

Launch & Information Evening

Tuesday 17 September 2024 6-6.30pm



The Duke of Edinburgh's Award at CNS

The world's leading achievement award for young people.

Our Mission

To inspire, guide and support young people in their self-development and recognise their achievements.

10 Years of DofE at CNS

Over 700 DofE Awards achieved by CNS students.

Exceptional student completion rate.

Over 60 expeditions.

Giving Back: almost 2000 Voluntary hours annually in the local community.

The DofE is...

A DofE programme is a real adventure.

It doesn't matter who you are or where you're from candidates just need to be aged between 14 and their 25th birthday.

Students can do programmes at three levels:

- **Bronze** (aged 14+) Year 10
- **Silver** (aged 15+) Year 11
- **Gold** (aged 16+) Year 12 & 13

...which lead to a Duke of Edinburgh's Award.

The DofE is...

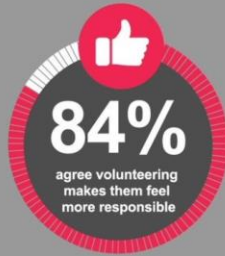
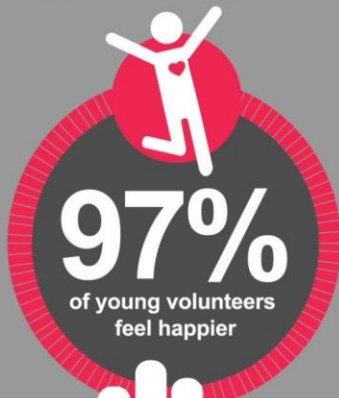
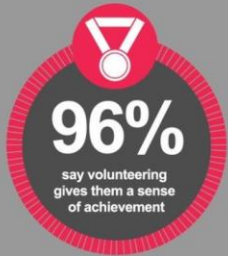
Candidates achieve an Award by completing a personal programme of activities in four sections:

- **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
(currently no overnight residentials during Autumn term).

- At Gold level, you must do an additional **Residential** section, which involves working and staying away from home doing a shared activity
(currently no overnight residentials during the Autumn term).

Volunteering through the DofE



FIVE BENEFITS OF DOING YOUR DofE PROGRAMME



SENSE OF IDENTITY

The DofE bring a sense of identity as you start to explore your likes and dislikes through the different sections.



GIVING BACK TO THE COMMUNITY

It is a chance to give back to your own community or those in need.



TEAMWORKING SKILLS

It builds your communication skills and strengthens your ability to lead others as well as to work in a team. This is highly sorted by employers and schools alike.



TIME MANAGEMENT

It teaches you how to manage your time and use it efficiently as you are required to balance the different sections.



ACADEMIC BOOST

A DofE Award is a great way to demonstrate and evidence your 'soft skills' in practice and this is highly valued by universities.

Time and age requirements

Level:	Minimum period of participation by:	
	Direct entrants	Previous Award holders
Bronze	6 months	n/a
Silver	12 months	6 months
Gold	18 months	12 months

Direct entrants are young people starting their DofE programme at either Silver or Gold level, who have not achieved the previous level of Award.

Bronze Award (Year 10)

Volunteering	Physical	Skills	Expedition
3 months 1hr/week approx.	3 months 1hr/week approx.	3 months 1hr/week approx.	Plan, train for and complete a 2 day, 2 night expedition

*All participants must undertake a **further** 3 months in the Volunteering, Physical or Skills section.*

Silver Award (Year 11)

Volunteering	Physical	Skills	Expedition
6 months 1hr/week approx.	One section for 6 months and the other section for 3 months 1hr/week approx. for each section		Plan, train for and complete a 3 day, 3 night expedition.

