
Welcome to Longdendale High School



DofE Parent Information Evening



RESPECT RESILIENCE ASPIRATION



Longdendale
HIGH SCHOOL

What we will cover tonight

- A brief overview of what the DofE entails
- Ideas for sectional work – Volunteering, Physical & Skills
- eDofE accounts
- Timescale for completing the award

The DofE is much more than just the expedition

- Expedition – Requirements
- Expedition - Equipment & Food

Bronze Award DofE

Sectional Work:



- Expedition: 2-days walking / 1 overnight camping expedition.

Silver Award DofE

Sectional Work:



- Expedition: 3-days walking / 2 overnight camping expedition.

Examples of Volunteering Work

- Dog Walking
- Volunteering at a church
- Coaching at football / cricket
- Fundraising
- Volunteering at Rainbows, Guides and Scouts
- Animal care at a farm
- Helping at a Youth Club
- Litter picking

Programme ideas: Volunteering section

Community action and raising awareness

- ☐ Cyber safety
- ☐ Council representation
- ☐ Home accident prevention
- ☐ Neighbourhood watch
- ☐ Personal safety
- ☐ Promotion and PR
- ☐ Road safety
- ☐ Beach and coastline conservation
- ☐ Community garden
- ☐ Helping children to read in libraries
- ☐ Environment
- ☐ Letter writing scheme
- ☐ Litter picking
- ☐ Parkrun volunteer
- ☐ Preserving waterways
- ☐ Rural conservation
- ☐ Urban conservation
- ☐ Young carer
- ☐ Youth work

Helping a charity or community organisation

- ☐ Campaigning
- ☐ Being a volunteer lifeguard
- ☐ Event management
- ☐ Fundraising
- ☐ Mountain rescue
- ☐ Organising a demonstration
- ☐ Raising awareness about an issue
- ☐ Religious education
- ☐ Serving a faith community
- ☐ Working in a charity shop
- Supporting a charity**
- ☐ Administration
- ☐ Being a charity intern

Working with the environment or animals

- ☐ Animal welfare
- ☐ Drug and alcohol education
- ☐ Food bank
- ☐ Helping children
- ☐ Helping in medical services e.g. Hospitals
- ☐ Helping older people

Coaching, teaching and leadership

- ☐ DofE Young Leader
- ☐ Group leadership
- ☐ Head student
- ☐ Prefect
- ☐ Mentoring
- ☐ Music coaching
- ☐ Sports coaching
- ☐ Tutoring
- Leading a voluntary organisation group**
- ☐ Sea Cadets
- ☐ Air Cadets
- ☐ Jewish Lads' and Girls' Brigade
- ☐ St John Ambulance
- ☐ Scout Association
- ☐ Scouting Ireland
- ☐ Air Training Corps
- ☐ Army Cadet Force
- ☐ Boys' Brigade
- ☐ CCF
- ☐ Church Lads' & Girls' Brigade
- ☐ Girlguiding UK
- ☐ Catholic Guides of Ireland
- ☐ Girls' Brigade Sports
- ☐ The Order of Malta

Examples of Physical Activities

- Football
- Cricket
- Hip Hop, Ballet, Street Dance
- Walking
- Swimming
- Karate
- Gym Work

Individual sports

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

Racquet sports

- ☐ Scottish/Welsh/Irish dancing
- ☐ Street dancing/breakdancing/hip hop
- ☐ Swing
- ☐ Tap dancing
- ☐ Badminton
- ☐ Matkot
- ☐ Racketball
- ☐ RacketlonRackets
- ☐ Rapid ball
- ☐ Real tennis
- ☐ Squash
- ☐ Table tennis
- ☐ Tennis
- ☐ Wheelchair tennis

Fitness

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

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

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
- ☐ Cricket
- ☐ Curling
- ☐ Dodge disc
- ☐ Dodgeball
- ☐ Fives
- ☐ Football
- ☐ Frame football
- ☐ Futsal
- ☐ Gaelic football
- ☐ Goalball
- ☐ Handball
- ☐ Hockey
- ☐ Hurling
- ☐ Ice hockey
- ☐ Kabaddi
- ☐ Korfbal
- ☐ Lacrosse
- ☐ Netball
- ☐ Octopushing
- ☐ Polo
- ☐ Quidditch
- ☐ 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

Examples of Skills

- Cooking
- Bike Mechanics
- Darts
- Foreign Languages
- Money Management
- First Aid
- Photography
- Playing an instrument
- Chess
- Painting

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
- ☐ 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

