



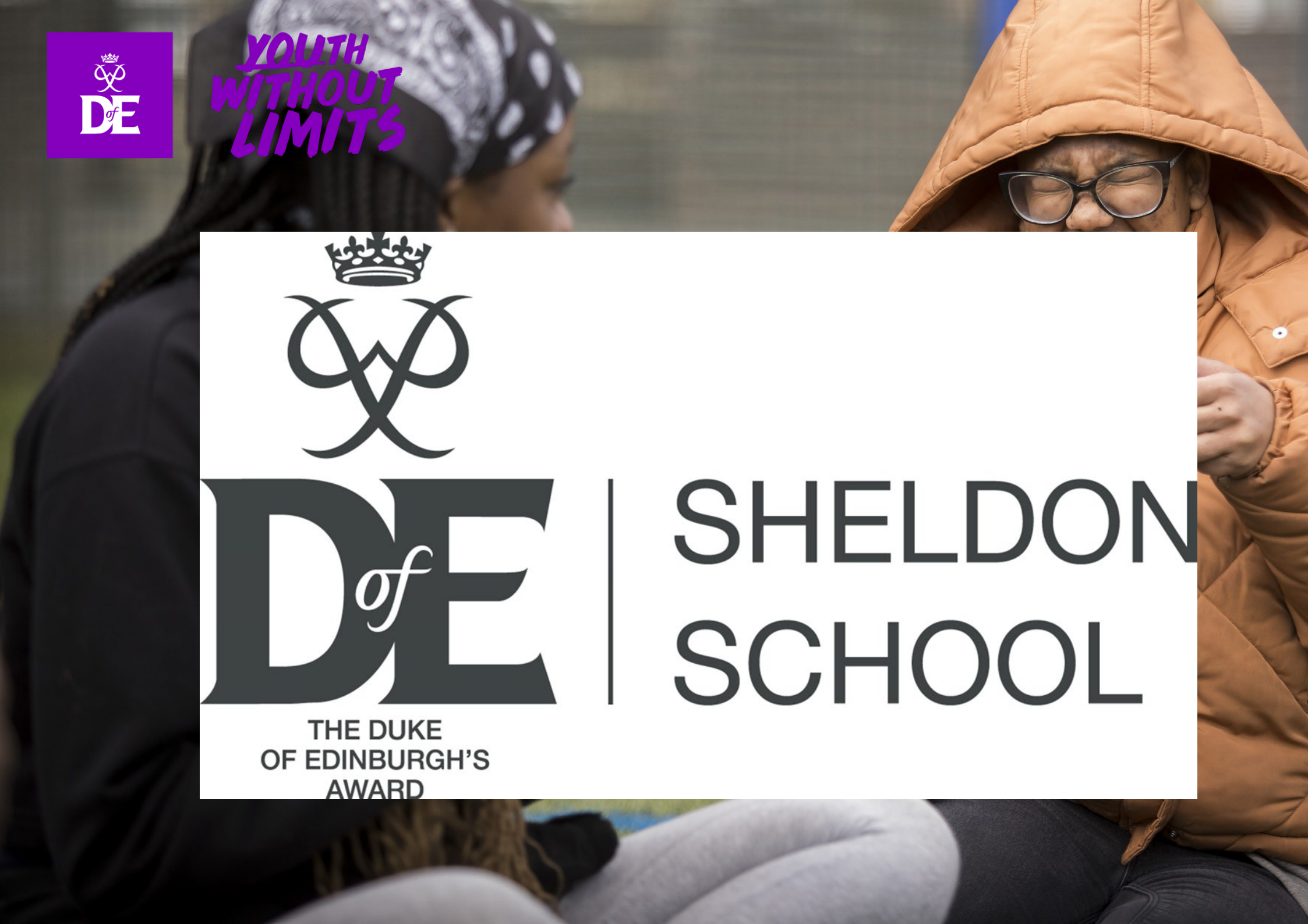
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LIMITS**



**D***of***E**

THE DUKE  
OF EDINBURGH'S  
AWARD

**SHELDON  
SCHOOL**



# Parent Information Evening

This evening is about:

- Introducing you to the award
- Explaining how we run the award at Sheldon
- Understanding how you can support your child through their award
- Deciding if this is right for your child to sign up for



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# The three awards:

Bronze – Year 9

Silver – Year 10

Gold – Year 12



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# What is the DofE?

