



Suggested Activities Sheet

When completing each section of your DofE, you should develop a programme, which is specific and relevant to you.

Any extra- curricular activity you participate in can probably be used to complete a section.

This sheet gives you a list of ideas that you could do to help you create a programme of your own.

Volunteering section

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.

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

Physical section

Doing physical activity is fun and improves your

health and physical fitness. There's an activity to suit everyone so choose something you are interested in.

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
Swimming
Synchronised swimming
Windsurfing

Dance

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
Trampolining
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
Korfball
Lacrosse
Netball
Octopushing
Polo
Rogaining
Rounders
Rugby
Sledge hockey
Stoolball
Tchoukball
Ultimate flying disc
Underwater rugby
Volleyball
Water polo

Skills section

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.

Performance arts

Ballet appreciation
Ceremonial drill
Circus skills
Conjuring & magic

Dance appreciation
Majorettes
Puppetry
Singing
Speech & drama
Theatre
appreciation
Ventriliquism
Yoyo 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 skill

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
gWriting

Creative art

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

ASPIRING

MOTIVATED

CONFIDENT

CONSIDERATE

Suggested list of activities which can be completed at home

Physical

- *Complete the couch to 5k, or many of the other [NHS fitness sessions](#)
- *Do an online yoga course with [Lizzie Ward Yoga](#), [The Kindness Club](#), [Yoga CharmD](#) or [The Yoga Gate](#)
- *Do an hour's YouTube fitness video each week (you can try Bootcamps, pilates, dance routines and more)
- *If you've got a garden, do some circuit training
- *Get out on your bike in your local area – use an app to track your routes to upload as evidence on eDofE
- *WiiFit games
- *Completing different walks in your local area
- *Sport skills (i.e. practising skills to develop in your favourite sport)
- *Fitness challenges (e.g. 100 press up challenge, plank challenge, step challenge)

Skills

- *Share your creative talents and interests and achieve an Arts Award qualification
- *You can do a John Muir Award to discover nature from home
- *You can do a STEM based project and do a CREST Award
- *Take part in online quizzes and learn about new subjects with Quizlet
- *Do a free online money management course with the Open University
- *Complete an online course with U:Bee
- *Complete a MOOC (Massive Open Online Course) in an area that interests you
- *Complete ICC Educate's online Awesome Exporting course
- *Complete weekly Adventures At Home with Girl Guiding
- *Take part in online music lessons with Waltham Forest Music Tuition
- *Join the virtual youth orchestra if you already play an instrument
- *Learn to play an instrument – use YouTube or other online videos to help you
- *Complete an online typing course with Spark 4 Kids, Type It or Qwerty Kids
- * Learn how to code with Ignite Hubs or Spark 4 Kid

- *Do a free web based CISCO Course in Internet of Things, Linux Unhatched or Cyber Security
- * Learn coding and programming skills online
- *Learn to build a website
- * Explore The Great Indoors with weekly activities from the Scouts
- *Brush up on your driving skills with GA Driving Education's home-based course
- *Try Growing Minds' online wellbeing and mindfulness course
- *Sharpen your photography skills with Sharp Shots Photo Club or Click Photography.
- *Learn to cook in your own kitchen with a brilliant remote cookery course from one of our Approved Activity Providers: Be in the Kitchen, Blackberry Cottage, Egg and Soldiers, Flora's Kitchen, Kiddy Cook, Lorna Wing Cookery, Sassy Stirrers, The Organic Cookery School and Ruth's Little Kitchen
- *Make your own bath bombs and soaps with Soakster
- *Learning sign language
- *Learn first aid with St John Ambulance
- *Learn to knit, sew or crochet
- *Make birthday / greeting cards – learning to do decoupage or print screen
- *Learn some DIY skills – help out with any jobs at home
- * Learn to garden – set up a vegetable or herb plot at home
- *Create an app to help with online learning for primary students
- *Learn to conjure / do magic tricks
- * Research your family: set up a family tree online and use resources to find out more about them – call your family to chat about their memories and family stories – ask them to send copies of birth and death certificates to help you in your research – how far can you go back?
- *Reading; write and share a book review of each one you read
- *Painting, drawing or model making
- *Table top gaming
- * Film making or vlogging
- *Put up a birdfeeder and learn about the birds coming to your garden

- *Meditation – Headspace app

Volunteering

- *You can be a social media volunteer for St John Ambulance
- *You can fundraise to raise money for the Royal medical Benevolent Fund through Medic Mentor
- *You can take part in a John Muir Award and help to conserve nature from home
- *Volunteer for Kissing It Better and remote support elderly people who are in isolation
- *Take part in a digital personal safety campaign with Resolve It
- *St John Ambulance – 12 week fundraising plan
- *Try some ideas from Leonard Cheshire's guide to 12-week volunteering from home
- * Putting the fun in fundraising with the British Heart Foundation
- *Become an Energy Envoy with the National Energy Foundation
- * Virtual volunteering
- * Missing maps project
- *Participate in research of all kinds, from classifying galaxies to counting penguins to transcribing manuscripts with Zooniverse
- *If you are a Young Carer, your caring responsibilities can count for your volunteering. The Assessor should be a professional who is supporting you with your caring role, ideally from a Young Carers Project or Social Work/Youth Work departments. Young Carers should also be encouraged to contact their nearest Young Carers Project
- *Prepare some sessions for future Beaver, Cub, Rainbow, Brownie or youth group meeting for once they resume
- *Prepare some resources to be used by the younger members of your youth group to be sent home to parents online to help them during isolation
- *Prepare some meal parcels, go shopping or walk the dog of people who are affected by coronavirus
- *Skype talk / face time / WhatsApp call to the elderly neighbour to keep them from being isolated
- *Maintain Facebook or Instagram page / websites for a local group or charity