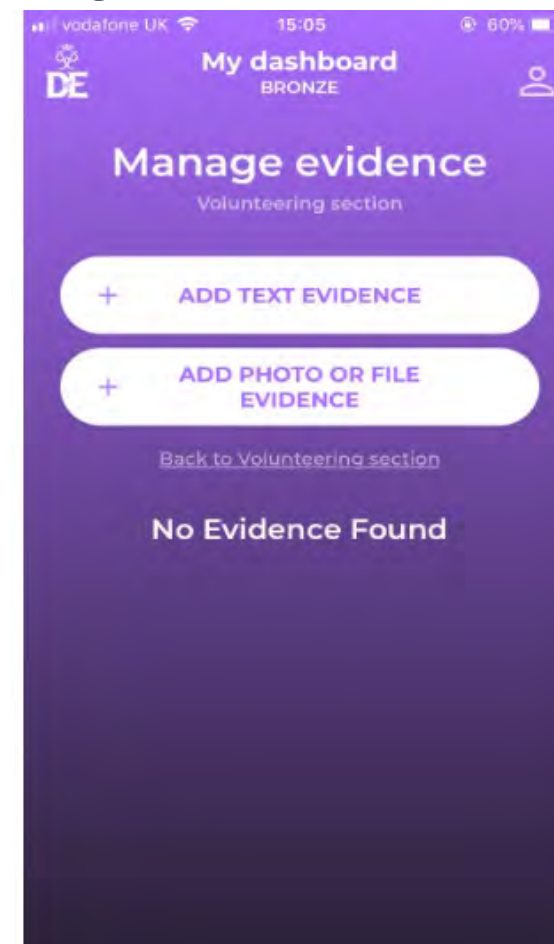
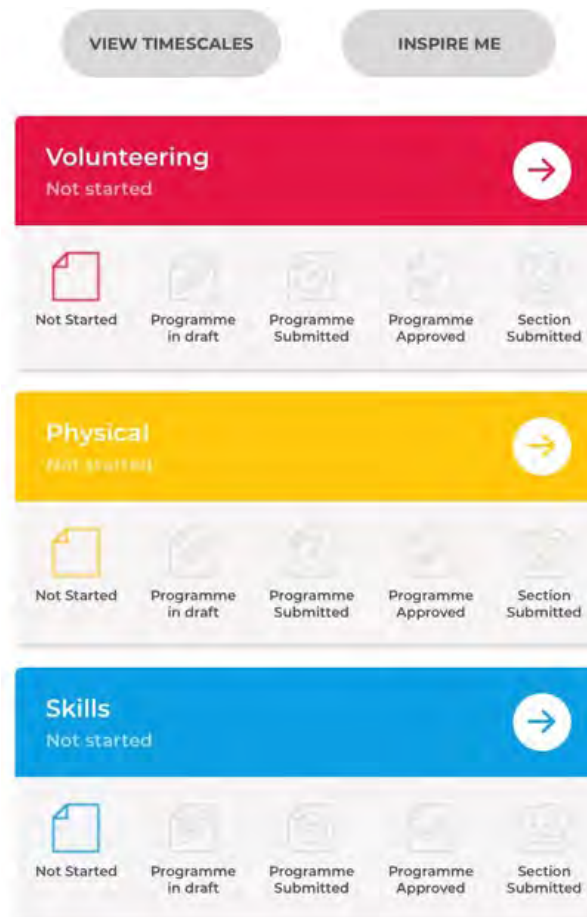
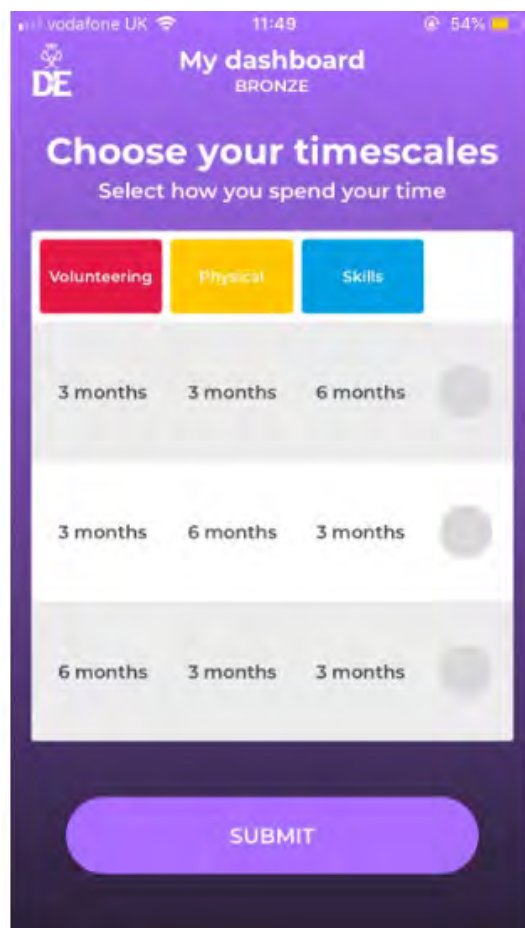
Natural world

- ☐ Agriculture
- ☐ Conservation
- ☐ Forestry
- ☐ Gardening
- ☐ Groundsmanship
- ☐ Growing carnivorous plants
- ☐ Plant growing
- ☐ Snail farming
- ☐ Vegetable growing

