



SKILLS

Programme planner: Skills 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 Skills section.

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

The Skills section – why do it?

Developing a skill helps you get better at something you are really interested in and gives you the confidence and ability to use this skill both now and later in life.

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	6 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	12 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 skills do you want to develop? (tick box)

- | | | | |
|--|---|--|--------------------------------------|
| <input type="checkbox"/> Creative arts | <input type="checkbox"/> Performance arts | <input type="checkbox"/> Science and technology | <input type="checkbox"/> Music |
| <input type="checkbox"/> Care of animals | <input type="checkbox"/> Natural world | <input type="checkbox"/> Media and communication | <input type="checkbox"/> Life skills |
| <input type="checkbox"/> Learning and collecting | <input type="checkbox"/> Games and sports | | |

How will you find out how you can do this locally? *E.g. speak to friends and family, research on the internet, library, instruction manuals.*

What are you specifically going to learn and do?

What practical and/ or social skills will you learn that are of personal interest to you?

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

Who is going to help you complete your activity? *E.g. Will you ask someone to teach/show you or will you learn on your own?*

What evidence will you collect to show your progress?