



PHYSICAL

## Programme ideas: Physical 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 Physical programme of your own!

For each idea, there is a useful document giving you guidance on how to do it, which you can find under the category finder on [www.DofE.org/physical](http://www.DofE.org/physical)

### 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 handy programme planner on the website to work with your Leader to plan your activity.

#### **Individual sports:**

Archery  
Athletics (any field or track event)  
Biathlon/Triathlon/  
Pentathlon  
Bowling  
Boxing  
Croquet  
Cross country running  
Cycling  
Fencing  
Golf  
Horse riding  
Modern pentathlon  
Orienteering  
Pétanque  
Roller blading  
Running  
Static trapeze  
Wrestling

#### **Water sports:**

Canoeing  
Diving  
Dragon Boat Racing  
Free-diving  
Kneeboarding  
Rowing & sculling  
Sailing  
Skurfing  
Sub aqua (SCUBA diving & snorkelling)  
Surfing/body boarding

#### **Dance:**

Swimming  
Synchronised swimming  
Windsurfing  
Ballet  
Ballroom dancing  
Belly dancing  
Bhangra dancing  
Cercoc  
Contra dance  
Country & Western  
Flamenco  
Folk dancing  
Jazz  
Line dancing  
Morris dancing  
Salsa (or other Latin styles) dancing  
Scottish/Welsh/Irish dancing  
Street dancing/  
breakdancing/hip hop  
Swing  
Tap dancing

#### **Racquet sports:**

Badminton  
Matkot  
Racketlon  
Rapid ball  
Real tennis  
Squash  
Table tennis  
Tennis

#### **Fitness:**

Aerobics  
Cheerleading  
Fitness classes  
Gym work  
Gymnastics  
Medau movement  
Physical achievement  
Pilates  
Running/jogging  
Trampolineing  
Walking  
Weightlifting  
Yoga

#### **Extreme sports:**

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  
Self-defence  
Sumo  
Tae Kwon Do  
Tai Chi

#### **Team sports:**

American football  
Baseball  
Basketball  
Boccia  
Camogie  
Cricket  
Curling  
Dodge disc  
Dodgeball  
Fives  
Football  
Hockey  
Hurling

Kabaddi  
Korfbal  
Lacrosse  
Netball  
Octopushing  
Polo  
Rogaining  
Rounders  
Rugby  
Sledge hockey  
Stoolball  
Tchoukball  
Ultimate flying disc  
Underwater rugby  
Volleyball  
Wallyball  
Water polo

Visit

[www.DofE.org/physical](http://www.DofE.org/physical)  
for more guidance,  
information, programme  
planners and  
programme ideas.

## 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!

For each idea, there is a useful document giving you guidance on how to do it, which you can find under the category finder on [www.DofE.org/skills](http://www.DofE.org/skills)

### 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 handy programme planner on the website to work with your Leader to plan your activity.

#### Performance arts

Ballet appreciation  
Ceremonial drill  
Circus skills  
Conjuring & magic  
Dance appreciation  
Majorettes  
Puppetry  
Singing  
Speech & drama  
Theatre appreciation  
Ventriloquism  
Yo-yo extreme

#### Science & technology

Aerodynamics  
Anatomy  
Astronomy  
Biology  
Botany  
Chemistry  
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  
Keeping of pets  
Looking after birds (i.e. budgies & canaries)  
Pigeon breeding & racing

#### Music

Church bell ringing  
Composing  
DJing  
Evaluating music & musical performances  
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 & sports

Cards (i.e. bridge)  
Chess  
Clay target shooting  
Cycle maintenance  
Darts  
Dominoes  
Fishing/fly fishing  
Flying  
Gliding  
Go-karting  
Historical period re-enacting  
Kite construction & flying  
Mah Jongg  
Marksmanship  
Model construction & racing  
Motor sports  
Power boating  
Snooker, pool & billiards  
Sports appreciation  
Sports leadership  
Sports officiating  
Table games  
War games

