



**DE**  
*of*

THE DUKE  
OF EDINBURGH'S  
AWARD

# The Duke of Edinburgh Bronze Award 2023 - 2024



# Duke of Edinburgh staff



Mr. Awan



Mr. Sykes

# What's involved?



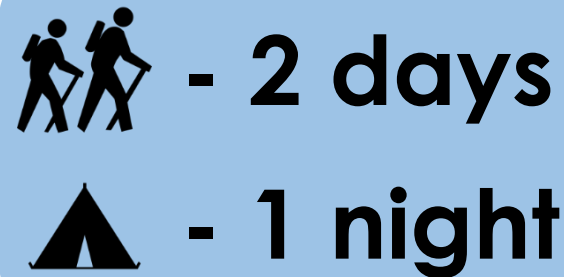
**Volunteering**



**Physical**



**Skills**



**Expedition**

**Organised by the  
Beckfoot DofE team.**

**Fri 17<sup>th</sup> – Sat 18<sup>th</sup> May**

# What's required?



## Volunteering

3 months

12 hours  
Total

Extra 3  
months in  
1 of the  
sections

24 hours  
in total

## Skills

3 months

1 hr per  
week max

1 hour per  
week max

## Physical

3 months

## Expedition



Walking  
Carrying  
Cooking  
Camping

After-school  
training sessions  
starting in the  
Spring term

Training  
expedition on a  
term-time Friday  
**(Date TBC)**

# What can I do?



## Volunteering

- Elderly neighbours
- Academic tutor
- Music tutor
- Litter picking
- Administration
- Fundraising
- Religious group
- Charity support
- Cadets/Scouts
- PE Dept
- Creativity Dept
- LRC

## Skills

- Magic
- Dance
- Singing
- Engineering
- Coding
- Horse care
- Music production
- Musical instrument
- Gardening
- Chess
- Cooking

## Physical

- Athletics
- Boxing
- Cycling
- Golf
- Running
- Swimming
- Dancing
- Badminton
- Squash
- Table Tennis
- Fitness
- Climbing

# At school...

## BECKFOOT P.E. EXTRA-CURRICULAR

Winter Schedule 2022-23



	SPA (10.30am - 11.15am)				AFTER SCHOOL (3pm - 4.15pm)				
	GYM	FITNESS SUITE	ASTRO	SPORTS HALL	ASTRO	GYM	SPORTS HALL	FIELDS	OTHER
MON	Just Dance / Fitness Classes All years Mrs Lawal			Basketball Years 7 & 8 Mr Lawal			Badminton Years 10-13 Mr Skayman (Wilsden Badminton Club)		
TUE	Gymnastics Years 7-9 Miss Lancashire			Benchball Years 7-9 Mrs Lawal	Boys Football Years 8 & 9 Mr Awan	Table Tennis Years 7 & 8 Hans Soova (Oakbank TT Club)	Netball Years 7 & 8 Mrs Austin, Mrs Lawal & Mrs Walshaw (Bradford Schools Netball)	Boys Rugby Years 7 & 8 Mr Sykes Girls Rugby Mr Donlan	Girls Fitness Years 9-13 Miss Holmes
WED		Boys Fitness Years 10 & 11 Mr Awan	Girls Football Years 7 & 8 Mrs Walshaw	Netball Years 10-13 Miss Holmes	Hockey All years Mrs Senyk & Mrs Ratahi		Basketball Years 9-11 Mr Lawal	Girls Football Years 9 & 10 Mr Stell	
THU	Kwik Cricket & Table Cricket Invite Only		Boys Football Years 11-13 Mr Awan	Trampoline Years 7-9 Miss Lancashire	Boys Football Year 10 Mr Lawal	Table Tennis Invite only Hans Soova (Oakbank TT Club)	Netball Years 9-13 Mrs Austin, Miss Holmes, Miss Lancashire (Bradford Schools Netball)	Boys Rugby Years 9 & 10 Mr Sykes	
FRI						Cheerleading All years Izzy Holmes (Elite Dance & Cheer)	Badminton Years 7-9 Mr Skayman (Wilsden Badminton Club)		