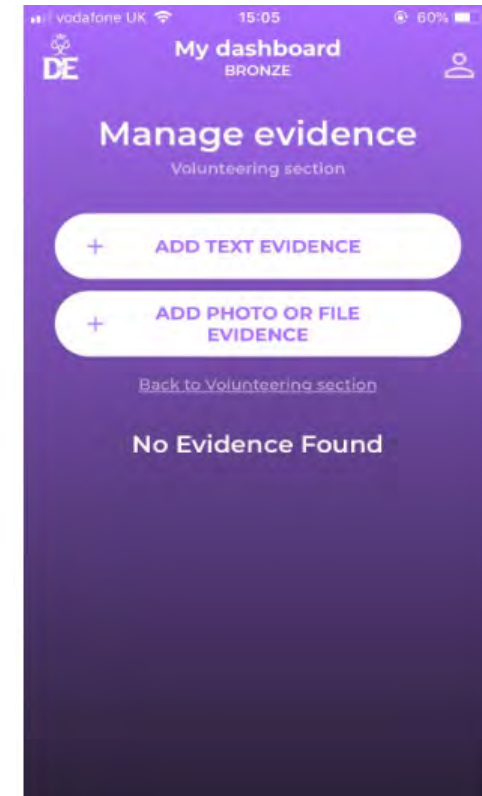
Games & recreation

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

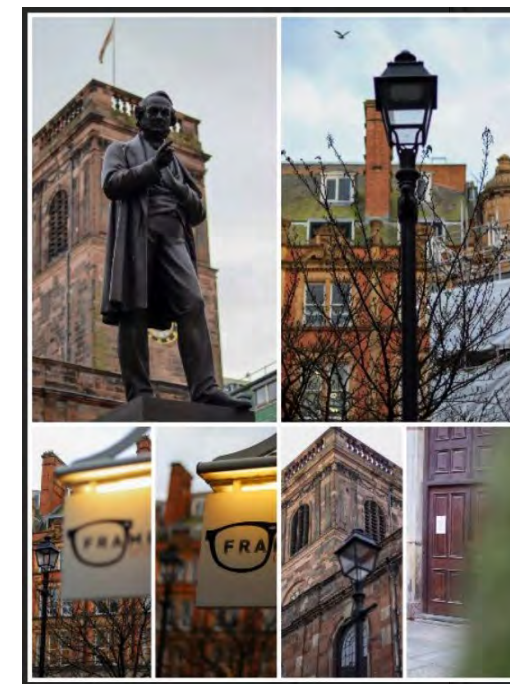
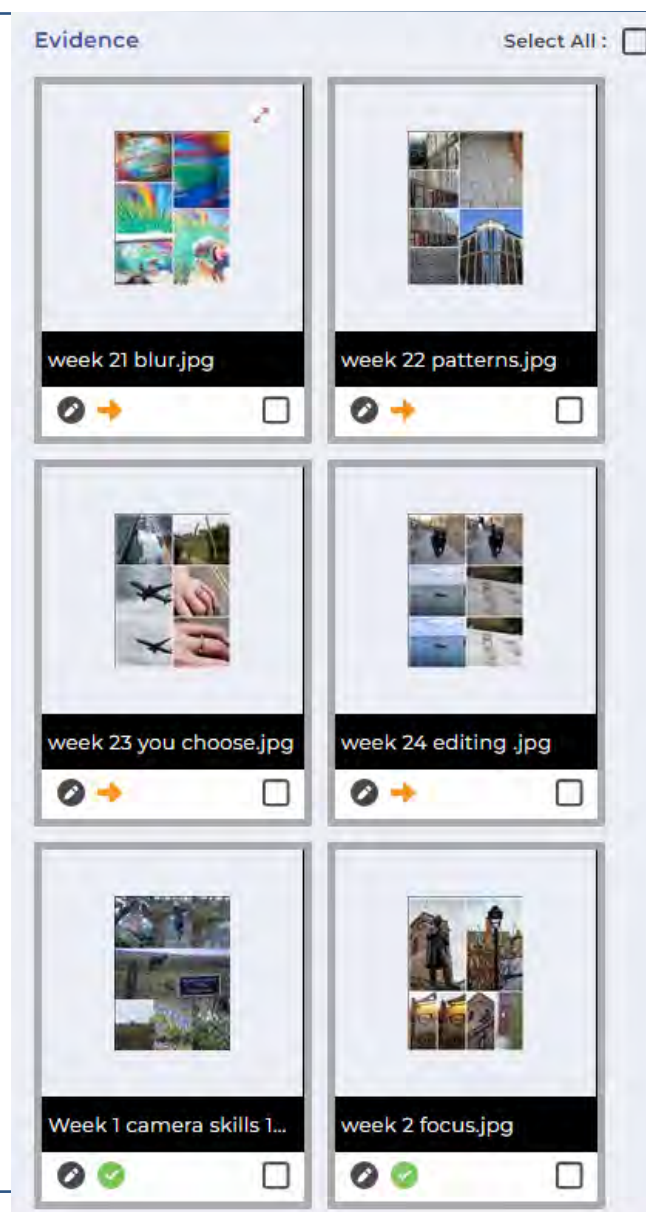
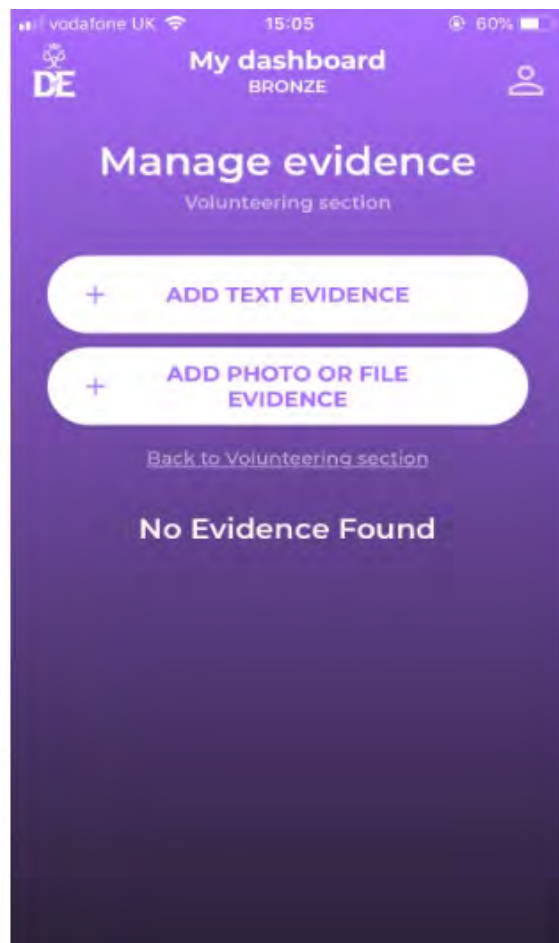
- Once you have registered you will receive you eDofE Log In