The DofE is a life-changing adventure for young people aged 14-24

It helps young people develop skills for their future life and work



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# What is involved?

BRONZE AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
<b>3</b> months	<b>3</b> months	<b>3</b> months	2 days 1 night
Plus a further 3 months in either the Volunteering, Physical or Skills section.			

SILVER AWARD			
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION
<b>6</b> months	<b>6</b> OR <b>3</b> months	<b>6</b> OR <b>3</b> months	3 days 2 nights
Physical and Skills sections: one section for 6 months and the other section for 3 months			
If you didn't do BRONZE, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.			

GOLD AWARD				
VOLUNTEERING	PHYSICAL	SKILLS	EXPEDITION	RESIDENTIAL
<b>12</b> months	<b>12</b> OR <b>6</b> months	<b>12</b> OR <b>6</b> months	4 days 3 nights	5 days 4 nights
Physical and Skills sections: one section for 12 months and the other section for 6 months				
If you didn't do SILVER, you must do a further 6 months in either the Volunteering or the longer of the Physical or Skills sections.				

# Choosing activities

- Activities are placed in specific sections for a reason.
- Students must check they are doing the correct type of activity for each section.
- Students need to choose activities they are going to enjoy.
- Activities could be something that they are already doing or perhaps one they've always wanted to try.
- They must participate in **at least an hour** a week.

# Volunteering section

Helping others and making a difference to the causes they care about



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# Volunteering section

## Examples:

Helping coach at younger age sports clubs

Rainbows/beavers

Primary school after school clubs

School library

Scrap store

Charity shops

Online projects

Parkrun

Gold – helping in lessons

It must be for a group in need or charity



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# Physical section

Improving their health and fitness and having fun along the way!



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# Physical section

Examples:

Sheldon PE clubs

Out of school clubs

Running/swimming/cycling

Fitness classes



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# Skills section

Developing existing skills or discovering new things to love



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# Skills section

Examples:

Cooking/baking

Languages

Extra GCSE's – film studies,  
further maths

Gold - EPQ

Musical instruments

Art

Sewing, knitting



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# Expedition

Spending time in the great outdoors and creating lifelong memories

Groups of 7, walking



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# Expedition

Level	Duration	Minimum hours of planned activity each day
<b>Bronze</b>	2 days and 1 night	At least 6 hours during the daytime (at least 3 of which must be spent journeying)
<b>Silver</b>	3 days and 2 nights	At least 7 hours during the daytime (at least 3½ of which must be spent journeying)
<b>Gold</b>	4 days and 3 nights	At least 8 hours during the daytime (at least 4 of which must be spent journeying)

# Expedition @ Bronze – 2days, 1 night

H5 Adventure



Training day & 2  
expeditions – must attend  
all

Provide staff and group  
kit



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# Supervision

## Practice:

Day 1 – H5 staff member walks with group

Day 2 – groups by themselves and meet H5 staff at regular checkpoints

## Qualifying:

Walking as group, meeting H5 staff at regular checkpoints

Sheldon Staff camp nearby for both



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# Bronze Expedition Dates

## Training Day

Sunday 2<sup>nd</sup> March 2025

## Practice

Saturday 17<sup>th</sup> – Sunday 18<sup>th</sup> May  
2025

## Qualifying

Saturday 14<sup>th</sup> – Sunday 15<sup>th</sup> June  
2025



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# Expedition @ Silver – 3days, 2 nights

Training day – H5 Adventure

Sheldon staff deliver  
expeditions

Practice – 2days, 2 nights  
Qualifying – 3 days, 2 nights



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# Supervision

## Practice & Qualifying:

Sheldon staff will meet at regular checkpoints throughout.

At campsites, Sheldon staff camp nearby.