*Direct entrants must undertake a **further** 6 months in the Volunteering or the **longer** of the Physical or Skills sections.*

**Current Year 11 students wishing to register on the Silver Award can also count the Silver Practice Expedition as their Bronze Assessed Expedition (for students currently in Yr11 who want achieve their full Bronze Award).*

Gold Award (Year 12 & 13)

Volunteering	Physical	Skills	Expedition	Residential
12 months 1hr/week approx.	One section for 12 months and the other section for 6 months 1hr/week approx.		Plan, train for and complete a 4 day, 3 night expedition 1hr/week approx.	Undertake a shared activity in a residential setting away from home for 5 days and 4 nights 1hr/week approx. *Cumbria.
<p><i>Direct entrants must undertake a further 6 months in either the Volunteering or the longer of the Physical or Skills section.</i></p>				

Choosing activities

There is a massive choice of activities that count towards DofE programmes. Candidates can select practically any activity they want – as long as it's legal and morally acceptable.

- Activities are placed in specific sections for a reason.
- Candidates need to choose activities that they are going to enjoy.
- Activities could be something that a candidate is already doing or perhaps one they've always wanted to try. For example: Higher Project.

[Ideas for Activities - The Duke of Edinburgh's Award \(dofe.org\)](http://dofe.org)

Ideas for Activities:

Ideas for Activities - The Duke of Edinburgh's Award (dofe.org)



Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a physical programme of your own.

You can find more information at DofE.org/physical

and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathlon
- 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
- Trampoline
- 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
- Cerc
- Contra dance
- Country & Western
- Flamenco
- Folk dancing
- Jazz
- Line dancing
- Morris dancing
- Salsa (or other Latin styles) 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
- Medua 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
- Tchoikball
- Tug of war
- Ultimate flying disc
- Volleyball
- Wallyball
- Water polo
- Wheelchair basketball
- Wheelchair rugby



Programme ideas: Skills section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Skills programme of your own.

You can find more information at DofE.org/do and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

It's your choice...

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.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

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
- Handbell ringing
- 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

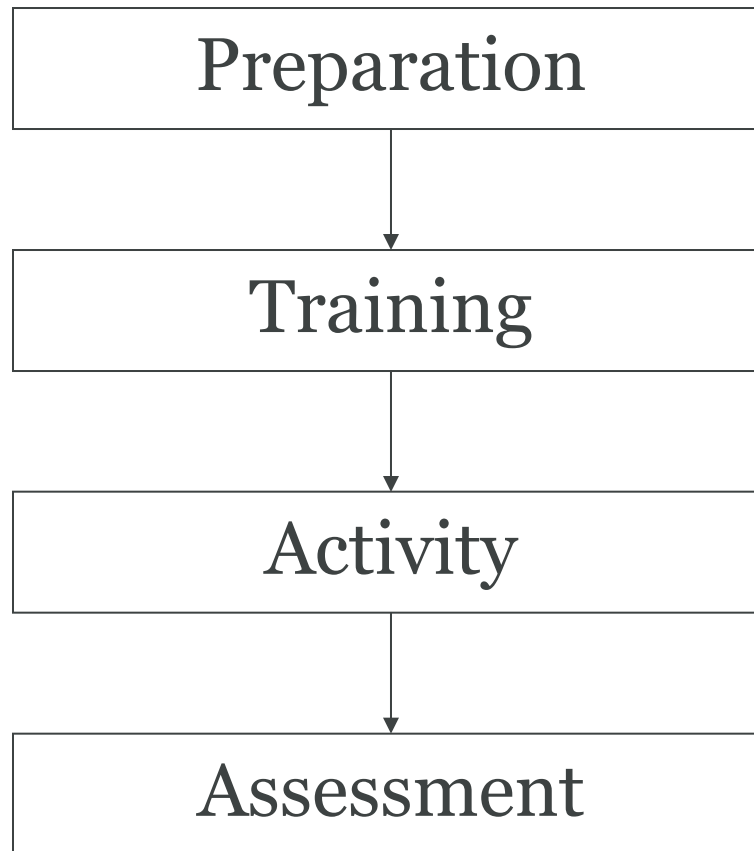
Natural world

- 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

The steps for the sections



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.



Benefits

- Learn about their community and feel a sense of belonging and purpose.
- Learn to take responsibility for their communities and their own actions.
- Build new relationships.
- Further understand their own strengths and weaknesses.
- Develop teamwork and leaderships skills.
- Trust others and be trusted.
- Enjoy new adventures.