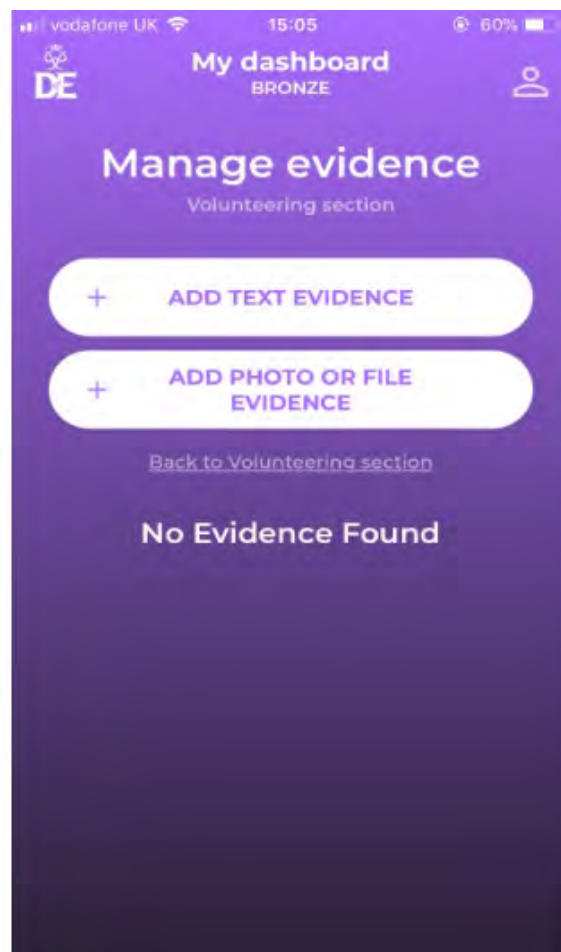
- Students should attempt to log in and get familiar with the platform independently but a 'log in support session' will be provided in school
- It is easiest via the app
- Can be done in a web version
- Make sure that photos are selfies or items, not other people
- Diary style entries, photos of activities, screenshots of evidence
- Log evidence as you go – not all at the end
- This should be a 'live' piece of work



