

## Long Term Overview KS4 Duke of Edinburgh Award

Unit Title	Bronze Award Year 11	Bronze Award Year 10	Expedition Planning	Expedition Assessment
Term	Autumn Term	Spring Term	Summer (a)	Summer (b)
No. Weeks	15 Weeks	11 Weeks	7 Weeks	7 Weeks
Overview Bronze Level	<p><b>Volunteering Section: (Litter Picking)</b></p> <p>This section of the D of E Award aims to inspire young people to make a difference within their communities and develop compassion by giving service to others.</p> <p>Students will plan their volunteering experience, including who/what they will help, what they will do, where they will do it and for how long.</p> <p><b>Skill Section: (Fishing)</b></p> <p>This section of the D OF e Award aims to inspire young people to develop their practical and social skills and personal interests.</p> <p>Students will choose an activity and, with adult support, set an appropriate challenge. They can choose to develop a new skill or improve an existing one.</p> <p><b>Physical Section: (Gym)</b></p> <p>The aim of this section of the D of E Award is to inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in a physical activity.</p> <p>Students will attend the local gym with a qualified instructor every week, who will support them in producing a fitness programme which shows an increase in their fitness levels and helps them to achieve their initial goals.</p>	<p><b>Volunteering Section: (Litter Picking)</b></p> <p>This section of the D of E Award aims to inspire young people to make a difference within their communities and develop compassion by giving service to others.</p> <p>Students will plan their volunteering experience, including who/what they will help, what they will do, where they will do it and for how long.</p> <p><b>Skill Section: (Fishing)</b></p> <p>This section of the D OF e Award aims to inspire young people to develop their practical and social skills and personal interests.</p> <p>Students will choose an activity and, with adult support, set an appropriate challenge. They can choose to develop a new skill or improve an existing one.</p> <p><b>Physical Section: (Gym)</b></p> <p>The aim of this section of the D of E Award is to inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in a physical activity.</p> <p>Students will attend the local gym with a qualified instructor every week, who will support them in producing a fitness programme which shows an increase in their fitness levels and helps them to achieve their initial goals.</p>	<p><b>Expedition Section:</b></p> <p>The aim of this section of the D of E Award is for young people to develop initiative and a spirit of adventure and discovery, by planning and training for an adventurous self-sufficient journey as part of a team.</p> <p>Every week, students will complete training for their expedition in line with the D of E Bronze Award criteria.</p>	<p><b>Expedition Section:</b></p> <p>Students will continue their training for the Expedition assessment, improving their expedition skills and their chosen mode of travel.</p> <p>Within this unit, students will undertake sufficient practice expeditions to enable them to travel safely and complete their qualifying expedition and the end of the unit.</p> <p>Once prepared, participants will undertake their expedition, which will be observed by their Accredited Assessor.</p>
Visits/ Visitors			1 overnight Practice Expedition per group	1 overnight Expedition per group