



PHYSICAL

Programme planner: Physical section

What is this programme planner for?

When completing each section of your DofE Programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DofE programme for the Physical section.

For help and support see your DofE Leader or visit www.DofE.org/physical

The Physical section – why do it?

Doing physical activity is fun and it improves your health and physical fitness.

How long should I do activity for the Physical section?

| Level | Minimum time | Notes |
|--------|----------------|---|
| Bronze | 3 to 6 months | You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3. |
| Silver | 3 to 12 months | You need to do either the Physical or Skills section for 6 months, the other for 3. If you haven't achieved Bronze you must extend your Volunteering or the longer of your Physical or Skills sections to 12 months. |
| Gold | 6 to 18 months | You need to do either the Physical or Skills section for 12 months, the other for 6. If you haven't achieved Silver you must extend your Volunteering or the longer of your Physical or Skills sections to 18 months. |

Programme plan for: *(your name)* _____

What kind of physical activity do you want to start doing or improve at? *(tick box)*

- | | | | |
|--------------------------------------|--|---|---|
| <input type="checkbox"/> Team sports | <input type="checkbox"/> Individual sports | <input type="checkbox"/> Water sports | <input type="checkbox"/> Racquet sports |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Fitness | <input type="checkbox"/> Extreme sports | <input type="checkbox"/> Martial arts |

How will you find out how you can do this locally?

E.g. ask at your local sports centre, speak to friends and family, ask your P.E. teacher, research on the internet.

What are you specifically going to do? Where are you going to do it?

How is this going to help you get more physically fit and healthy?

What do you want to achieve? What are your specific goals?

Who is going to help you complete your activity? *E.g. Who will coach you? Who will assess you?*

What evidence will you collect to show your progress?