Physical

Aim

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



Benefits

- Enjoy keeping fit.
- Improve fitness.
- Discover new abilities.
- Raise self-esteem.
- Extend personal goals.
- Set and respond to a challenge.
- Experience a sense of achievement.

Skills

Aim

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



Benefits

- Develop a new talent.
- Improve self-esteem and confidence.
- Develop practical and social skills.
- Develop better organisational and time management skills.
- Sharpen research skills.
- Learn how to set and rise to a challenge.

Expedition

Aim

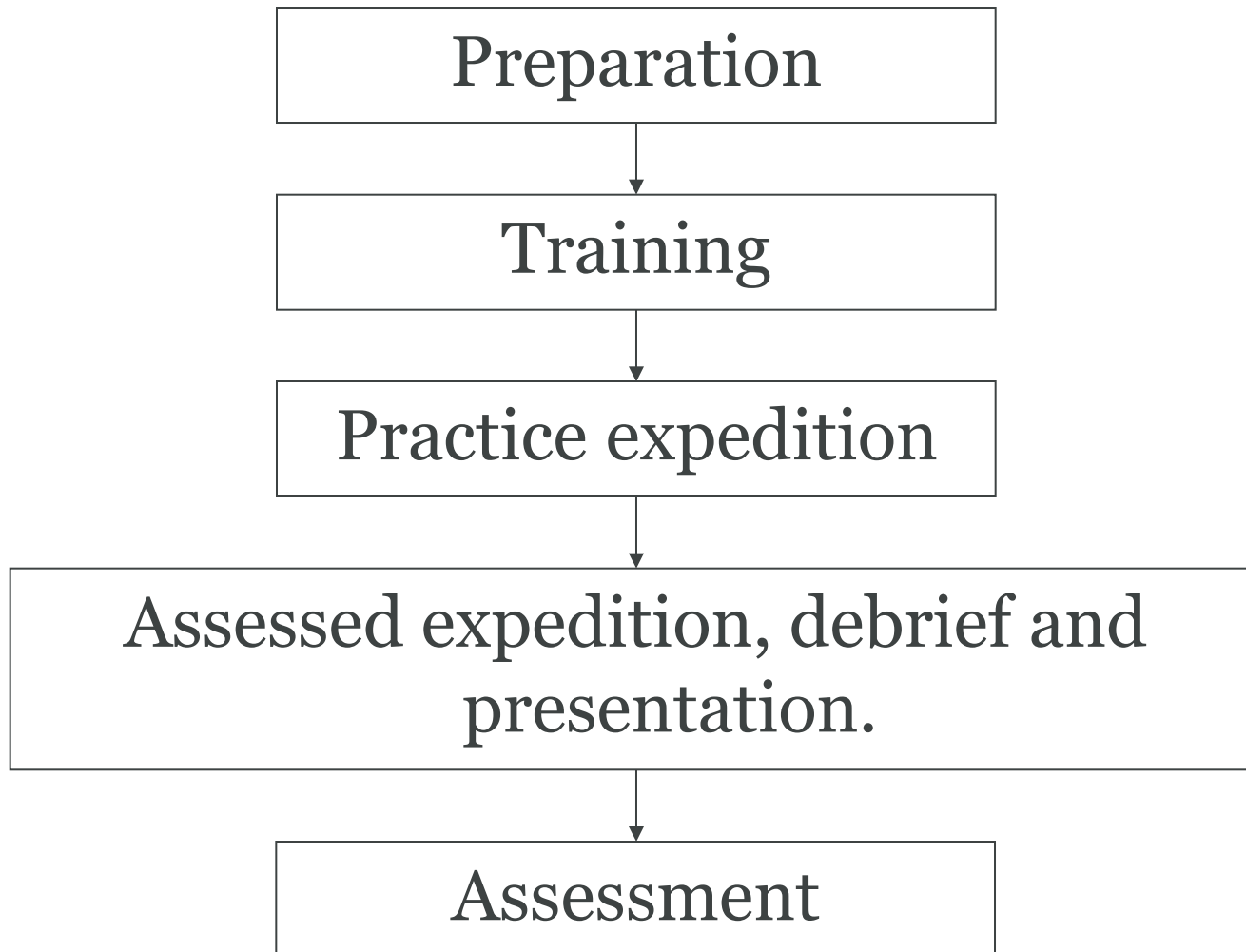
- To inspire young people to develop initiative and a sense of adventure and discovery, by planning, training for and completing an adventurous journey as part of a team.



