

# Welcome to Presdales Duke of Edinburgh's Award

Parent information Evening  
2<sup>nd</sup> November 2017

# What is DofE ?



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It is a non-competitive programme for 14 to 24 years olds.

You achieve an Award by setting and achieving personal goals in the following sections:

- Volunteering
- Physical
- Skills
- Expedition

Participants must get involved in their activity for a **minimum of 1 hour each week** for the duration of the timescale (e.g. 3 months, 6 months, 12 months). **If a week is missed, through holiday or illness for example, the timescale must be extended.**

# Silver Award (15+ years)



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Volunteering	Physical	Skills	Expedition
<b>6 months</b>	<b>6 months or 3 months</b>	<b>6 months or 3 months</b>	Plan, train for and complete a 3 day, 2 night expedition
<i>Direct entry students must undertake <b><u>a further 6 months</u></b> of Volunteering or the longer of either the Physical or Skills.</i>			

## Cost

Total Estimated Cost **£200.00** (of which £27 are fees associated with enrolling in the Duke of Edinburgh Scheme). *Tents, compasses, first aid kits and transport will be provided for both expeditions as part of this cost.*

# Choosing activities



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- You must read and use the helpful lists and category finder on:

<http://www.dofe.org/en/content/cms/doing-your-dofe/activities-sections>

- Activities are in specific sections, please check that your chosen activity fits. For example,  
**Dance is NOT a skill but a physical recreation.**
- Make sure you have a willing and appropriately trained or experienced assessor, not a close relative.

# Suggestions and reminders



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- Choose activities you enjoy.
- It could be something that you are already doing or that you've always wanted to try.
- The same activity **cannot** be credited in all three sections,

E.g. Football coaching (volunteering), recreational football playing in a team (physical recreation) and learning to be a football referee (skill) is **not** allowed. **Only two sections can be related.**

# Attendance Record



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- We ask that part of your evidence is a copy of an attendance record for your volunteering, skills and physical sections.

Date	Signature	What you did?

- Remember to record your start and finish dates for each of your sessions.

# Assessors:



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- A suitably qualified adult who is **not a close relative**.
- They must supervise your activity, not necessarily for every hour, but you might need to **keep a photo or written diary**.
- At the end they must complete a **report** showing your **commitment, skills and progression**.
- This is easiest online (with your unique ID number), at **<http://www.dofe.org/assessors>**.

# Volunteering

- *To inspire young people to make a difference in their communities or to an individual's life*
- *To develop compassion by giving service to others, but in a location of safety for themselves.*

- Volunteering is simple. It's giving time to **non profit making organisations, without getting paid.**
- At least 3/4 of the activity needs to be practical, only a 1/4 can be training.
- The young people **cannot help a commercial company, e.g. a soccer club or dance school, nor work in the private home of a neighbour or friend.**





# Volunteering categories



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



# Volunteering Section



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***What activity do you think that you might do for your  
Volunteering\_?***

**Category:**

**Activity:**

**What do you want to achieve?**

**Location:**

**I could be assessed by**

**Phone number:**

**Assessor's**

**Position/Qualification:**

**Email:**

# Volunteering Section



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***What activity do you think that you might do for your Volunteering\_?***

Category: Helping people Activity: Helping at Brownies

What do you want to achieve? Helping younger children have fun and embrace the spirit of the organisation

Location: 1st Ware Brownies, Pinewood School, Ware SGXX 9XX

I could be assessed by Mrs C Leader Phone number: 01992 567890

Assessor's

Position/Qualification: Brownies Leader Email: [abrownieleader@barnowl.com](mailto:abrownieleader@barnowl.com)

**ALL information must be filled in.**

# Physical – Aim

- *To inspire young people to greater physical fitness*
- *To encourage a healthy lifestyle through participation and progression in physical activity*

In short, anything that requires a sustained level of physical energy when doing an activity.

You are free to do this section independently or as part of a team.



# Physical categories



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- Team sports
- Individual sports
- Water sports
- Racquet sports
- Dance
- Fitness
- Extreme sports
- Martial arts



# Physical Section



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***What activity do you think that you might do for your Physical?***

**Category:**

**Activity:**

**What do you want to achieve?**

**Location:**

**I could be assessed by**

**Phone number:**

**Assessor's**

**Position/Qualification:**

**Email:**

# Physical Section



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***What activity do you think that you might do for your Physical?***

Category: **Fitness**

Activity: **Running**

What do you want to achieve? **Faster Times**

Location: **Ware Running Club, Presdales School, Ware SGX 9XX**

I could be assessed by **Ms A Running Coach** Phone number: **01992 567890**

Assessor's

Position/Qualification: **Running Coach** Email: **acoach@running.com**

**ALL information must be filled in.**

# Skills – Aim

*To inspire young people to develop practical and social skills and personal interests.*

You must be able to prove that you have broadened your understanding and increased your expertise in the chosen skill.

