



**YOUTH
WITHOUT
LIMITS**

**A PARENT
AND CARER'S
GUIDE TO THE
DOFE AWARD**



Duke of Edinburgh

2025-2026



THE DUKE
OF EDINBURGH'S
AWARD

What is the DofE?

The DofE is a life-changing adventure.

You make it: The DofE is as unique as you are

Millions of young people in the UK have already done their DofE.

Now it's your turn.



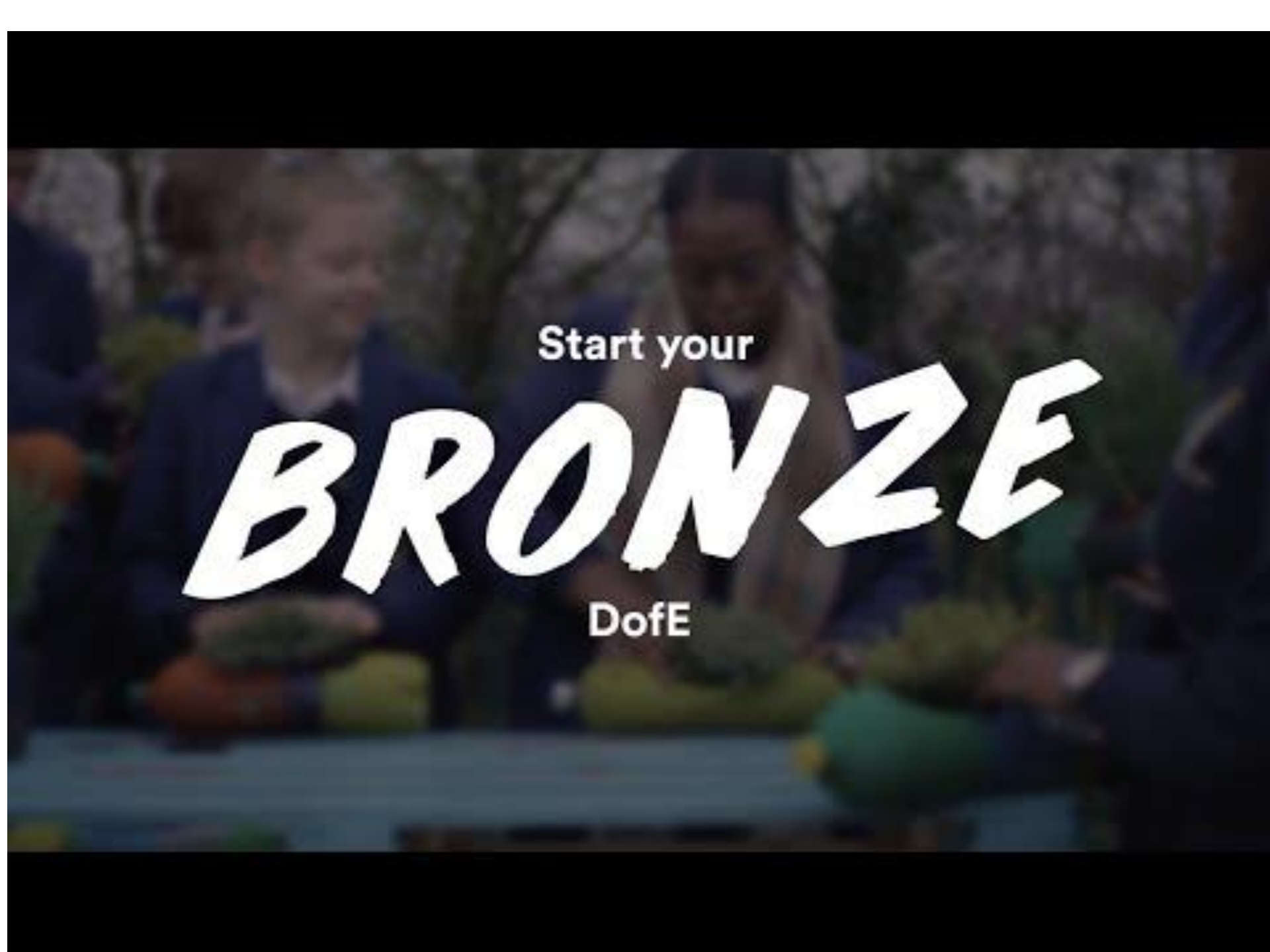
**YOUTH
WITHOUT
LIMITS**



What can D of E do for you?

- Teamwork
- Life Skills
- Independence
- Pushing your boundaries
- Confidence
- New experiences





Start your

BRONZE

DofE

BRONZE

Volunteering **3** months

Physical **3** months

Skills **3** months

Expedition **2** days **1** night



PLUS a further 3 months in the Volunteering, Physical or Skills section.