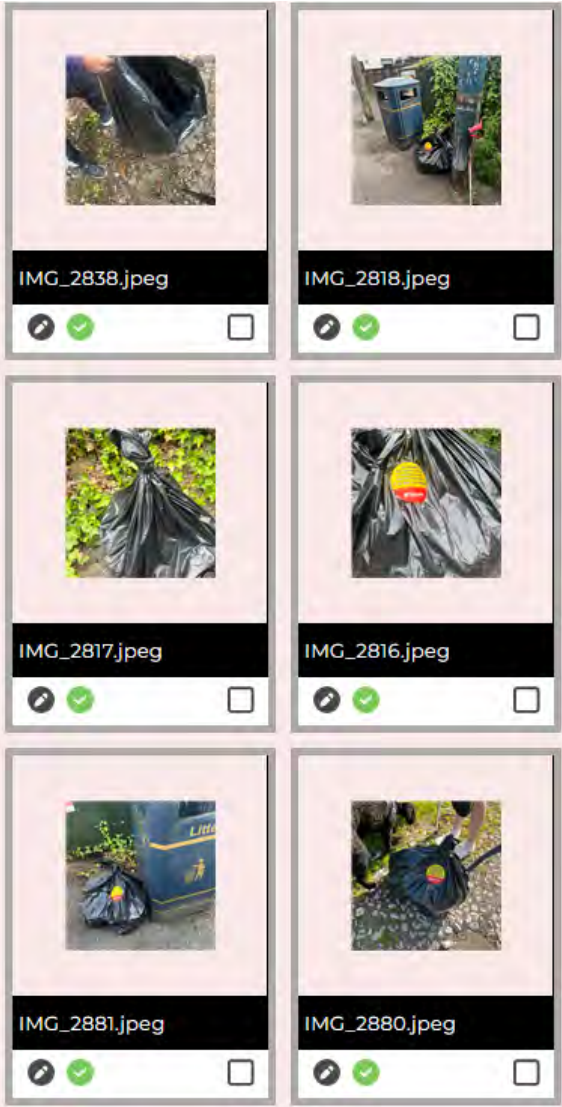
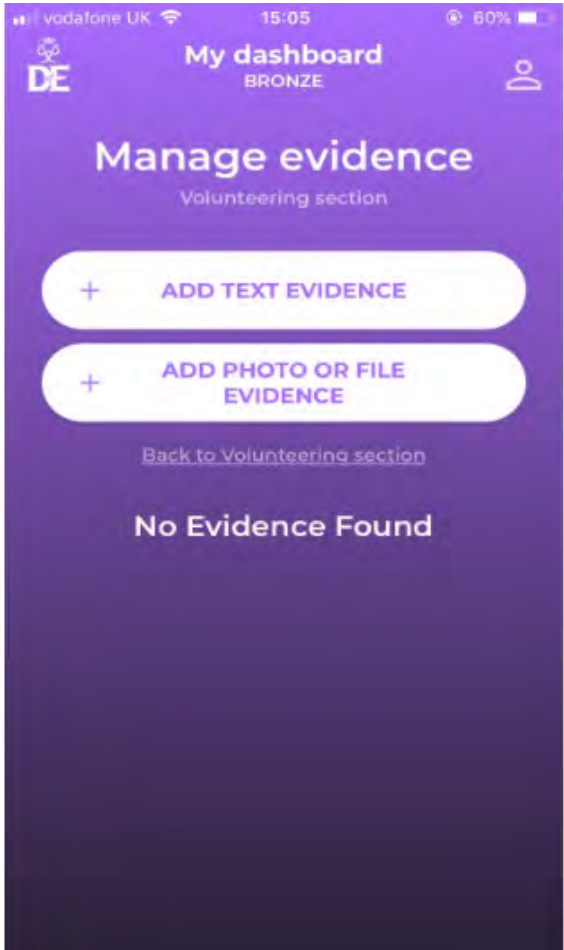
• Examples of evidence



• Examples of Evidence



• Examples of Evidence



week 26

EDIT

week 25

EDIT

week 22

EDIT

week 21

EDIT

Level: Bronze
Bronze, Silver or Gold

Timescale: 3 Months
no. of months for this section

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 jpeg's) as evidence into eDofE.
- Download extra copies of this Activity Log, plus logs for the other sections, from [eDofE.org](https://www.edofe.org)
- 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
2nd May 2025	Final hard training session of the season before final on Sunday. Training and games every week to get to this point.	2	
4th May 2025	We won the Lancashire development plate final.	2	
9th May 2025	Training at Aldwinians working on patterns of play	1	
16th May 2025	Week off for end of season	0	
23rd May 2025	Back at training for fitness session ready for next season	1	
30th May 2025	Fitness training and ball handling skills	1	
6th June 2025	Game of Touch and pass rugby to develop decision making under pressure of game situation	1	
13th June 2025	Fitness session to continue developing strength and stamina	1	

Assessors Report

- The Assessor's Report comes at the end of the 3 or 6 months
- The Assessor must be an **unrelated** adult who can confirm that your child has completed the section
- Ideally, they are the club leader / coach / specialist in that area. It can also be a teacher at school
- These can be submitted electronically via the eDofE or in your DofE Booklet. (Online is easiest)

Assessors Report

- <https://www.dofe.org/assessor/>

* Participant's ID number

* Level ▼

* Section you are assessing ▼

CHECK

What to include in your Assessor's Report

- **Download a checklist of the information an Award Verifier will look for when reading your report.** (Please try to include as much of this information as possible in your report.)
- Please describe the achievements of the participant as they undertook this section. Say how they met their goals, what skill they have developed and mention any memorable things that they accomplished.
- Please include the start and end dates between which the young person undertook their activity.
- **Download a summary of what to include in your report, and some example reports.**

How can parents / carers support?

