

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 section programme of your own.

You can find more information at DofE.org/volunteering and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

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 programme planner on the website to work with your Leader to plan and agree your activity before you start.

Before you begin, it is important to check that your volunteering meets the criteria for businesses and family members (see DofE.org/volunteering for the requirements).

Helping people

- ☐ Helping children
- ☐ Helping children to read in libraries
- ☐ Helping in medical services e.g. Hospitals
- ☐ Helping older people
- ☐ Helping people in need Helping people with special needs
- ☐ Tutoring
- ☐ Young carer
- ☐ Youth work
- ☐ Youth clubs

Community action & raising awareness

- ☐ Campaigning
- ☐ Cyber safety
- ☐ Council representation
- ☐ Drug & alcohol education
- ☐ Home accident prevention
- ☐ Neighbourhood watch
- ☐ 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
- ☐ Head student
- ☐ 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
 - Volunteer Cadet Corps
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade
- ☐ Sports leadership
- ☐ Music tuition



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Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

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.

You can find more information at DofE.org/physical

and there is a range of exciting opportunities to help you complete this section at DofE.org/finder.

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 programme planner on the website to work with your Leader to plan and agree your activity before you start.

Individual sports

- ☐ Airsoft
- ☐ Archery
- ☐ Athletics (any field or track event)
- ☐ Biathlon/Triathlon/Pentathlon/Aquathlon
- ☐ Bowls
- ☐ Boxing
- ☐ Croquet
- ☐ Cross country running
- ☐ Cycling
- ☐ Fencing
- ☐ Geocaching
- ☐ Golf
- ☐ Gymnastics
- ☐ Horse riding
- ☐ Modern pentathlon
- ☐ Motocross
- ☐ Orienteering
- ☐ Paintballing
- ☐ Pétanque
- ☐ Roller blading
- ☐ Roller skating
- ☐ Running
- ☐ Static trapeze
- ☐ Supercross
- ☐ Ten pin bowling
- ☐ Trampoline
- ☐ Wheelchair fencing
- ☐ Wrestling

Water sports

- ☐ Canoeing
- ☐ Diving
- ☐ Dragon Boat Racing
- ☐ Free-diving
- ☐ Kite surfing
- ☐ Kneeboarding
- ☐ Rowing & sculling
- ☐ Sailing
- ☐ Skurfing
- ☐ Sub aqua (SCUBA diving & snorkelling)
- ☐ Surfing/body boarding
- ☐ Swimming
- ☐ Synchronised swimming
- ☐ Underwater rugby
- ☐ Wakeboarding
- ☐ Windsurfing

Dance

- ☐ Ballet
- ☐ Ballroom dancing
- ☐ Belly dancing
- ☐ Bhangra dancing
- ☐ Ceroc
- ☐ 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
- ☐ Racketball
- ☐ Racketlon/Rackets
- ☐ Rapid ball
- ☐ Real tennis
- ☐ Squash
- ☐ Table tennis
- ☐ Tennis
- ☐ Wheelchair tennis

Fitness

- ☐ Aerobics
- ☐ Fitness classes
- ☐ Gym work Medau movement
- ☐ Physical achievement
- ☐ Pilates
- ☐ Running/jogging
- ☐ Walking
- ☐ Weightlifting
- ☐ Wii-fit
- ☐ Yoga

Extreme sports

- ☐ BMX
- ☐ 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
- ☐ Kendo
- ☐ Mixed martial arts
- ☐ Self-defence
- ☐ Sumo
- ☐ Tae Kwon Do
- ☐ Tai Chi

Team sports

- ☐ American football
- ☐ Baseball
- ☐ Basketball
- ☐ Boccia

- ☐ Camogie
- ☐ Cheerleading
- ☐ Cricket
- ☐ Curling
- ☐ Dodge disc
- ☐ Dodgeball
- ☐ Fives
- ☐ Football
- ☐ Frame football Futsal
- ☐ Gaelic football
- ☐ Goalball
- ☐ Handball
- ☐ Hockey
- ☐ Hurling
- ☐ Ice hockey
- ☐ Kabaddi
- ☐ Korfball
- ☐ Lacrosse
- ☐ Netball
- ☐ Octopushing
- ☐ Polo
- ☐ Quadball
- ☐ Roller derby
- ☐ Rogaining
- ☐ Rounders
- ☐ Rugby (union/League)
- ☐ Sitting Volleyball
- ☐ Sledge hockey
- ☐ Sledge ice hockey
- ☐ Softball
- ☐ Stoolball
- ☐ Tchoukball
- ☐ Tug of war
- ☐ Ultimate flying disc
- ☐ Volleyball
- ☐ Wallyball
- ☐ Water polo
- ☐ Wheelchair basketball
- ☐ Wheelchair rugby



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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.

You can find more information at [DofE.org/skills](https://www.dofe.org/skills) and there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](https://www.dofe.org/finder).

Performance arts

- ☐ Ballet appreciation
- ☐ Ceremonial drill
- ☐ Circus skills
- ☐ Conjuring & magic
- ☐ Majorettes
- ☐ Puppetry
- ☐ Singing
- ☐ Speech & drama
- ☐ Theatre appreciation
- ☐ Ventriloquism
- ☐ Yoyo extreme

Science & technology

- ☐ Aerodynamics
- ☐ Anatomy
- ☐ App design
- ☐ Astronomy
- ☐ Biology
- ☐ Botany
- ☐ Chemistry
- ☐ Coding/ programming
- ☐ 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
- ☐ Looking after birds (i.e. budgies & canaries)
- ☐ Pet care – health/training/ maintenance
- ☐ Pigeon breeding & racing

Music

- ☐ Church bell ringing
- ☐ Composing
- ☐ DJing
- ☐ Handbell ringing
- ☐ Evaluating music & musical performances
- ☐ Improvising melodies

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 programme planner on the website to work with your Leader to plan and agree your activity before you start.

- ☐ 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 & recreation

- ☐ Cards (i.e. bridge)
- ☐ Chess
- ☐ Clay target shooting
- ☐ Coxing
- ☐ Cycle maintenance
- ☐ Darts
- ☐ Dominoes
- ☐ Fishing/fly fishing
- ☐ Flying
- ☐ Gliding
- ☐ Go-karting

continued over...

- ☐ 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
- ☐ Blogging
- ☐ Communicating with people who are visually impaired
- ☐ Communicating with people who have a hearing impediment
- ☐ Film & video making
- ☐ Journalism
- ☐ Newsletter & magazine production
- ☐ Signalling
- ☐ Vlogging
- ☐ 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
- ☐ Soft toy making
- ☐ Tatting
- ☐ Taxidermy
- ☐ Textiles
- ☐ Weaving and spinning
- ☐ Wine/beer making
- ☐ Woodwork

