

# Duke of



# Edinburgh

## Overview



### Half Term 1

Initial Assessment of fitness by completing walks through local green spaces and parks with an introduction to route following and the countryside code. This will add to the 6 months of **Physical** activity required to complete the Bronze Award.



### Half Term 2

Continued **physical** activities with focus on increased challenge and introduction of map use through orienteering. **Volunteering** will begin in the last part of the term to start their 3 month commitment to this aspect of the award.



### Half Term 3

Students will continue **volunteering** to improve their understanding of team work, selflessness and to recognise those who are less fortunate than themselves. Students will also attend Depot Climb to complete a course of bouldering, they will receive a Level 1 NICAS Award and complete the **Skills** section of the Award here.



### Half Term 4

The **Skills** section will be completed here and the students will get opportunity to use their skills in more challenging wall climbs in new locations. Weather dependent **physical** activity will also take place this term, with focus on route planning beforehand, students will be assessed on locating themselves on a map and identifying which roads to take at crossroads.



### Half Term 5

Continued **Physical** activity by completing more challenging walks through the Peak District. We will also cover basic first aid and practice using equipment such as camping stoves, tents and appropriate weather gear. The **Expedition** preparation will begin here.



### Half Term 6

Final preparations for the overnight **expedition**. Can you identify your location on a map, follow a route and use a compass? Are you able to use the first aid kit to treat basic minor injuries? Do you know the countryside code? Students will practice carrying equipment, setting up camp and planning meals and snacks; then will be allowed to complete the overnight **Expedition**.

