



# Start your Bronze DofE Award



BRONZE

# What is the DofE?



The 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.

The award has also been voted by the United Learning Trust, a consortium of major employers, as the extra-curricular award that they see as most important for potential applicants to have attained at school. **Now it's your turn.**



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# What's involved?



Adventurous, caring, sporty, creative... however you might describe yourself, the DofE is for you. Anyone in school year in which you turn 14 to aged 24 can take part. 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:

-  Volunteering
-  Physical
-  Skills
-  Expedition

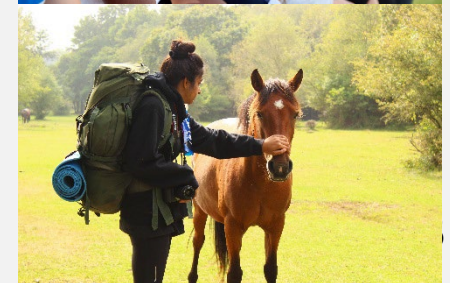


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# How do I choose my activities?



There's 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.



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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.



## Helping people

- Helping children
- Helping children to read in libraries
- Helping in medical services e.g. Hospitals
- Helping older people
- Helping people in need
- Helping people with special needs
- Tutoring
- Young carer
- Youth work

## Community action & raising awareness

- Campaigning
- Cyber safety
- Council representation
- Drug & alcohol education
- Home accident prevention
- Neighbourhood watch
- Peer education
- Personal safety
- Promotion & PR
- Road safety

## Working with the environment or animals

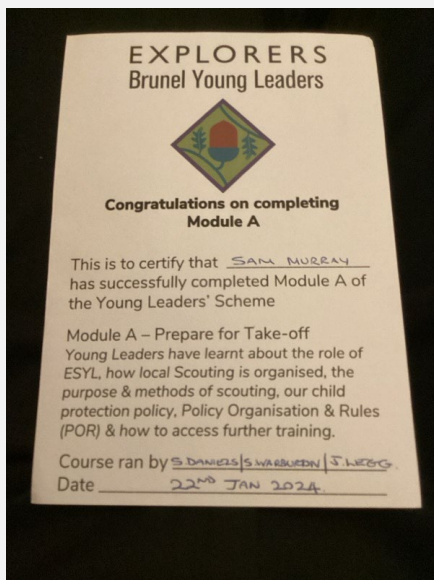
- Animal welfare
- Environment
- Rural conservation
- Preserving waterways
- Working at an animal rescue centre
- Litter picking
- Urban conservation
- Beach and coastline conservation
- Zoo/farm/nature reserve work

## Helping a charity or community organisation

- Administration
- Being a charity intern
- Being a volunteer lifeguard
- Event management
- Fundraising
- Mountain rescue
- Religious education
- Serving a faith community
- Supporting a charity
- Working in a charity shop

## Coaching, teaching and leadership

- Dance leadership
- DofE Leadership
- Group leadership
- Head student
- Leading a voluntary organisation group
  - Girls' Venture Corps
  - Sea Cadets
  - Air Cadets
  - Jewish Lads' and Girls' Brigade
  - St John Ambulance
  - Scout Association
  - Air Training Corps
  - Army Cadet Force
  - Boys' Brigade
  - CCF
  - Church Lads' & Girls' Brigade
  - Girlguiding UK
  - Girls' Brigade
- Sports leadership
- Music tuition



Helping at Guides/Scouts, Air Cadets  
 Coaching Football, Rugby, Netball,  
 Gymnastic  
 Volunteering at the library  
 Animal Conservation/Animal Rescue  
 Centre  
 Charities/Charity Shops  
 Urban Conservation

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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.





## Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathon
- Bowls
- Boxing
- Croquet
- Cross country running
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Modern pentathlon
- Motocross
- Orienteering
- Paintballing
- Pétanque
- Roller blading
- Roller skating
- Running
- Static trapeze
- Supercross
- Ten pin bowling
- Trampolining
- Wheelchair fencing
- Wrestling

## Water sports

- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kite surfing
- Kneeboarding
- Rowing & sculling
- Sailing
- Skurfing
- Sub aqua (SCUBA diving & snorkelling)
- Surfing/body boarding
- Swimming
- Synchronised swimming
- Underwater rugby
- Wakeboarding
- Windsurfing

## Dance

- Ballet
- Ballroom dancing
- Belly dancing
- Bhangra dancing
- Ceroc
- Contra dance
- Country & Western
- Flamenco
- Folk dancing
- Jazz
- Line dancing
- Morris dancing
- Salsa (or other Latin styles) dancing

- Scottish/Welsh/Irish dancing
- Street dancing/breakdancing/hip hop
- Swing
- Tap dancing

## Racquet sports

- Badminton
- Matkot
- Racketball
- Racketlon/Rackets
- Rapid ball
- Real tennis
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

## Fitness

- Aerobics
- Cheerleading
- Fitness classes
- Gym work
- Medau movement
- Physical achievement
- Pilates
- Pole dancing
- Running/jogging
- Walking
- Weightlifting
- Wii-fit
- Yoga

## Extreme sports

- BMX
- Caving & potholing
- Climbing
- Free running (parkour)
- Ice skating
- Mountain biking
- Mountain unicycling
- Parachuting
- Skateboarding
- Skydiving
- Snow sports (skiing, snowboarding, snowkiting)
- Speed skating
- Street luge

## Martial arts

- Aikido
- Capoeira
- Ju Jitsu
- Judo
- Karate
- Kendo
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

## Team sports

- American football
- Baseball
- Basketball
- Boccia

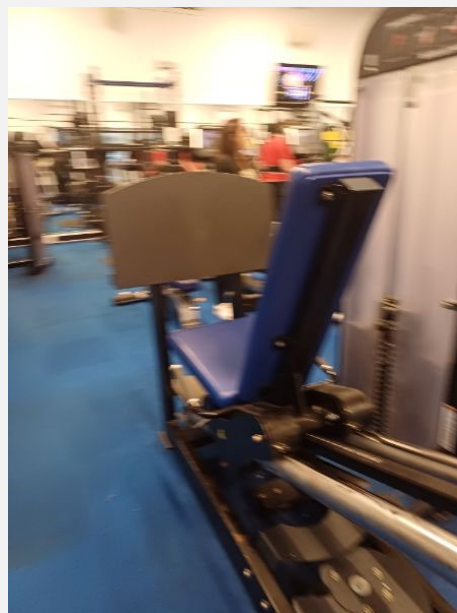
- Camogie
- Cricket
- Curling
- Dodge disc
- Dodgeball
- Fives
- Football
- Frame football
- Futsal
- Gaelic football
- Goalball
- Handball
- Hockey
- Hurling
- Ice hockey
- Kabaddi
- Korfball
- Lacrosse
- Netball
- Octopushing
- Polo
- Quidditch
- Roller derby
- Rogaining
- Rounders
- Rugby (union/League)
- Sitting Volleyball
- Sledge hockey
- Sledge ice hockey
- Softball
- Stoolball
- Tchoukball
- Tug of war
- Ultimate flying disc
- Volleyball
- Wallyball
- Water polo
- Wheelchair basketball

# Physical

Dance  
Football  
Running  
Rugby

Netball  
Cycling  
Pilates  
Horse Riding  
Mountain Biking

Climbing  
Swimming  
Tap  
Skateboarding  
Cricket



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# Skills

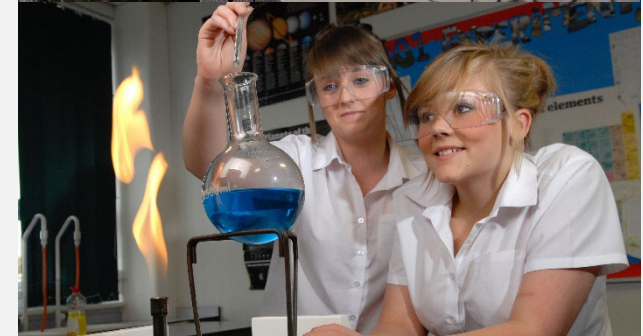


**From podcasting to playing a musical instrument, the Skills section is a great way to learn a new talent, develop existing skills and find something you enjoy doing.**

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.



