



# It's time to start your **DofE**

Do you have what it takes?



# What is the DofE? – A National Award made up of 4 sections – Volunteering, Physical, Skill and Expedition



At Bronze level the Team work with you to complete Volunteering, Physical and Expedition Sections

# What is the DofE

- The DofE is the world's leading achievement award for young people.
- It's about going the extra mile – learning new skills for work and life, getting fitter, helping others and exploring the countryside.

**A challenge; 'type 2' fun**

**(hard at the time but afterwards you're glad you did it!)**

# Who can do this at St Bernard's?

**Bronze** – open to all in Year 9

**Silver** – open to anyone who has completed their Bronze in Year 10

**Gold** – open to all in Years 11, 12 and 13 (even if you haven't done Bronze or Silver)





# What's required at Bronze Level?

A minimum of one hour per week:

**Volunteering** - for 3 months

**Physical** – for 3 months

**Skill/Hobby** – for 6 months

**Expedition** - one practice,  
one assessed



# Volunteering

At Bronze level we help you with this. We spend time when we meet teaching you a basic 8 week first aid course. (This is also helpful in an emergency on Expedition)

We ask you to supplement this – normally by helping for a term in the Library; helping at after school events or becoming a Buddy.

(During Covid we have had to be innovative)

# What other ways can we give Service?

- Help a younger sibling with reading or homework
- Help an elderly neighbour or relative who might still be wary about mixing with lots of people – shopping, walking their dog?
- Keep your neighbourhood clean/tidy – are there litter picking groups in your area/park? Do this yourself in your street?
- Plan a fundraising event

# Physical

Our normal approach is to spend the Autumn working on physical challenges.





# Expedition

During our sessions in school we will train you on what to wear; how to pack and carry kit; putting up tents; cooking on a Trangia; navigation. We will then take you away for two weekends – one practice and one assessed expedition.

Dates: Friday 12 – Sunday 14 May

Friday 23 – Sunday 25 June



# Skill



This is the only section we expect you to complete on your own. You must do this for one hour per week minimum for 6 months.

Start in September and you will have completed this section by the time we do our Expeditions.

This must be non-physical (you cannot Dance or ride a horse – but you could care for a horse!)



# How do I get started

- Our first meeting will be on Thursday 22 September 2022 – 3.45 – 5.45pm.
- Wear PE kit
- Change in BH2 and report to BH1
- Mrs Clancy is no longer in School everyday but will come in for sessions. You can contact her by email – [sjc@stbernards.southend.sch.uk](mailto:sjc@stbernards.southend.sch.uk)