



OLDFIELD
SCHOOL

Key Dates

Compulsory eDofE session with Mr D John (Year 9)	Tuesday 10th January 2020 (Main Hall) 15:00-16:00
Ocean Rock Survival Training and Expedition Preparation:	Thursday 23rd January 2020 15:00-19:00 (twilight after school)
Practice expedition:	Saturday 13th June to Sunday 14th June 2020
Final expedition:	Saturday 26th to Sunday 27th September 2020

The Duke of Edinburgh's Award is the world's leading youth achievement award, operating in over 68 countries around the globe.

To date, over 10 million young people worldwide have started their Award and begun their journey to a brighter future.



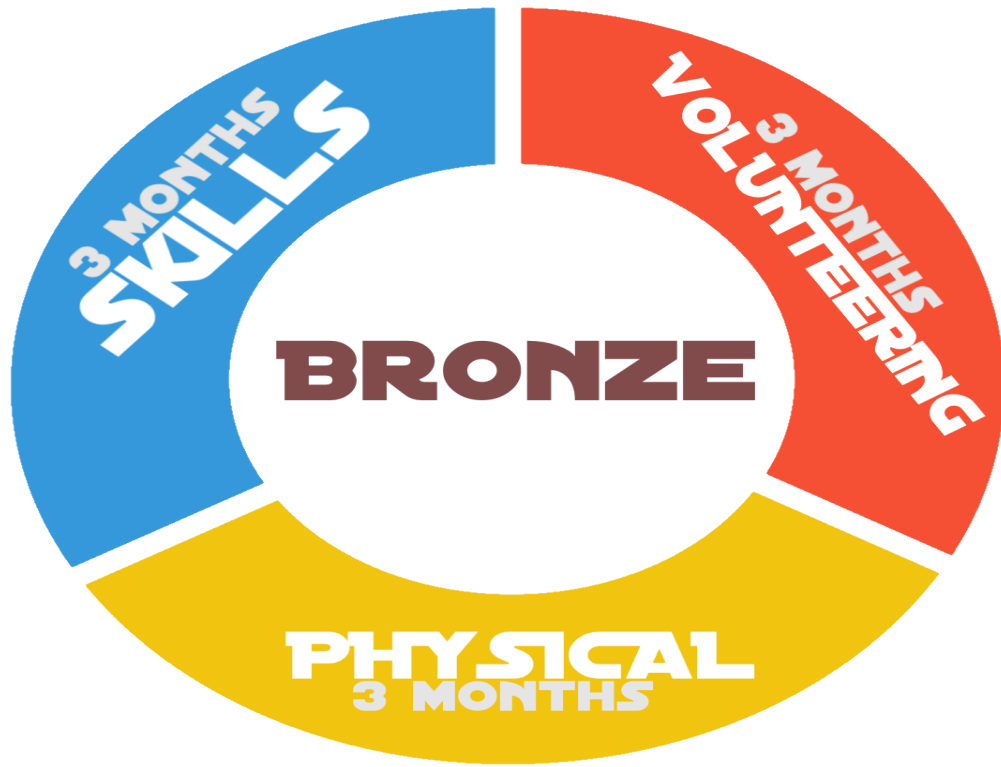
Why sign up?

- Self-management
- Commitment
- Responsibility
- Problem solving
- Team-work
- Communication
- Leadership skills
- Decision making
- Challenge
- Fun



You achieve an Award by completing a personal programme of activities in four sections:

- **Volunteering:** undertaking service to individuals or the community.
- **Physical:** improving in an area of sport, dance or fitness activities.
- **Skills:** developing practical and social skills and personal interests.
- **Expedition:** planning, training for and completion of an adventurous journey in the UK or abroad.



+ 3 months in
section of your
choice.
+ 2 day (1 night)
Expedition.

EXPEDITION



VOLUNTEERING



PHYSICAL



SKILL



Volunteering

To qualify as a volunteer, pupils must give up their time to make a difference to other people's lives.

Oldfield School pupils have undertaken work in the past at, British Heart Foundation and Cancer Research charity shops; church youth groups, Rainbows and the Beaver Scouts and various sports clubs in the area.

They have also helped in the community by caring for disabled children, visiting the elderly and joining the St John's Ambulance Service. Pupils can volunteer at school by helping run activities for younger pupils, or undertaking recycling duties, for example.

Volunteering

Aim

- To inspire young people to make a difference within their communities or to an individual's life and develop compassion by giving service to others.



Volunteering

Examples:

- Charity shop volunteer
- Help out in the school library
- Help run a sports club for younger children
- Visiting elderly people in care
- Sports leadership



Physical Challenge

Pupils can choose between pursuing a new sport or focusing on a sport they already enjoy.

Physical activities are various and can include team sports, individual sports, dance, fitness or martial arts. These can be completed in and out of School.

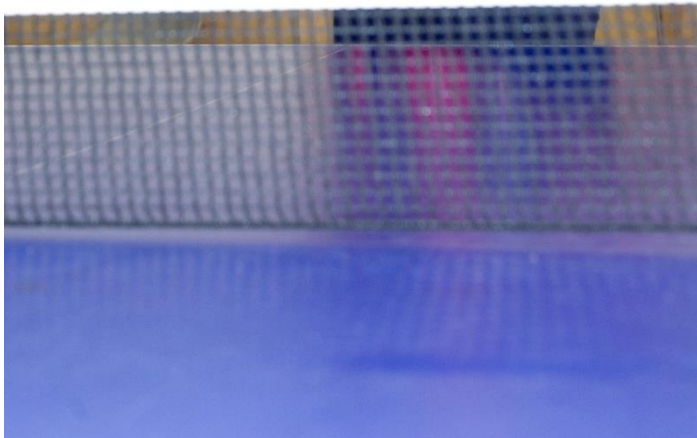
Oldfield School pupils can complete the Physical section in school at our various enrichment clubs for aerobics, badminton, circuit training, dance, netball, football and rugby.

