

## DofE with a Difference

We know that this a very difficult time for everyone. However, we don't want you to fall behind with your DofE awards, and we also know that having something to focus on alongside school will be a relief! Here are some ideas to help you carry on with your DofE. **Remember, it is vital that anything you do is evidenced and logged.** If you have any questions or queries, please get in touch with the school so they can pass it on to us.

Mr Murphy and Mr Rooks.

## Volunteering

- Is there anything you can do from home to support a club or group? Ideas include:
  - Create resources for Brownies.
  - Write letters to people living alone.
  - Set up a blog to give instructions to Cubs to complete a badge from home.
  - Prepare resources to be used by a youth group at home.
  - Write a help sheet for primary school students, or lower years at Immanuel, which could be emailed out to parents teaching from home?
- During this coronavirus outbreak, hundreds of local community support groups have been set up- do any of them need help? Ideas include:
  - Help with shopping or supplies for a neighbour who is self-isolating.
  - Help to find items that have been requested by local charities or organisations.
  - Helping to keep in touch with an elderly neighbour or isolated relative.
- Many national organisations have opportunities to volunteer from home. For more information, visit [DofE.org/finder](https://www.dofe.org/finder) .
- If you are already volunteering with a place, make a video diary about how it works and how people can make use of it, especially at the moment.

## Physical

- Exercise- You can still do exercise; in fact, it's more important than ever to keep you sane! You need to aim for an average of an hour a week for DofE, and the government guidelines are that you can leave the house for one bit of exercise a day!

- The key for DofE is to make sure you have some evidence you are doing this sport, so maybe video the session or use an app to track your run or cycle.
- Everyone has heard of PE with Joe, why not join in! He's on Youtube every morning at 9am. If that sounds a bit early, they leave the videos on there!
- Couch to 5K is the most famous of the many NHS fitness sessions, and they can be found at [nhs.uk/conditions/nhs-fitness-studio](https://www.nhs.uk/conditions/nhs-fitness-studio) .
- Cycling is permitted under government guidelines- Mr Murphy has rediscovered his bike, and Mr Rooks has been teaching his son to cycle, so if we can do it you guys can!
- WiiFit- Keep screenshots of your progress on the games to use as evidence for the eDofE.
- Fitness Challenge- 100 press up challenge, plank challenge, step challenge... there are too many of these to name!

### Skills

- Music- If there's already a musical instrument in the house, now seems the perfect time to learn to use it! YouTube has many instructional videos. If you are already learning a musical instrument, you can carry on, sending videos or recordings to your assessor.
- Film Appreciation- Now's the time to work through all those films everyone has been recommending. Keep a log of the films you've watched, and write a short review of each.
- War games- Those of you into war games can use online platforms such as [discord.com](https://discord.com) to continue your games; now is also the perfect time to finish those models you've never quite got round to!
- Sign language- For £3, young people can sign up to learn British Sign Language across 20 hours. Find out more at [is.gd/CebH2p](https://www.is.gd/CebH2p) .