VOLUNTEERING

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

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
 - Army Cadet Force
 - Boys' Brigade
 - CCF
 - Church Lads' & Girls' Brigade
 - Girlguiding UK
 - Girls' Brigade
- Sports leadership
- Music tuition

PHYSICAL

Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Biathlon/Triathlon/Pentathlon/Aquathon
- 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
- Trampolineing
- 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
- 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

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

SKILLS

Performance arts

- Ballet appreciation
- Ceremonial drill
- Circus skills
- Conjuring & magic
- Majorettes
- Puppetry
- Singing
- Speech & drama
- Theatre appreciation
- Ventriliquism
- 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

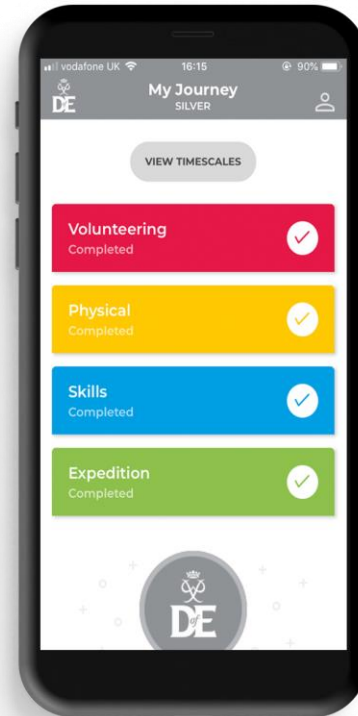
Natural world

- 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

Your Welcome Pack and eDofE



SILVER

Volunteering **6** months

Physical

one section for
6 months, the

Skills

other for 3 months

*Direct entrants
must do a
further 6 months
in the Volunteering,
or the longer of the
Physical or Skills
sections.*

Expedition **3** days **2** nights



Key Information-Dates

Bronze

Training - 11th February 2026 (in School)

Practice - 12th February 2026 (Training Walk)

Assessment – 30th April- 1st May 2026 (Local Area)

Silver

Training - 10th February 2026 (in School)

Practice - 22nd-24th May 2026 (Cotswolds)

Assessment – 1st – 3rd July 2026 (The Peaks)

The Expedition section

All the expeditions are run by an external APP provider called 'BXM Expeditions'.

Tents and cooking equipment are provided by BXM for all participants

Roll mats and Rucksacks can be borrowed from the school



<https://www.bxmoutdoors.com/>





Key Information-Cost

Bronze

(Local)

£230

Payment Schedule

£50 – 24th October (half term)

£60- 30th November

£60 -31st December

£60 – 31st January

This includes the DofE registration fee, expedition costs, transport, staffing and insurance.

What happens next

Name/ Do
B

Once you have paid the Deposit payment your child will be enrolled. Information needed : Full name/ DoB / email address.

Download

Download the Dofe App

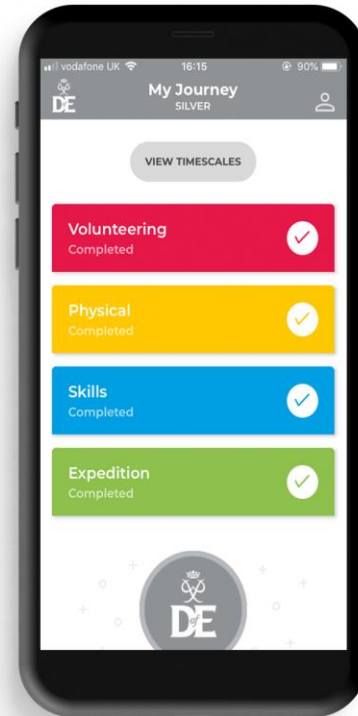
Be

A username and password will be sent by email

Use

Use these to log in account and complete the info needed

Your Welcome Pack and eDofE



Key Information-Cost

Silver

(The Cotswolds and the Peaks)

£450

Payment schedule

£50 - 31st October

£100- 30th November

£100- 31st December

£100 -31st January

£100 – 28th February

This includes the DofE registration fee, expedition costs, transport(if not local), staffing and insurance.

If you are not able to attend those dates.....

These are the only dates that we are offering to attend with Ousedale school staff alongside BXM assessors. However, this does not mean that your Child will not be able to participate.

You have the following option:

You pay the DofE registration fee to the school and we will register your child and enrol them on the scheme. However, you will need to make arrangements, independently, for them to complete the expedition section of the award. This includes any training, the practice and the qualifying expedition.

BXM outdoors offers open expeditions, so we would recommend to book directly through BXM but this would be independent from the school.

Useful links

<https://www.dofe.org/do/parents/>

<https://www.dofe.org/do/activities/>

<https://www.dofe.org/do/activitylogs/>

<https://www.dofe.org/do/basicinformation/>

<https://www.dofe.org/resourcescentre>

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