

Curriculum Overview – DofE



DofE

DofE helps young people build life-long belief in themselves, supporting them to take on their own challenges, follow their passions, and discover talents they never knew they had. Because when you prove to yourself that you're ready for anything, nothing can hold you back.

Skills (3 months)

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

Option 1 – learners to choose their individual skill, learners may already have a skill they complete outside of school. This can be used as evidence.

Option 2- learners to complete a skill as a group this could be decided as a group and could be teacher led. For example a gardening project

Physical (3 months)

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

Option 1 – learners to choose their individual skill, learners may already have a skill they complete outside of school. This can be used as evidence.

Option 2- learners to complete a skill as a group this could be decided as a group and could be teacher led, for example Trampolining.

Volunteering (3 Months)

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

Option 1- learners to complete an organised period of volunteering independently in the community for example help in a charity shop, fundraise for a local cause, mentoring.

Expedition (2 days 1 night)

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

All learners will take part in training throughout the year, areas that are required to be covered are, tent building, camp fires, jet boils (portable stove), bag packing, first aid, route planning.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
DofE	<p>An introduction to DofE</p> <ul style="list-style-type: none"> - Expectations - Model of delivery - What DofE encompasses - Sign up to DofE <p>Activities to be completed Autumn 1 and Autumn 2</p> <ul style="list-style-type: none"> - Team building - Walking - Navigation - Map reading - Time and distance management - Building trust - Nutrition - Orienteering - Compass training - Fitness training <p>Skill Physical</p> <p>Both these sections will be run alongside each other as stated above learners will have the opportunity to choose which option they do. As a group we will focus on cooking as a skill and Trampolining as a physical (Post 16) unless the learner chooses an alternative during independent learning time.</p> <p>RRSA 3,6, 8, 13, 14, 15, 17, 24, 26, 28, 29, 31, 42</p>	<p>First aid course (external)</p> <p>Activities to be completed Autumn 1 and Autumn 2</p> <ul style="list-style-type: none"> - Team building - Walking - Navigation - Map reading - Time and distance management - Building trust - Nutrition - Orienteering - Compass training - Fitness training <p>Skill Physical</p> <p>Both these sections will be run alongside each other as stated above learners will have the opportunity to choose which option they do. As a group we will focus on cooking as a skill and Trampolining as a physical (Post 16) unless the learner chooses an alternative during independent learning time.</p> <p>Expedition</p> <p>Activities to build knowledge and application in the below skills.</p> <p>Tent building Camp fires Jet boils (portable stove) Bag packing First aid Route planning</p> <p>RRSA 3,6, 8, 13, 14, 15, 17, 24, 26, 28, 29, 31, 42</p>	<p>Expedition Tent building Camp fires Jet boils (portable stove) Bag packing First aid Route planning</p> <p>Expedition to be planned, prepped and completed during this half term.</p> <p>The learners will be required to practice as all activities need to be completed without adult intervention.</p> <p>Learners are required to plan, budget their meals.</p> <p>Learners must complete 2 days 1 night on the expedition.</p> <p>Learners must be able to demonstrate they are able to</p> <ul style="list-style-type: none"> - Build a tent - Build a camp fire - Use a stove to cook meals - Demonstrate they are able to pack their bags appropriately and effectively. - Take part in 6 hours of activity per day. - Demonstrate navigation skills - Abide by the relevant code of conducts. - Select and use appropriate equipment - Identify likely hazards - Assess risks from identified hazards - First aid (evidence knowledge) <p>RRSA 3,6, 8, 13, 14, 15, 17, 24, 26, 28, 29, 31, 42</p>	<p>This term learners will be provided time to ensure they have collated all relevant evidence. Learners need to ensure that folders have photographic evidence demonstrating they are annotated and labelled effectively. Any digital portfolio/logs will need to be checked and signed off during this term.</p> <p>Activities to be completed Autumn 1 and Autumn 2</p> <ul style="list-style-type: none"> - Team building - Walking - Navigation - Map reading - Time and distance management - Building trust - Nutrition - Orienteering - Compass training - Fitness training <p>Skill Physical</p> <p>Both these sections will be run alongside each other as stated above learners will have the opportunity to choose which option they do. As a group we will focus on cooking as a skill and Trampolining as a physical (Post 16) unless the learner chooses an alternative during independent learning time.</p> <p>Post 16 will have left by Summer 2</p> <p>RRSA 3,6, 8, 13, 14, 15, 17, 24, 26, 28, 29, 31, 42</p>		