## Performance arts

- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriloquism
- Yoyo extreme

## Science & technology

- Aerodynamics
- Anatomy
- App design
- Astronomy
- Biology
- Botany
- Chemistry
- Coding/ programming
- Ecology
- Electronics
- Engineering
- Entomology
- IT
- Marine biology
- Oceanography
- Paleontology

- Physics
- Rocket making
- Taxonomy
- Weather/meteorology
- Website design
- Zoology

## Care of animals

- Agriculture (keeping livestock)
- Aquarium keeping
- Beekeeping
- Caring for reptiles
- Dog training & handling
- Horse/donkey/llama/alpaca handling & care
- Looking after birds (i.e. budgies & canaries)
- Pet care – health/training/maintenance
- Pigeon breeding & racing

## Music

- Church bell ringing
- Composing
- DJing
- Evaluating music & musical performances
- Improvising melodies
- Listening to, analysing & describing music

- Music appreciation
- Playing a musical instrument
- Playing in a band
- Reading & notating music
- Understanding music in relation to history & culture

## Natural world

- Agriculture
- Conservation
- Forestry
- Gardening
- Groundsmanship
- Growing carnivorous plants
- Plant growing
- Snail farming
- Vegetable growing

## Games & recreation

- Cards (i.e. bridge)
- Chess
- Clay target shooting
- Coxing
- Cycle maintenance
- Darts
- Dominoes
- Fishing/fly fishing
- Flying
- Gliding
- Go-karting

- Historical period re-enacting
- Kite construction & flying
- Mah Jongg
- Marksmanship
- Model construction & racing
- Motor sports
- Power boating
- Snooker, pool & billiards
- Sports appreciation
- Sports leadership
- Sports officiating
- Table games
- War games

## Life skills

- Alternative therapies
- Cookery
- Democracy in action
- Digital lifestyle
- Driving: car maintenance/car road skills
- Driving: motorcycle maintenance/road skills
- Event planning
- First aid – St John/St Andrew/BRCS
- Hair & beauty
- Learning about the emergency services
- Learning about the RNLI (Lifeboats)
- Library & information skills

- Criminology
- Dowsing & divining
- Fashion
- Forces insignia
- Gemstones
- Genealogy
- Heraldry
- History of art
- Language skills
- Military history
- Movie posters
- Postcards
- Reading
- Religious studies
- Ship recognition
- Stamp collecting

## Media & communication

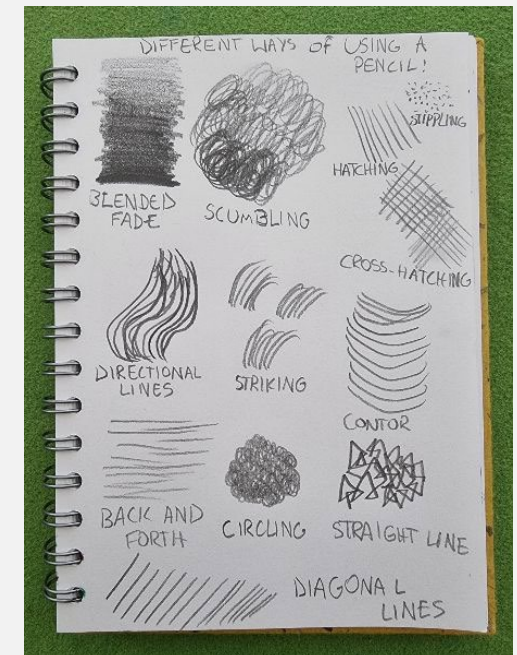
- Amateur radio
- Blogging
- Communicating with people who are visually impaired
- Communicating with people who have a hearing impediment
- Film & video making
- Journalism
- Newsletter & magazine production
- Signalling
- Vlogging
- Writing