The key word is **progression**.

Activities can be undertaken on either an individual or group basis.





# Skill categories



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- Creative arts
- Performance arts
- Science and technology
- Care of animals
- Music
- Life skills
- Learning and collecting
- Media and communication
- Natural world
- Games and sports



# Skill Section



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***What activity do you think that you might do for your Physical?***

**Category:**

**Activity:**

**What do you want to achieve?**

**Location:**

**I could be assessed by**

**Phone number:**

**Assessor's**

**Position/Qualification:**

**Email:**

# Skill Section



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***What activity do you think that you might do for your Skill?***

Category: **Music**

Activity: **Singing**

What do you want to achieve? I want to improve my singing and achieve Grade 6

Location: **Singing Teachers House Ware SGXX 9XX**

I could be assessed by **Mr A Singing Teacher** Phone number: **01992 567890**

Assessor's

Position/Qualification: **Singing Teacher** Email: **asinging@teacher.com**

**ALL information must be filled in.**

# Expedition - Aim



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- To inspire young people to develop initiative, responsibility and a sense of adventure
- To plan, train for and complete an adventurous journey as part of a team.



# Remote supervision



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- The Expedition section will be completed in Groups of 6.
- The practise expedition will be completed with an adult supervising during the first two days.
- The qualifying expedition is remotely supervised which means each group of students will be independently navigating between checkpoints.
- Each group can have maximum of two mobile phones which will be stored in a sealed envelope in the first aid kit.

# Benefits



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- Learn to enjoy and respect the outdoors
- Become more self reliant; able to overcome challenges
- Learn to manage risk
- Learn the importance of good organisation and attention to detail
- Recognise the needs and strengths of others and reflect on their own performance
- Be able to take and share responsibility
- Improve decision-making skills and the ability to accept consequences
- Learn through experience

# The Expedition process



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# Silver Expedition Dates



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## Training weekend: Saturday 10<sup>th</sup> to 11<sup>th</sup> March 2018

*Location: Presdales School*

## Practice: Friday 29<sup>th</sup> June to Sunday 1<sup>st</sup> July or Saturday 30<sup>th</sup> to Monday 2<sup>nd</sup> July TBC

*Location: Chiltern Hills*

## Assessment: Evening of Thursday 20<sup>th</sup> to Sunday 23<sup>rd</sup> September

*Location: Peak District*

- You **must** attend both Training Days and camp overnight to qualify for the Assessed expedition.
- You **must** Complete all the days and camp overnight twice as a team to pass your assessed expedition.



# Expedition Training



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- Already completed some preparation during lunchtime sessions.
- Make sure you have walking boots that fit and that you get out and walk in them prior to the training weekend.
- You will need to make sure you are fit enough to walk for 6 hours carrying your equipment.
- Navigation and team work.
- Camping.
- Respecting the countryside.



# Expedition Training



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- Advanced map and compass work
- Route planning
- First Aid and emergency awareness
- Safety and the weather
- Campcraft and country code
- Safe use of Trangia stoves
- Menu planning and food
- Kit lists
- Packing rucksacks

# The Application Process



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1. Get an application form from the office or this evening.
2. Decide what activities you want to do for each section.
3. Find someone, suitably trained or qualified, who is not a family member, who could assess your activity for each section.
4. Fill in the question section to show you have understood the fundamental principles of D of E.
5. Write personal statement stating why you want to do Silver Duke of Edinburgh's Award
6. Put your fully completed application form to Lorraine Eyre in the school office by the deadline, **9th November at 3:50pm.**

# Finally



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- We are able to accommodate a maximum of 36 participants.
- Only complete application forms will be accepted.
- All applications will be read by Mrs Stewart and Mr Chapman, if we receive more than 36 suitable applications they will all be put into a draw and 36 will be randomly selected. A reserve list will be formulated. A list of successful applicants will be posted on the Y12 noticeboard on Tuesday 14<sup>th</sup> November.

# Is D of E for Me?



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If you :

- Have an interest in the outdoors
- Are a reliable team member who does their share and gets on well with others
- Enjoy keeping fit
- Like to learn new things
- Make sure you complete things, even if you are not enjoying them
- Are able to manage your time
- You like helping people

**Then the  
answer is YES!**

# Key Dates – Silver



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<b>Date</b>	<b>Activity</b>
2 <sup>nd</sup> November	Parent/carer Information evening
3:50pm 9 <sup>th</sup> November	Deadline for applications
14 <sup>th</sup> November	Draw of applicants if over-subscribed
10 <sup>th</sup> to 11 <sup>th</sup> March	Training Weekend
29 <sup>th</sup> June to 2 <sup>nd</sup> July TBC	Practise expedition
20 <sup>th</sup> to 23 <sup>rd</sup> September	Qualifying expedition