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# Silver Expedition Dates

## Training Day

Sunday 2<sup>nd</sup> March 2025

## Practice – Marlborough Downs

Friday 28<sup>th</sup> – Sunday 30<sup>th</sup> March  
2025 (meet at campsite Fri  
evening)

## Qualifying – The Quantocks

Friday 23<sup>rd</sup> – Sunday 25<sup>th</sup> May  
2025 (early morning departure –  
school mini bus)



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Expedition @ Gold –  
4days, 3 nights – Wild  
Country

Training day – H5 Adventure  
Expedition delivered by  
myself & Sheldon staff

Practice – 3 days, 3 night  
Qualifying – 4 days, 3 nights



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# Supervision

## Practice:

Day 1 – staff led walk

Day 2 & 3 – groups walk by themselves and staff will meet at one or two checkpoints.

Sheldon Staff camp nearby

## Qualifying

Groups completely self sufficient, staff will see at checkpoints and at campsite. Staff will camp at different site to students



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# Gold Expedition Dates

## Training Day

Sunday 2<sup>nd</sup> March 2025

## Practice – Brecon Beacons (West)

Thursday 3<sup>rd</sup> July – Sunday 6<sup>th</sup> July  
2025 (after school departure)

## Qualifying – Brecon Beacons (East)

Thursday 11<sup>th</sup> September – Sunday  
14<sup>th</sup> September 2025 (early morning  
departure)



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# Preparing for the expedition - Groups

**Bronze – I organise groups before the training day. Students choose up to 4 people they would like to be with and I mix from there.**

**Silver & Gold – Students choose own groups, I give help if needed.**



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# Preparing for the expedition - Fitness

Walking with a full rucksack

Leg strengthening – squats, lunges

Core strength work



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# Kit for the expedition

Group kit is provided at all levels:  
Tents, Trangias, maps, compasses

Participants need: (students get a discount card for outdoor stores with their welcome pack)

Personal clothing including waterproofs

Personal first aid

Rucksack

Walking boots

Sleeping bag & roll mat

We have a limited supply of the following items we can loan out:

Rucksacks

Sleeping bags

T shirts

Roll mats

Waterproofs

Fleeces



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# Mobile Phone Policy

## Bronze & Silver

Phones are collected and sealed in a dry bag. They can access if an emergency, but otherwise remain sealed.

## Gold

More freedom, need phones for emergencies only.

I will have a school phone for you to contact me if needed. Please don't contact them.

This is a really important aspect of the award and they gain so much from being phone free.



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# Residential (Gold Award only)

Five days and four nights  
away from home

Sharing experiences  
and creating new  
connections



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# Getting assessed

Participants need an assessor for each activity. Someone who vouches for what they have done over the timeframe.

It can **not** be a family member.

It could be a coach or music teacher or whoever you have been volunteering for.

If it is something done at home this is harder. Tutors will be able to assess participants.

# Getting assessed

Students will need to:

- Have a conversation with the adult they want to assess them
- Come up with some goals together that they want to achieve.
- At the end of the time frame, ask the assessor to write a report – this can be done online or on paper
- Students must make sure they hand their assessor a completed card in terms of dates and goals.

# Getting assessed

 **ASSESSOR'S REPORT**  
VOLUNTEERING

Participant: \_\_\_\_\_  
eDfEE ID No: \_\_\_\_\_  
Level:  **Bronze**

Description of activity: \_\_\_\_\_

Date started: \_\_\_\_/\_\_\_\_/\_\_\_\_ Completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ (\_\_\_\_ months)

Goals set by participant: \_\_\_\_\_

\_\_\_\_\_

**Assessor's comments:**

Please write as much as possible, including what activity received 20 applicable and achievements. What you write will inform the achievement of the young person and form part of their permanent record of their DfEE programme. Please note the information you have provided in this report will be disseminated across the Trust as part of its record of the participant's achievement. The Trust will not share your personal data with third parties.