- Help source opportunities for volunteering / skills and physical sections
- Help to select appropriate assessors for each section
- Regularly look at their eDofE account and show an interest
- Encourage consistency in logging activities
- Provide practical support for expeditions (equipment / encouragement)
- Please don't pack their rucksack or do the work for them!

- Only students that have started 2 out of the 3 sections in their eDofE account will be able to progress to the Expedition
- They will have 6 weeks to do this. This will demonstrate that they are committed to their Award

Important Dates

Bronze

- Practice Expedition – Tues 17th May 2027
- Qualifying Expedition - Thurs 10th – Fri 11th June 2027

Silver

- Practice Expedition – Thurs 6th – Sat 8th May 2027
- Qualifying Expedition – Thursday 15th – Sat 17th July 2027

If you cannot commit to the above dates, please do not enrol on the DofE as these dates are non negotiable.

Next Steps

- Complete the DofE Enrolment Form and return to school
- Complete the DofE Code of Conduct Form and Return to school
- **Pay the Registration Fee of £39 (non refundable) on Arbor by Tues 13th October**
- Students progressing to the expedition will need to pay a further
£50 Expedition Fees for Bronze (Total Cost £89)
£134 Expedition Fees for Silver (Total Cost £173)

What is a DofE Expedition?

- It is not a holiday with your mates.
- It will be challenging.
- It will require you to be organised.
- It will require you to be resilient.
- You may get cold and wet.
- You may get hot and sweaty.
- **You will have fun and make memories!**



Introduction to Expedition

What is Expedition?



6 Hours – 1 night – 6 Hours

- An unaccompanied, self-reliant journey completed by your child's own efforts
- Before their journey they must Train, Plan and Practice
- **An Expedition must have a Goal**

Introduction to Expedition

What is Expedition?



7 Hours – 1 night – 7 Hours – 1 night – 7 Hours

- An unaccompanied, self-reliant journey completed by the participants own efforts
- Before their journey they must Train, Plan and Practice
- **An Expedition must have a Goal**

Elective and Practice Expedition

Students choosing to do the DofE Award must do the DofE Elective

Elective Lessons

- Maps
- Navigation
- Food and Menu Planning
- Hazards
- First Aid
- Route Planning
- Clothing and Equipment
- Expedition Aims

Practice Expedition

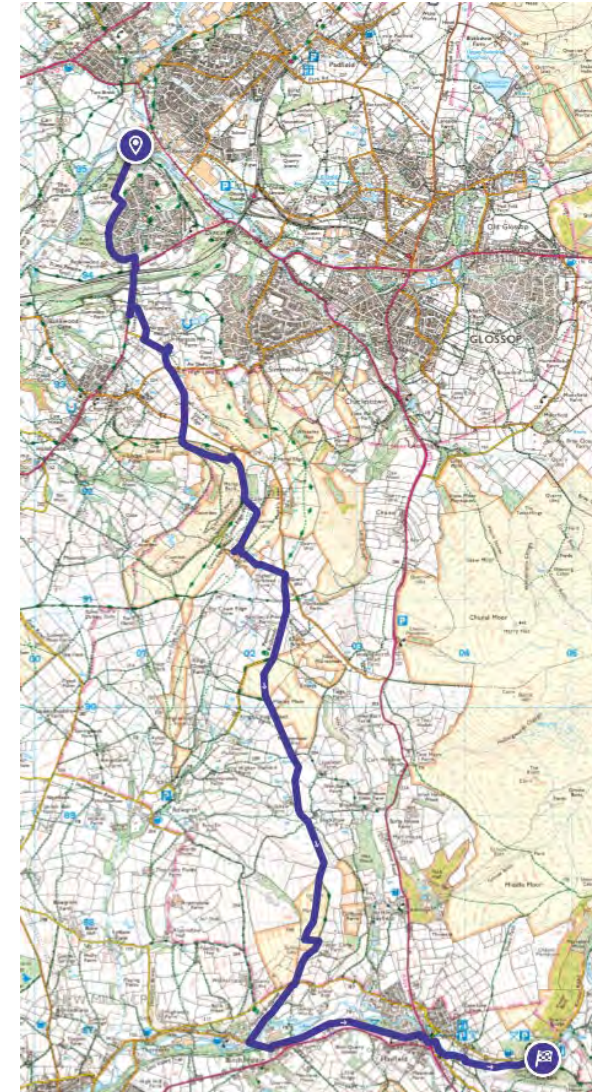
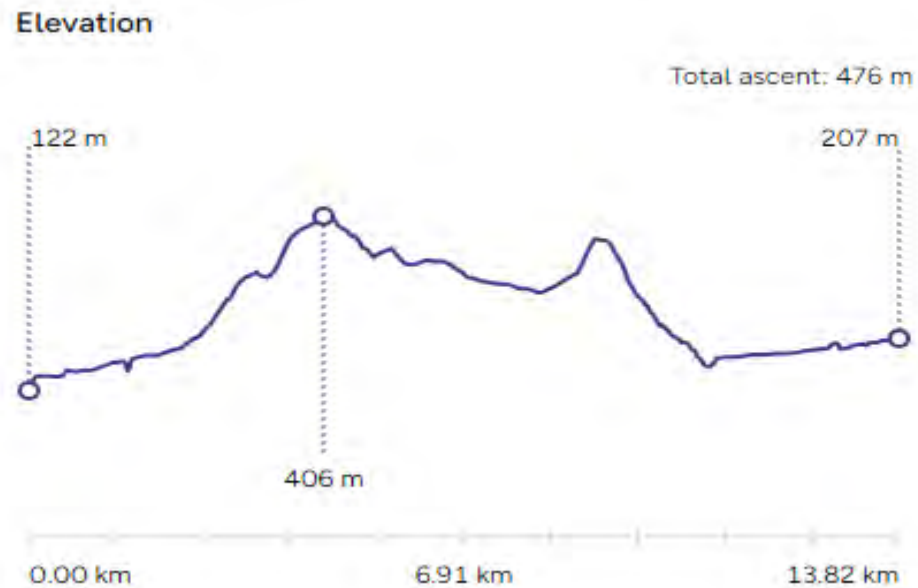
- ▶ More Navigation!
- ▶ Campcraft
- ▶ First Aid
- ▶ Dealing with Emergencies
- ▶ Countryside Code
- ▶ Expedition Aims

