



Programme planner: Volunteering section

What is this programme planner for?

When completing each section of your DofE programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DofE programme for the Volunteering section. For help and support either see your DofE Leader or visit www.DofE.org/volunteering

The Volunteering section – why do it?

Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. It gives you the opportunity to become involved in a project or with an organisation that you really care about.

How long do I have to volunteer for?

Level	Minimum time	Notes
Bronze	3 to 6 months	You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3.
Silver	6 to 12 months	If you haven't achieved your Bronze you need to extend your Volunteering or the longer of your Physical or Skills sections to 12 months.
Gold	12 to 18 months	If you haven't achieved your Silver you need to extend your Volunteering or the longer of your Physical or Skills sections to 18 months.

Programme plan for: *(your name)* _____

What kind of volunteering do you want to get involved with in your community? *(tick box)*

- Helping people Working with the environment or animals
 Helping a charity or community organisation Community action and raising awareness
 Coaching, teaching and leadership

How will you find out how you can do this locally? *E.g. ask Leader/family/friends, research on the internet*

What are you specifically going to do? Where are you going to do it?

How will it help an individual, others and/ or your community?

What do you want to achieve? What are your specific goals?

Who is going to help you complete your activity? *E.g. Who will support you? Who will assess you?*

What evidence will you collect to show your progress?



PHYSICAL

Programme planner: Physical section

What is this programme planner for?

When completing each section of your DofE Programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DofE programme for the Physical section.

For help and support see your DofE Leader or visit www.DofE.org/physical

The Physical section – why do it?

Doing physical activity is fun and it improves your health and physical fitness.

How long should I do activity for the Physical section?

Level	Minimum time	Notes
Bronze	3 to 6 months	You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3.
Silver	3 to 12 months	You need to do either the Physical or Skills section for 6 months, the other for 3. If you haven't achieved Bronze you must extend your Volunteering or the longer of your Physical or Skills sections to 12 months.
Gold	6 to 18 months	You need to do either the Physical or Skills section for 12 months, the other for 6. If you haven't achieved Silver you must extend your Volunteering or the longer of your Physical or Skills sections to 18 months.

Programme plan for: *(your name)* _____

What kind of physical activity do you want to start doing or improve at? *(tick box)*

- | | | | |
|--------------------------------------|--|---|---|
| <input type="checkbox"/> Team sports | <input type="checkbox"/> Individual sports | <input type="checkbox"/> Water sports | <input type="checkbox"/> Racquet sports |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Fitness | <input type="checkbox"/> Extreme sports | <input type="checkbox"/> Martial arts |

How will you find out how you can do this locally?

E.g. ask at your local sports centre, speak to friends and family, ask your P.E. teacher, research on the internet.

What are you specifically going to do? Where are you going to do it?

How is this going to help you get more physically fit and healthy?

What do you want to achieve? What are your specific goals?

Who is going to help you complete your activity? *E.g. Who will coach you? Who will assess you?*

What evidence will you collect to show your progress?

Programme planner: Skills section

What is this programme planner for?

When completing each section of your DofE Programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DofE programme for the Skills section.

For help and support see your DofE Leader or visit www.DofE.org/skills

The Skills section – why do it?

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

How long should I do activity for the Skills section?

Level	Minimum time	Notes
Bronze	3 to 6 months	You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3.
Silver	6 to 12 months	You need to do either the Physical or Skills section for 6 months, the other for 3. If you haven't achieved Bronze you must extend your Volunteering or the longer of your Physical or Skills sections to 12 months.
Gold	12 to 18 months	You need to do either the Physical or Skills section for 12 months, the other for 6. If you haven't achieved Silver you must extend your Volunteering or the longer of your Physical or Skills sections to 18 months.

Programme plan for: *(your name)* _____

What kind of skills do you want to develop? *(tick box)*

- | | | | |
|--|---|--|--------------------------------------|
| <input type="checkbox"/> Creative arts | <input type="checkbox"/> Performance arts | <input type="checkbox"/> Science and technology | <input type="checkbox"/> Music |
| <input type="checkbox"/> Care of animals | <input type="checkbox"/> Natural world | <input type="checkbox"/> Media and communication | <input type="checkbox"/> Life skills |
| <input type="checkbox"/> Learning and collecting | <input type="checkbox"/> Games and sports | | |

How will you find out how you can do this locally? *E.g. speak to friends and family, research on the internet, library, instruction manuals.*

What are you specifically going to learn and do?

What practical and/ or social skills will you learn that are of personal interest to you?

What do you want to achieve? What are your specific goals?

Who is going to help you complete your activity? *E.g. Will you ask someone to teach/show you or will you learn on your own?*

What evidence will you collect to show your progress?

Programme planner: Expedition section

What is this programme planner for?

When completing each section of your DofE programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DofE programme for the Expedition section. For help and support either see your DofE Leader or visit www.DofE.org/expedition

The Expedition section – why do it?

Going on an expedition gives you the chance to have an adventure, work as a team, and act on your own initiative.

How long should I do activities for the Expedition section?

Level	Minimum time	Notes
Bronze	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying).
Silver	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying).
Gold	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying).

Programme plan for: *(your name)* _____

How do you want to travel on your expedition? *(tick box)*

- By foot By bicycle By boat
 By canoe or kayak By wheelchair On horseback

How will you research what you can do for your expedition? *E.g. ask Leader/family/friends, research on the internet*

Where will you go on the expedition? What will you do? Who will you go with?

How will this challenge you?

What do you want to achieve? What are your specific goals?

Who is going to help you complete your activity? *E.g. Who is going to help you prepare for the expedition? Who is going to supervise you? Who is going to assess you?*

What evidence will you collect to show your progress? *E.g. How will you give your presentation?*



RESIDENTIAL

Programme planner: Residential section

What is this programme planner for?

When completing each section of your DofE programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DofE programme for the Residential section. For help and support either see your DofE Leader or visit www.DofE.org/residential

What is the Residential section about?

Going on a residential gives you the chance to learn how to work with people from different backgrounds and build confidence living in new environments.

How long should I do the residential for?

The residential activity should normally take place over at least five consecutive days with a minimum of four nights spent away.

Programme plan for: *(your name)* _____

What kind of activity would you like to carry out on your residential? *(tick box)*

- | | | |
|--|---|---------------------------------------|
| <input type="checkbox"/> Service to others | <input type="checkbox"/> Environment | <input type="checkbox"/> Conservation |
| <input type="checkbox"/> Training | <input type="checkbox"/> Activity based | |

How will you research what you can do for your residential? *E.g. ask Leader/family/friends, research on the internet*

Where will you go on the residential? What will you do? Who will you go with?

What personal qualities do you have that you can bring to the team?

What do you want to achieve? What are your specific goals?

Who is going to help you complete your activity? *E.g. Who will support you whilst you are on your residential? Who will assess you?*

What evidence will you collect to show your progress?