



Welcome to the Duke of Edinburgh's Award.

You are required to complete one (1) of the following for 6 months and two (2) for 3 months. Please make sure you start the 6 month commitment **during the break**.

You will need to record and provide some form of evidence of your Physical Recreation, skill and community service endeavours. The evidence\* recording sheet is attached. You will not receive your bronze booklet until the **subject payment has been** made.

*Evidence can be: a screenshot, photos, video, a diary, recipes, the finished product or even a blog.*

#### **Examples of Physical Recreational activities:**

Netball training and game: Photos have been taken demonstrating participation.

Professional: Your coach, manager or club president can sign off on your achievements.

Running: Screenshots of improvement / tracks completed off a smartphone.

Professional: A running coach or you can bring your evidence in regularly and show a Physical Education teacher or a teacher who can verify your achievements.

#### **Examples of Skills:**

Cooking: Cooking once a week, showing skill progression and difficulty.

Professional: Home Economics teacher where you will discuss what you have cooked weekly or even bring in an example for them to taste.

#### **Community Service:**

During the semester, your class will volunteer once a week for 3 months at various locations.

- \* **A parent is not considered a professional. They can't sign-off on achievements or components of this award.**

*At times, it will not be feasible to volunteer and you will be required to find an alternative placement.*

#### **Journey – 1\*4 day Journey:**

To complete the Bronze award, you are required to attend the end of semester camp, hiking and camping for 4 days. The camp is located at the Mitchell River National Park.

To satisfy the award, you will need to cover all **three areas** and complete the stipulated hours.

## Physical Recreation

Individual Activities	Group Activities
Aerobics	Baseball
Athletics	Basketball
Boxing	Cricket
Canoeing	Dancing (all types)
Cycling	Football (all codes)
Dance (can be individual)	Handball
Gymnastics	Hockey
Martial arts (karate, aikido, judo, kickboxing, fencing, kendo)	Ice Hockey
Horse riding	Lacrosse
Ice skating	Netball
Jogging	Polo
Jumping (high, long, triple)	Rowing
Orienteering	Sailing
Personal training programs	Soccer
Pilates	Softball
Rock climbing	Squash
Running	Tennis
Skateboarding	Touch football
Skiing/Snowboarding	Volleyball
Skipping	Water Polo
Surfing	
Swimming	
Synchronised swimming	
Throwing (hammer, javelin, shot put)	
Walking	
Yoga	

# Skill

<p style="text-align: center;"><b>Art and Design</b></p> <p>Art and architecture appreciation            Art history            Calligraphy            Choreography            Dance Theory            Drawing            Graphic Design            Painting            Photography            Sculpture            Textile and fashion design</p>	<p style="text-align: center;"><b>Hobbies</b></p> <p>Aircraft recognition            Brass rubbing            Coin collecting            Stamp collecting            Ship recognition            Model construction            Model soldiers</p>
<p style="text-align: center;"><b>Communications</b></p> <p>Audio production            Braille            Film and video making            Film studies            Foreign languages            Journalism            Newsletter and Magazine production            Public speaking and debating            Radio, including hosting radio shows, producing, audio production            Reading            Sign language            Website and digital communications production, including blogs, podcasts, producing, information architecture, programming, front end design            Writing, including creative, journalism, essay</p>	<p style="text-align: center;"><b>Games</b></p> <p>Backgammon            Billiards            Card games (please observe no gambling)            Chess            Darts            Draughts            Fantasy role playing games            Other table games            Pool            War games</p>
<p style="text-align: center;"><b>Crafts</b></p> <p>Basket weaving            Bookbinding            Cake decoration            Candle making            Card making            Ceramics            Clay modelling            Cookery            Embroidery            Flower arranging            Glass painting            Glasswork            Jewellery making            Knitting            Lace making            Leatherwork            Origami            Quilting            Sewing            Scrap booking            Rug making            Soft toy making            T-shirt painting            Weaving            Wine making</p>	<p style="text-align: center;"><b>Sports related</b></p> <p>Sports officiating            Umpiring and refereeing            Sports appreciation            Sports equipment making and maintenance            Sports ground maintenance            Dance appreciation            Dance theory            Flying            Gliding            Motor sports            Marksmanship</p> <p style="text-align: center;"><b>Life and vocational skills</b></p> <p>Accounting            Committee skills            Democracy and political studies            Drugs awareness            Engineering            Event planning and organising            Furniture making            Furniture restoration            Hairdressing            Health awareness            Home science            Information technology            Learning to drive            Peer education            Metal work            Money management            Tailoring            Woodwork            Vehicle restoration</p>

	Vehicle mechanics, including cars, motorbikes Upholstery
<p style="text-align: center;"><b>Environment and Nature</b></p> Agriculture / farming Aquarium keeping Astronomy Bee keeping Bird watching Conservation Dog training and handling Fishing Forestry Gardening Horticulture Horse care and handling Insects study Keeping pets Weather studies / meteorology	<p style="text-align: center;"><b>Music</b></p> Bell ringing (camponology) Disc Jockey (DJ) Music appreciation Musical theory Playing an instrument, including learning and practicing, playing in a band or orchestra Singing solo, in a choir or a band Writing music <b>Performance</b> Acting Baton twirling Drama and theatre skills, including improvisation, street performance Circus skills, including juggling, acrobatics, trapeze Puppetry



