

# DofE – Skill & Physical



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## General

This factsheet aims to explore the different options available to young people participating in the Skills and Physical sections of The Duke of Edinburgh's Award (DofE).

## Outline Conditions

The time requirements for these sections are:

Bronze – 3 months and 3 months plus an additional 3 months in either the Volunteering, Skill or Physical Section.

Silver – 3 months in one and 6 months in the other plus an additional 6 months for direct entrants in either Volunteering or the longer of the Skill or Physical Sections.

Gold – 6 months in one and 12 months in the other plus an additional 6 months for direct entrants in either Volunteering or the longer of the Skill or Physical Sections.

Involvement is measured in full months, with an expectation of an average involvement of at least one hour per week. There is flexibility as to how the hours are spent within the total time span as long as there is regular involvement throughout.

A common problem area for young people is selecting the appropriate activity for the skill and physical sections. The easiest way to make sure you get it right is to think of physical activities as those which require physical effort and make you sweat and skills as those which don't. No one is saying that physical activities don't involve a level of skill, however activities have been slotted into these sections to ensure that young people get the range of activities intended by the programme. If in doubt consult your County DofE Adviser, Country office or [dofe@scout.org.uk](mailto:dofe@scout.org.uk).

## Skill Section

There is a list of suggested activities in the Handbook for DofE Leaders, but this is not exhaustive. The programmes are for guidance only and are not intended to be a rigid syllabus. Further ideas can be found in the skills section of The Duke of Edinburgh's Award website: <http://www.dofe.org>

## Selecting a Skill

This can be a skill that the Young Person is already doing or something new. Participants must choose an activity and with the help of their Leader set an appropriate challenge. It is the Young Persons DofE Programme. The Key is for the Young Person to show a progression and a sustained interest over the required period of time.

## Making the Right Choice of Activity

As DofE Leaders we must ensure that the Young Persons Choice is:

- Focused on one theme or activity.
- It enables their assessor to measure progression over time
- It carried out in accordance with safe working practices, POR Requirements and Legal Requirements.
- Its normally carried out in their own time.
- Reflects their individual interests, talents and capabilities.

As with all sections of the DofE, the steps involved for a Young Person to complete their Skills section are:

Preparation > Training > Activity > Assessment

## Resources

The DofE has produced a number of Resources to help you as a Leader with the Skills Section;

They are a Skills Section session planning sheet – to help you introduce the Skills section of the DofE and also a Programme Planner for you to work with and get the Young Person to plan the Skills section of their DofE Programme.

These can be downloaded from <http://www.dofe.org/go/downloads>

### **Physical Section**

The aim of the physical section is; to inspire Young People to achieve greater physical fitness and a healthy lifestyle through participation and improvement in a Physical Activity.

#### **Selecting a Physical Activity.**

As with the Skills section above, participants must choose an Physical Activity and with the advise of their DofE Leader set an appropriate challenge, which may be different from person to person.

At the point of Assessment, participants must prove that they have broadened their understanding and increased their expertise in their chosen Physical Activity.

Its very important to make sure which category an activity falls into, and whether it's acceptable before a Young Person starts that activity. They must get approval from you their Leader.

If you are unsure about whether an activity is acceptable or not then you should contact your District/County DofE Advisor before starting. Generally this will be relatively straightforward. If the Physical Activity has a National governing body or if it's recognised by Sport UK, or the CCPR, it should be okay, you must however check the Activity Rules within POR.

#### **Helping Young People to Make the Right Choice.**

Its important to recognise that not every Young Person is an Olympic Athlete. There are a very wide range of physical activities from: Dance to Flat Green Bowles.

For More Information on the Physical Section see <http://www.dofe.org/physical>

And the Handbook for DofE Leaders

### **Resources**

The DofE has produced a number of Resources to help you as a Leader with the Physical Section;

They are a Physical Section session planning sheet – to help you introduce the Physical section of the DofE and also a Programme Planner for you to work with and get the Young Person to plan the Physical section of their DofE Programme.

These can be downloaded from <http://www.dofe.org/go/downloads>