Physical



Aim

- To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.



Physical



Examples:

- After school sports clubs/teams
- Local sports clubs
- Individual activities: jogging, gym
- Martial arts
- Street dance



Skills



Aim

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

Skills Challenge

In this section, pupils show they have developed practical skills, social skills and pursue a personal interest.

Previously Oldfield School pupils have developed skills in art, music, cookery, languages, sport, animal care and ICT. The skill element is the most complicated to achieve as it will take time and effort to master your new skill and show you are a resilient and driven student.

Your skill must be logged and show a progression from start to finish.

Skills



Examples:

- Cooking
- Learning a musical instrument
- Playing in a band
- Crafts: knitting, model making
- Learning sign language
- Performance arts
- Young enterprise
- Creative arts



Expedition

Aim

- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



Expeditions

The expedition is the most exciting and challenging part of the course so at Oldfield School we have sourced the best external providers in the area to deliver their expertise to our pupils.

We are happy to confirm our external provider and trainer will be the award winning OceanRock adventure company.

With OceanRock pupils learn the basic skills of navigation, first aid and survival cooking. They will also familiarise themselves with the equipment prior to embarking on the expedition through in school training day.

The chosen venues for the expeditions are carefully matched to the capabilities of the participants but include areas such as the Mendips, Exmoor and Dartmoor (Locations to be confirmed on practice day)

OceanRock will also provide the majority of equipment and transport will be provided from Oldfield School to the expedition venues.

Choosing activities

There is a huge choice of activities that count towards DofE programmes.

- You need to choose activities you are going to enjoy.
- Activities could be something that you are already doing or perhaps one you've always wanted to try.
- You need to identify an appropriate assessor.



THE DUKE OF EDINBURGH'S AWARD

Term 2	Lunch time	After school
Monday	Table Tennis/Badminton Codebreakers Art - mixed media Fitness Mindfulness Glee Club Archaeology Club Knitting Club Equalities Team Technical Dance Skills	Homework Club
Tuesday	Table Tennis Drama Club Origami Creative Writing Song-Writing Running Club Boys Dance Engineering Club	Art and Photography Netball Product Netball Basketball Choreography Lab (w/ 1) Computer Science Coding Homework Club Swing Dance
Wednesday	Interhouse Football Codebreakers Samba Band Rock School App Inventor Programming Astronomy Club	Boys Basketball Art Macbeth Rehearsals Bath Rugby Netball Rugby Netball Blues Band Homework Club
Thursday	Sports Leaders History Society Amnesty International Senior Codebreakers Senior Vocal Group Rubik's Cube Club Textiles Board game Club Table Tennis	Signature Dance Badminton Club Pentathlon Multi Sport club Sculpture Club Homework Club
Friday	Debate Club 5-a-side Football Product - 3D printing Product - Christmas Decorations Music Technology Chess Club Spanish Board Games Mindfulness Quiet Room	Signature Dance 5-a-side Football Girls Football Baskervilles

You could use all the enrichment clubs on offer at Oldfield School to pass the three sections:

- Volunteering- Give up your free time to help out with a younger age group.
•e.g. Homework club
- Skill- Learn a amazing new skill from our in-house experts
•e.g. Samba Band
- Physical- Develop your physical fitness in a range of sports activities
•e.g. Badminton



GET STARTED

This app is for DofE participants only

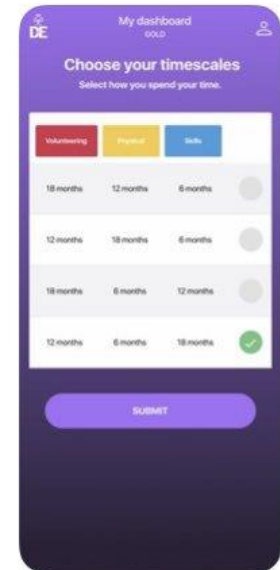
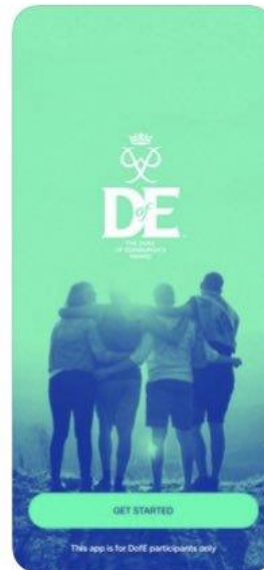


DofE

The Duke of Edinburgh'...

OPEN

★★★★★ 8



Choosing activities

Think about what you want to do for each section, and check with your DofE Manager (Mr John)

that your choices can be counted.

Fill out programme planners & return.

Lots of useful information on our website:

www.DofE.org

Return of enrolment form and deposit by Friday 7th
December

Complete programme planners by **Monday 2nd
December 2019.**

eDofE training for successful applicants on 10th
January 2019





**Have fun & enjoy your
DofE journey!**