**What progress did they make towards their goals?**

\_\_\_\_\_

\_\_\_\_\_

**What did they achieve, what skills did they learn?**

\_\_\_\_\_

\_\_\_\_\_

**How frequently did they take part in this activity?**

\_\_\_\_\_

\_\_\_\_\_

**Any other comments?**

\_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Assessor's first name: \_\_\_\_\_ Last name: \_\_\_\_\_

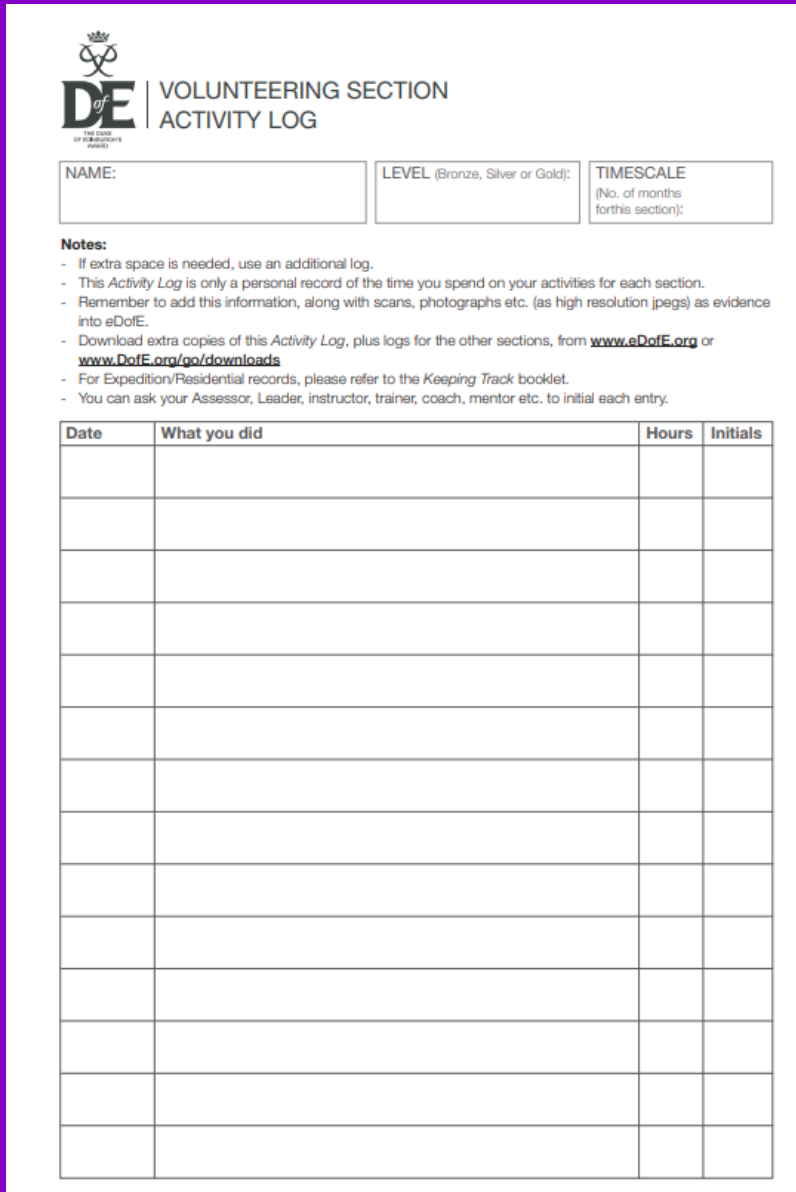
Assessor's position/qualification: \_\_\_\_\_

Assessor's phone number: \_\_\_\_\_

Assessor's email: \_\_\_\_\_

Participants should scan or photograph this page and upload to eDfEE as evidence.

# Collecting evidence



The image shows a 'VOLUNTEERING SECTION ACTIVITY LOG' form from the DofE (Duke of Edinburgh's Award) organization. At the top left is the DofE logo. The form includes fields for 'NAME:', 'LEVEL (Bronze, Silver or Gold):', and 'TIMESCALE (No. of months for this section):'. Below these fields are 'Notes' and a table for recording activities.