Benefits

- Gain an appreciation of and respect for the outdoor environment.
- Learn the value of sharing responsibility for success.
- Learn the importance of attention to detail and organisational ability.
- Develop and demonstrate enterprise and imagination.
- Become more self-reliant.
- Become more able to overcome challenges.
- Recognise the needs and strengths of others.
- Improve decision-making skills and the ability to accept consequences.
- Gain skills to reflect on personal performance.
- Learn to manage risk.
- Learn through experience.

The expedition process



Timescales for qualifying expeditions

Level	Duration	Minimum hours of planned activity each day
Bronze	2 days and 2 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
Silver	3 days and 3 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying)
Gold	4 days and 4 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying)



Residential (Gold only)

Aim

To inspire participants through a concentrated involvement with people they don't know, who are usually from different backgrounds, and bring alternative views to the challenges they will face.



Benefits

- Meet new people.
- Develop the confidence to thrive in an unfamiliar environment.
- Build new relationships and show concern for others.
- Work as part of a team towards shared goals.
- Accept responsibility for themselves and others.
- Develop communication skills and effective coping mechanisms.
- Develop respect and understanding for others.
- Show initiative.
- Develop the skills and attitudes to live and work with others.

Residential examples

Developing an existing interest or something new:

- Assisting at a kids' summer camp.
- Joining a conservation project.
- Doing a photography course.
- Improving language skills on an intensive course.



Registration fee's

Registration costs:

£28 Bronze.

£28 Silver.

£35 to register for Gold.

The eDofE registration fee is non-refundable.

**Please do not pay registration fee until your place has
been confirmed.**

Expedition costs:

£60 Bronze Training Expedition (North Norfolk)



£60 Bronze Assessed Expedition (North Norfolk)



£60 Silver Practice Expedition (Suffolk)



£160 Silver Assessed Expedition (Derbyshire)



£260 Gold Yr12 Practice Expedition (Cumbria)



£260 Gold Yr13 Assessed Expedition (Cumbria)



- Expedition dates 2024-2025 <https://shorturl.at/9vNv2>
- Bronze expedition cost includes 1st aid course (4 hours).
- Walking boots (with ankle supports) must be worn.
- Equipment can be borrowed from CNS (tent, stove, waterproofs, sleeping bags, sleeping mats, rucksacks).
- Supportive funding: (PP & hardship).

Expectations of the candidates

- To attend weekly or fortnightly afterschool/lunchtime DofE meetings throughout the year – *days to be confirmed*.
- To complete ALL sections before doing the Assessed Expedition.
- To log in to eDofE.org on a regular basis.
- Candidates are responsible for completing their own programme.

Any registered students not actively working toward the award may be replaced.



Volunteering



Physical



Skills



Expedition

My Volunteering section

Timescale:

Months

* Start date:

Earliest completion date:



Volunteering

* Type/category of activity:

* Detailed activity chosen:



* Where are you going to do it?



137/140 characters used

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



101/140 characters used

* Who is going to support & assess you?



103/140 characters used

Future Dates

CNS DofE Awards Celebration Evening:

January 2025.

Bronze, Silver & Gold.

CNS Expedition Information Evening:

February 2025.

Application Form Deadline: Friday 20 September 2024
(Please follow the link below)

CNS DofE Application Form: Sept
2024. Bronze, Silver & Gold.
Please submit by: 20/9/2024



<https://forms.office.com/e/C8kMBg0BMT>