



Start your Bronze DofE

Royal Grammar School

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.

Now it's your turn.



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What is the DofE?



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How do I choose my activities?



There's loads to choose from — most activities can count towards your DofE.

Maybe you want to try something new? Or get better at something you're already doing? Your DofE can be whatever you want it to be.

Activities for each DofE section take a minimum of one hour a week over a set period of time, so they can fit in around your studies and life outside school.

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



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Volunteering

Volunteering is all about making a difference to others' lives. Maybe 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 — and it can give you the chance to experience the world of work.

Over

3/4

feel happier
because volunteering
gave them more
confidence

88%

believe volunteering
helps them feel more
satisfied in life

96%

say volunteering
gave them a sense
of achievement



RGS Volunteering Opportunities



Classics Mentoring

DofE Volunteering

Dr Who Club

Language Department Volunteer

Language Mentoring

Library Volunteering

Litter Patrol

Maths Mentoring

Music Department Volunteer

PE Department Volunteer

Queen's Hall Team

Science Mentoring

Social Services (TAA)

Stage Lighting & Sound Team

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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.

You can decide to join a team or do it on your own — it's up to you.



RGS Physical Opportunitites



Athletics

Badminton Club

Basketball Club

Cricket

Cross Country

Dart Karate

Fencing

Fives

Football (TAA)

Hockey

Rowing

Rugby

Squash Club

Swimming

Table Tennis Club

Tennis

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Skills

From podcasting to playing an instrument, the Skills section lets you learn a new talent, develop existing skills and find something you enjoy doing.

By 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're interested in photography, you could do this as your skill.

You can grow your confidence and develop practical and social skills while learning how to rise to a challenge.



RGS Skills Opportunites



All Music Lessons & Clubs

Art Club (GCSE)

Art Club (Junior)

Astronomy Club

Bridge Club

CCF

Chess Club

Cookery (TAA)

Debating Club

Language Mentoring

Library Volunteering

Litter Patrol

Maths Mentoring

Queen's Hall Team

Science Mentoring

Social Services (TAA)

Stage Lighting & Sound Team

Warhammer Club

Young Enterprise

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Expedition

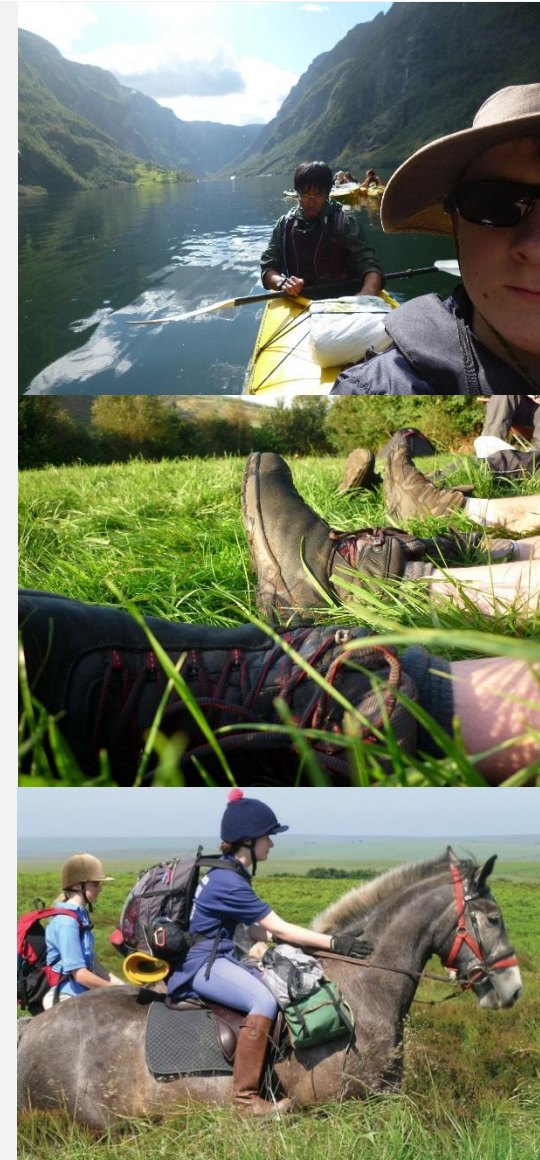


Exploring the countryside and spending a night away with your friends. Your expedition will give you lifelong memories.

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 — then spend 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.

Your expedition will improve your communication and leadership skills. You'll come home with a rucksack full of washing — and an experience you won't forget.



eDofE & The App

e|DofE My Bronze DofE programme

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You are here > My Bronze DofE > Physical

Matthew Burdís
ID No: 883448
Enrolment date: 21/02/2014
[View/edit my profile](#)

DofE Information
My Bronze DofE
Volunteering
Physical
Add evidence
View evidence
Skills
Expedition
Resources
Keep Safe
My Settings
Help

CEOP REPORT
ceop.police.uk

My Physical section

Status: Not started

Timescale: 3 Months

* Start date: 17/04/2014

Earliest completion date:

* Type/category of activity: Team sports

* Detailed activity chosen: Rugby Football Union

* Where are you going to do it? St Mary's School, Thur

22/140 characters used

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

0/140 characters used

Physical

Not started

Communications

Messages: 1 (1)
[News](#)
[Contacts](#)

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Why do your DofE?



So why should you do your DofE?

It's hard to list all the benefits of achieving your Bronze Award, so here's a quick snapshot. You'll...

- Have lots of fun
- Get healthier and happier
- Meet incredible people and make lasting friendships
- Have amazing new experiences
- Find talents you didn't know you had
- Gain skills that employers value, which you can reference on your CV
- Become more confident and independent
- Stand out from the crowd in college, university and job applications
- Make memories that will last a lifetime.



"As an actor I know how much Award holders' experiences and the skills they've developed matter. Without determination and passion I wouldn't be where I am today."

Benedict Cumberbatch, actor.

It's Fun...



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Start your DofE now



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?

To get started, speak to:

Mrs Henry or Mr Clatworthy

