

DofE@gms.bucks.sch.uk