Introduction to Expedition

Expedition Requirements & Assessment

- Participants must behave responsibly with respect
- Must understand and adhere to the Countryside and Highway Codes
- Expeditions must be unaccompanied and self-sufficient
- The team must be properly equipped (school will provide all necessary kit except personal kit)
- Actively take part in a debrief with their Assessor at the end of the expedition and, at Silver level, a presentation must be delivered after the qualifying expedition.

Example of a route map



An example of a Route Card



DofE EXPEDITION ROUTE CARD (use one per day)

Centre name/logo:



Team name: Longdendale - Team 1

Day number: 1

Day of week & Date: / /

Team Goal:

Setting out time: 08:00	Names of team members:										
Leg no	Start of leg: Grid Ref & place name	End of leg check point: Grid Ref & place name	Distance in km	Height climbed in m	Time allowed for travel	Time for team goal, rests or meals	Total time for leg	Estimated time at end of leg	Brief details of route to be followed.	Escape to:	
1	From: GR 009 957 Glossop tip	To: GR 009 941 A626 Glossop Road	2.1	50	0.45	0.00	0.45		Follow footpath to Malandra Castle. Head onto the path along the road and turn right, heading west	N/A	
2	From: GR 009 941 A626 Glossop Road	To: GR 001 931 Hargate Hill Junction High Lane	1.2	60	0.30	0.05	0.35		Find a safe place to cross the road and take PFP at the side of the school. Walk up the road to the T junction.	Down to Rugby club	
3	From: GR 001 931 Hargate Hill Junction High Lane	To: GR 023 913 Higher Plainstead farm junction with road	2.5	150	1.05	0.05	1.10		Follow Pennine Bridle way, Cross a road, continue to junction of tracks and paths. Continue east(up) the track towards the woods. Having past the woods on your left, turn left, across the field, between the rocks and head southwest along the path to the farm	Back to Monks road	
4	From: GR 023 913 Higher Plainstead farm junction with road	To: GR 025 889 Junction of paths nr Blackshaw Farm	2.4	20	0.45	0.05	0.50		Pick up the pennine bridleway / track and head south towards lantern Pike	Down hill to Little Hayfield	
5	From: GR 025 889 Junction of paths nr Blackshaw Farm	To: GR 022 869 Crossing of Sett Valley trail and road	2.6	100	1.00	0.30	1.30		Climb Lantern Pike and careful on the steep decent. Continue on PBW until the second road at the bottom of the hill. Cross the river and walk up the hill and pick up the Sett Valley Trail on your left...	Down hill to Hayfield	
6	From: GR 022 869 Crossing of Sett Valley trail and road	To: GR 035 869 Sett Valley Trail Car Park	1.7	10	0.35	0.05	0.40		Walk along the Sett Valley Trail to the car park	N/A	
7	From: GR 035 869 Sett Valley Trail Car Park	To: GR 048 867 Hayfield Campsite	1.4	20	0.30	0.00	0.30		Cross the road by underpass. Turn right in the village and walk up the hill. Take 1st left and walk along the road - track to the campsite.	NA	

8 From: GR	To: GR								
Bronze: 6 hours, minimum 3 hours journeying. Silver: 7 hours, minimum 3.5 hours journeying. Gold: 8 hours, minimum 4 hours of journeying.		Totals:	13.9	410	5.10	0.50	6.00	Finish time	Team Supervisor's name, location and Tel No:

For expert kit advice, the DofE Kit Guide, the DofE Kit List and information about The DofE Reward Card discount visit <https://www.dofe.org/shop/> Nov 2023