- Fabric printing
- Feng Shui
- Floral decoration
- French polishing
- Furniture restoration
- Glass blowing
- Glass painting
- Interior design
- Jewellery making
- Knitting
- Lace making
- Leatherwork
- Lettering & calligraphy
- Macramé
- Marquetry
- Model construction
- Mosaic
- Painting & design
- Patchwork
- Photography
- Pottery
- Quilting
- Rope work
- Rug making
- Snack pipping
- Soft toy making
- Tatting
- Taxidermy
- Textiles
- Weaving and spinning
- Wine/beer making
- Woodwork

# Skills

Animal Care  
Playing an instrument  
Darts  
Cooking  
Hairdressing

Car Mechanics  
Photography  
Band  
Dance  
Chess



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# Expedition



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

You'll plan, train for and do an expedition, spending two days and one night away.

You can choose how you want to travel – it doesn't have to be on foot. You could do it by bike, canoe, kayak, wheelchair, sailing boat or even on a horse.

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

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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# 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.

Bronze (Year 9+)	Volunteering <b>3</b> months	Physical <b>3</b> months	Skills <b>3</b> months	Expedition <b>2 days</b> <b>1 night</b>
	Plus a further <b>3 months</b> in either the Volunteering, Physical or Skills section			



# How can Bristol Brunel Academy help?



Many of the enrichment clubs we offer at BBA count towards award sections. This is just an example timetable of term 2 and how many opportunities we offer

Days	Enrichment	Years	Time	Where	Who
Monday	School Musical	All	3:15 – 5:15	DRS	Music and Drama
	Duke of Edinburgh (Bronze and Silver)	Year 9 – Bronze Year 10 - Silver	3:15 – 4:15	SC2 SC3	Ms Jackson and Mr Smerdon
	Rugby	All	3:15 – 4:15	PE	PE
	Poetry and Creative Writing	All	3:05 – 4:05	S9	Ms Homes and Ms Clovis
	Badminton	All	3:15 – 4:15	PE	Mr Brooks
	Y7 Textiles Club	Year 7	3:00 – 4:00	GT7	Ms Simmons
Tuesday	Netball	All	3:15 – 4:15	PE	PE, Ms Law and Ms Williams
	Volleyball	All	3:15 – 4:15	PE	PE
	Arabic club	Year 7 and 8	2:30 – 4:00		Ms Tazaoui
	Adventurers' guild (D and D)	All	3:05 – 4:05	S12A/B	H Greensmith, Mr Thorne and V Stevenson
	Lego Club	Year 7	3:05 – 4:05	S5B	Humanities
	Card game club	All	3:05- 4:05	S1	Ms Williams
	Chess Club	All	3.05-4.05	S9	Mr Fraser, Mr Duncan
	Engineering	Year 10 and 11	3:05 – 4:05	GC1	Ms Bush
Thursday	Girls Basketball	All	3:15 – 4:15	PE	PE
	School Musical	All	3:15 – 5:15	Music rooms	Music and Drama
	History club	All	3:05 – 4:05	S15	Mr Withers and Ms Perry
	UKMT	Year 9 - 10	3:05 – 4:05	F6B	Mr Busby and Ms Harrison
	Crochet Club	All	3:05- 4:05	GT7	Quinn
	Board game club	all	3.05-4.05	s12b	Mr Wopshott
Friday	STEAM	Year 7-9	3:05- 4:05	FS9 / GT1 / GC1	Ms Forcina and Ms Bush Ms Shakil
	Table Tennis	All	3:05- 4:05	PE	Mr Day Mr Wignall
	Retro Games Club	All	3:05 – 4:05	SC3	Mr Mead
	Astronomy GCSE	Year 11	3:05- 4:05	FS5	Mr Smerdon

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# Start your DofE now



If you have any questions about the DofE award you can email questions to me at the address below

**[bethan.jackson@clf.uk](mailto:bethan.jackson@clf.uk)**

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?