**Notes:**

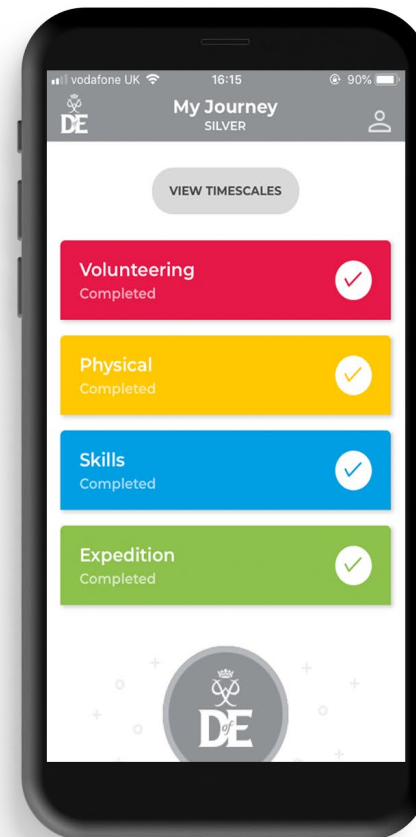
- If extra space is needed, use an additional log.
- This *Activity Log* is only a personal record of the time you spend on your activities for each section.
- Remember to add this information, along with scans, photographs etc. (as high resolution jpegs) as evidence into eDofE.
- Download extra copies of this *Activity Log*, plus logs for the other sections, from [www.eDofE.org](http://www.eDofE.org) or [www.DofE.org/go/downloads](http://www.DofE.org/go/downloads)
- For Expedition/Residential records, please refer to the *Keeping Track* booklet.
- You can ask your Assessor, Leader, instructor, trainer, coach, mentor etc. to initial each entry.

Date	What you did	Hours	Initials

- This resource is a great way of keeping track of your weeks.
- It will be on the DofE page on the school website
- After the time period take a picture and upload



# Your Welcome Pack and eDofE



# eDofE Sessions

Bronze – after half term over two lunch times to log in and then start to input activities

Silver – one lunch time session after half term,

Gold – independently unless new to the award

# Presentation of Awards

Bronze & Silver Sheldon Presentation Evening  
– January 2026.

Gold – invitation for participant plus one guest  
to a royal palace to receive the award from  
HRH Duke of Edinburgh.

# Costs

Bronze – £273

Silver – £70 deposit, each expedition £40 - £60

Gold – £73 initial payment, each expedition £70 - £150

# Your role

Guidance

Encouragement

Practical support

Recognising achievement



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# What next?

Deadline for all awards is Friday 18<sup>th</sup> October – initial payment **and** enrolment form.

Get started on the sections – if unsure double check with me that they are in the right section.

# Where to go if you need more info/ideas:

Sheldon School  
BE KIND | BE BRAVE | BE THE BEST YOU

HOME | ADMISSIONS | NEWS | OUR COMMUNITY | INFORMATION | CURRICULUM | **ACTIVITIES** | CONTACT | CALENDAR | LETTINGS | VACANCIES | SIXTH FORM

YOU ARE HERE | Main School | Activities | Duke of Edinburgh's Award




### DUKE OF EDINBURGH'S AWARD

Sheldon has a very proud tradition of participation in the Duke of Edinburgh's Award Scheme, an internationally recognised programme designed to allow young people to get recognition for what they are doing in their communities for themselves and for others. It also is a great opportunity to try new things. There are 3 opportunities to earn your Award: Bronze (Year 9), Silver (Year 10) and Gold (Year 11).

For more information, contact Miss Em at [elangdon@sheldonschool.co.uk](mailto:elangdon@sheldonschool.co.uk) or 01273 812345

ACTIVITIES

- Ten Tors
- Duke of Edinburgh's Award




Cymraeg | Donate | eDofE login

**Do DofE** | Run DofE | Support DofE | About DofE | Resources & Tools | DofE Shop

# DO DOFE

Ready to get started on your DofE journey? Find out how to begin, what you need to do and how to achieve your Award.

Activities | Award achievement | Parents and carers | Basic information and FAQs



**Any Questions?**