Expedition – Health& Safety Arrangements

- Students will have become familiar with the planned routes during sessions in school and their route cards which identify hazards, and the nearest escape route should this be needed.
- Staff will be at checkpoints throughout the route, with the Expedition Assessor checking in with them at various points throughout.
- Each checkpoint will have a member of staff
- Brightly coloured bag covers will be used to help identify groups and they are visible from a distance
- Students will have staff telephone numbers to contact on the day in the event of an emergency, and regular checkpoints are in place.
- DofE staff will have emergency contacts for all parents



Expedition – Health& Safety Arrangements

- Each group will have one tracker so the staff can monitor their progress and whereabouts.
- Advising all students to download Free OS App. Free to download and use for basic, standard mapping and the 'Locate Me' facility. This gives a 6 digit grid reference that can be shared with staff/emergencies services.
- Student are not allowed to use their phones other than in an emergency situation
- Students must carry and take any medication which they require (inhalers etc). Medical details will be collected. Please speak to me if any special measures need to be put in place.



- At the end of the expedition walk, students will need collecting by parents.
- As each team finishes there will be a team debrief by the Assessor before students are allowed to leave. This is a Duke of Edinburgh requirement.



Post Expedition – Supervisors/Assessors should ensure:

- After the expedition has been completed, the Assessor will complete assessors reports for each student, making the decision if the student has successfully completed all elements of the expedition.

Completing your expedition does not mean that you have achieved your Bronze DofE Award

- Students will then have until the end of the school year to complete all the other elements – voluntary, skills, physical

Additional support for students

- They should be practising their navigation skills as much as possible before the expedition.
- Students can come and speak to the DofE Manager at the school office at break or dinner
- Elective lessons
- Practice Expedition

Advice for buying kit

- Boots – sturdy and waterproof with ankle support. Brush off the mud when dry after you get home. Don't spend a fortune! Comfort is most important. Break them in!
- Walking socks – keep your feet as dry as you can to avoid blisters. Plenty of spare socks. A small pot of Vaseline
- Sleeping bags – stuff them in, don't roll them – wrap in a black bin bag to stay dry. 2-3 season and mummy-shaped is best!
- Kipma/Roll Matt – the only thing that can be attached to the outside of your rucksack (in a sealed binbag too!)

Kit List

NAME: GROUP:

Group Kit	Carried by....	Packed
Tent inner		
Tent outer		
Tent poles/pegs		
Stove		
Pots and pans		
Fuel		

The only kit that can be attached to the outside of your rucksack is a sleeping mat, which must be in a waterproof bag

Personal kit (other)	Packed
Rucksack and liner (55-65 litre)	Wear !
Sleeping mat	
Sleeping bag	
Water bottle/Platypus	
Knife/fork/spoon	
Mug and plate/bowl	
Matches (in sealed bag)	
Tea towel	
Emergency contact procedure	
Maps (and map case)	
Compass, route cards	
Head torch/Torch and spare batteries	
Emergency whistle	
Alarm clock/watch	
Notebook and pencils	
Money	
Camera	
Binliners (for keeping things dry and for rubbish)	

Personal kit (Clothing)	Packed
Walking boots	Wear !
Walking socks (1 per day)	
T-shirts/base layers (1 per day)	
Fleece top/jumper	
Walking trousers (not jeans)	
Underwear	
Nightwear	
Comfy footwear(for campsite)	
Shorts, Sunhat (warm weather)	
Woolly hat/scarf/gloves (Cold weather)	
Waterproof coat/top and trousers	
Personal kit (toiletries/medical)	Packed
Personal basic first aid kit	
Blister plasters	
Sun cream/mosquito repellent	
Toothbrush and paste	
Deodorant	
Personal toiletries	
Small towel	
Toilet paper	
Water purification tablets (if advised)	

- Clothes – Use a layering system to trap air (which will keep you warmer)
 - Inner layer (T-shirt/synthetic base layer)
 - Middle layer (fleece/jumper)
 - Outer layer (waterproof and windproof jacket)
 - Legs – NO JEANS or thick cotton tracksuit bottoms!! Synthetic tracksuit bottoms are best or walking trousers (maybe with 'skins' underneath)
 - You must have waterproof over-trousers as well as a coat
 - A hat is essential (to protect you from the sun!)
- Rucksack – 55 to 65 litres with lots of outside pockets for easy access to water, food, waterproofs, notepads, pencils, camera etc.
- A Head torch is a good investment too



You can get almost everything from here
It's on Deansgate,
Manchester



In Glossop



In Stockport

GOOGLE: DofE kit list



In Manchester
& Stockport

A 10% discount will be available in-store if students bring proof of their DofE membership.

Some recommended brands



**YOUTH
WITHOUT
LIMITS**



**Thank you
Questions?**



RESPECT



RESILIENCE



ASPIRATION



Longdendale
HIGH SCHOOL

