

## Planning your first activity

You need to think about what you want to do as an activity. It must satisfy certain rules for you to be able to count it. When you have thought of something to do, check that it qualifies as either Recreation, Skill or a Service. You can check whether it can be counted by;

- asking someone who has done it,
- checking on the DofE website at [www.theaward.org](http://www.theaward.org)
- asking one of the leaders
- e-mailing me at chris.dunn on internal school e-mail

If you do an activity at school, but as an out of class activity, it can qualify: so if you do Spanish classes out of school, or you do music lessons for an individual instrument, eg violin lessons, not as part of your timetabled music lesson with your class, these can count.

You cannot count any taught school subject that you do as part of your normal school day.

This means that if you do, for example, hockey training as part of hockey club, or for the school team, you probably can count it, but if you simply do hockey as part of PE lessons you cannot count it.

Once you have decided on an activity you must **PREPARE, PLAN** and **PROGRESS**.

**PREPARE** by identifying how and where you will carry out the activity, and who will supervise you. This can be a teacher or group leader, and should be someone with a good knowledge of the activity, like a music teacher or club coach. Usually it cannot be a member of your immediate family – no parents or brothers or sisters.

**ANY ACTIVITY 'SIGNED OFF' BY A PARENT WILL NOT BE ACCEPTED UNLESS YOU HAVE AGREED THIS BEFORE YOU STARTED THE ACTIVITY**

You will need to discuss this with your parents as you will need to arrange where you will do the activity, how you will get to and from it, who will run it, and any cost involved in fees or equipment. They must be happy for you to take part in the activity with the group or individual who will run it.

**PLAN** what intend to do with the person you want to supervise you. You must talk to them and discuss what you will do. They must agree to supervise you and to complete some form of evidence or report at the end of your activity.

The plan needs to set some targets for how you intend to **PROGRESS** in your activity, what you hope to achieve and how you can measure your progress or decide whether you have achieved your aims. It does not matter whether you intend to gain basic skills in a new activity, or whether you want to improve your standard in something you do already.