## BECKFOOT CREATIVITY EXTRA-CURRICULAR

Winter Schedule 2022-23



	SPA (10.30am - 11.15am)			AFTER SCHOOL (start & end times vary, see below or activity staff)			
	PERFORMING ARTS	MUSIC	OTHER	PERFORMING ARTS	MUSIC	ART / DT	OTHER
MON	Drama Club (Footlight Theatre Company) Years 8, 9 & 10 Mrs Kyle/Mr Simpson CD1 & CD2  Football Dance Company 'Fresh' rehearsals Years 10+ CD3 Independent rehearsal	Drumline By Invitation Mr Lewalski Drum Room  Senior Vocal Group By Invitation Ms Levy CM2  Brass Group All brass players C5  Ukulele Group All years Mr Ratahi CM1	LGBTQ+ Space All years Miss Hammond, Dr Wright CD3		Samba Band Mr Lewalski CM2 (2.45 - 3.15pm)  Soul Band By Invitation Mr Jackson CM1 (3.00 - 4.00pm)		
TUE	School musical rehearsals To be confirmed on a weekly basis CD1 Mrs Kyle	Harmony Singing Group All years Mr Lee CM2  Percussion Group By Invitation Drum Room		Football Dance Company 'Fresh' rehearsals Years 10+ CD2 Miss Bannan (3.00-4.30)  School musical rehearsals All years CD1 Mrs Kyle/Mr Lee/ Mr Stimpson (3.00-4.30)	Junior Rock Group Years 7, 8, 9 & 10 Mr Lee, Mr Ratahi CM1 (3.00 - 4.00pm)	Art Catch Up KS4 & KS5 Art Exam Groups Creative Arts  Art Club KS3 Creative Arts	Debate Club All years RE Staff H4 (2.45 - 3.30pm)
WED	Drama Club Year 7 CD1 Miss Hammond/ Miss Hargreaves/ Mr Simpson	Keyboard Club Years 7, 8 & 9 Mr Ratahi CM1	Chess Club All years Mrs Davis, Mr Illingworth L1	School musical rehearsals All years CD1 Miss Hammond/ Miss Bannan (3.00-4.00)	Senior Rock Group Years 11 & Sixth Form Mr Lee CM1 (3.00 - 4.00pm)		Year 7 Languages Club Year 7 MFL Staff & 6th formers L2 (2.45-3.15pm)
THU	KS3 Dance Club (Bradford Schools Dance Rehearsals) Years 7,8 (before assembly) & 9 CD2 Miss Sullivan	Music Theory Group All years C5  Music Technology / DJ Club All years Mr Lee CM2		KS3 Dance Club (Bradford Schools Dance Rehearsals) Years 7,8 & 9 CD1 Mrs Kyle (3.00-4.00pm)	Senior Band Grade 4 & above Mr Stimpson CM1 (3.00 - 4.30pm)	Art Catch Up KS4 & KS5 Art Exam Groups Creative Arts  Photography Club Year 9 Mr Sandercock CA4 (3.00 - 4.00pm)  Graphics Club Year 9 Mr Hussain CA3 (3.00 - 4.00pm)	
FRI		Sixth Form Handchimes Group Sixth Form Mr Stimpson CM1  Guitar Group All years Mr Bromhead CM2			Groovetubes All years Mr Stimpson CM1 (3.00 - 4.00pm)		

# How do I log my hours?



## PHYSICAL SECTION ACTIVITY LOG

NAME:

LEVEL (Bronze, Silver or Gold):

TIMESCALE  
(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 jpegs) as evidence into eDofE.
- Download extra copies of this *Activity Log*, plus logs for the other sections, from [www.eDofE.org](http://www.eDofE.org) or [www.DofE.org/go/downloads](http://www.DofE.org/go/downloads)
- 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

## What if I lose it?

Google:

“Beckfoot School DofE”



‘Useful documents’



‘Log sheets’

# Assessors report



Detach and hand this to your Assessor at the START of your DofE activity.

**DE VOLUNTEERING**

Assessor's Guidance Notes

Thank you for your time and commitment offering to assess me for the Volunteering section of my DofE programme.

I hope that you will enjoy your involvement, helping me through the section and to get the most from my activities and complete this section.

For this section of my **Silver** DofE programme, I have to give practical voluntary service to individuals, the enhancement of my community over a set period of time. I need to spend the following length of time regularly doing my volunteering activity, averaging at least one hour a week.

months

**Can you please:**

- Understand what I want to get out of it and help me set my goals.
- Help me with advice, training and supervision as needed.
- Support and encourage me while I'm volunteering.
- Be available throughout my volunteering time and monitor my progress.
- Do a final assessment at the end - discussing my experiences, how I developed and reached my goals.

When I have completed the time requirements and achieved my goals, please can you register your comments on my progress by the suggested methods overleaf. This will be my evidence of completing my Volunteering section.

Assessor's Guidance Notes - VOLUNTEERING

**DE ASSESSOR'S REPORT PHYSICAL**

Participant:   
Adult ID No:   
Local Side:

Description of activity:

Date started:  /  /  Completed:  /  /  months

Goals set by participant:

**Assessor's comments:**

Describe what you think is working well, what is not working, what you think is good and what you think is not so good. Be specific in your comments and include what you think the participant has achieved and what they need to do to improve. (You can use the following questions to help you think about this.)

What progress did they make towards their goals?

What did they achieve, what skills did they learn?

How frequently did they take part in this activity?

Any other comments?

Signature:  Date:

Assessor's first name:  Last name:

Assessor's post/qualification:

Assessor's phone number:

Assessor's email:

- You will get this through the post, soon.
- You need to keep it safe. Once you've completed your hours for each section, the person that assessed you completes their report on here
- 11/56 from 2022/23

# Expedition equipment



- Walking boots
  - Waterproof trousers
  - Sleeping mats
  - Sleeping bags
  - Tent (2/3 person)
  - Rucksack
  - Waterproof bag cover
  - First aid kits
  - Headtorch
  - Sporks
  - Methylated spirits
  - Trangia
  - Washing up equipment
  - Kit repair & upkeep
  - Staff training & qualifications
- 
- All of these can be provided to students

# **Any questions?**

**edofe.org / DofE app**

**mrawan12**

**25092001**