#### Life skills

Alternative therapies  
Cookery  
Democracy in action  
Digital lifestyle  
Driving: car maintenance/car road skills  
Driving: motorcycle maintenance/

road skills  
Event planning  
First Aid – St John/St Andrew/  
BRCS  
Hair & beauty  
Learning about the emergency  
services  
Learning about the RNLI (Lifeboats)  
Library & information skills  
Life skills  
Massage  
Money management  
Navigation  
Public speaking and debating  
Skills for employment  
Young Enterprise

### **Learning & collecting**

Aeronautics  
Aircraft recognition  
Anthropology  
Archaeology  
Astronautics  
Astronomy  
Bird watching  
Coastal navigation  
Coins  
Collections, studies & surveys  
Comics  
Contemporary legends  
Costume study  
Criminology  
Dowsing & divining  
Fashion  
Forces insignia  
Gemstones  
Genealogy  
Heraldry  
History of art  
Language skills  
Military history

Movie posters  
Postcards  
Reading  
Religious studies  
Ship recognition  
Stamp collecting

### **Media & communication**

Amateur radio  
Communicating with people who  
are visually impaired  
Communicating with people who  
have a hearing impediment  
Film & video making  
Journalism  
Newsletter & magazine production  
Signalling  
Writing

### **Creative arts**

Basket making  
Boat work  
Brass rubbing  
Building catapults & trebuchets  
Cake decoration  
Camping gear making  
Candle-making  
Canoe building  
Canvas work  
Carnival/festival float construction  
Ceramics  
Clay modelling  
Crocheting  
Cross stitch  
DIY  
Dough craft  
Drawing  
Dressmaking  
Egg decorating  
Embroidery  
Enamelling

Fabric printing  
Feng Shui  
Floral decoration  
French polishing  
Furniture restoration  
Glass blowing  
Glass painting  
Interior design  
Jewellery making  
Knitting  
Lace making  
Leatherwork  
Lettering & calligraphy  
Macramé  
Marquetry  
Model construction  
Mosaic  
Painting & design  
Patchwork  
Photography  
Pottery  
Quilting  
Rope work  
Rug making  
Snack pipping  
Soft toy making  
Tatting  
Taxidermy  
Textiles  
Weaving and spinning  
Wine/beer making  
Woodwork

Visit

**[www.DofE.org/skills](http://www.DofE.org/skills)**

for more guidance, information,  
programme planners and programme ideas.



## VOLUNTEERING

# Programme ideas: Volunteering 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 Volunteering programme of your own!

For each idea, there is a useful document giving you guidance on how to do it, which you can find under the category finder on [www.DofE.org/volunteering](http://www.DofE.org/volunteering)

### It's your choice...

Volunteering gives you the chance to make a difference to people's lives and use your skills and experience to help your local community. You can use this opportunity to become involved in a project or with an organisation that you care about.

### Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity.

#### Helping people:

Helping children  
Helping older people  
Helping people in need  
Helping people with special needs  
Youth work

#### Community action & raising awareness:

Campaigning  
Cyber safety  
Council representation  
Drug & alcohol education  
Home accident prevention  
Peer education  
Personal safety  
Promotion & PR  
Road safety

#### Working with the environment or animals:

Animal welfare  
Environment  
Rural conservation  
Preserving waterways  
Working at an animal rescue centre  
Litter picking  
Urban conservation  
Beach and coastline conservation  
Zoo/farm/nature reserve work

#### Helping a charity or community organisation:

Administration  
Being a charity intern  
Being a volunteer lifeguard  
Event management  
Fundraising  
Mountain rescue  
Religious education  
Serving a faith community  
Supporting a charity  
Working in a charity shop

#### Coaching, teaching and leadership:

Dance leadership  
DofE Leadership  
Group leadership  
Leading a voluntary organisation group:  
- Girls' Venture Corps  
- Sea Cadets  
- Air Cadets  
- Jewish Lads' and Girls' Brigade  
- St John Ambulance  
- Scout Association  
- Air Training Corps  
- Army Cadet Force  
- Boys' Brigade  
- CCF  
- Church Lads' & Girls' Brigade  
- Girlguiding UK  
- Girls' Brigade  
Sports leadership  
Music tuition

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