



DofE Award at LDA

**Year 9 and Year 10
Bronze Award**

Complete two sections for 3 months and one section for 6 months.

**Year 10
Silver Award**

Complete volunteering for 6 months. Physical and Skills; complete one for 6 months and one for 3 (longer if you don't have Bronze)

Skills

Work towards a personal goal on a skill of your choice (cannot be physical)

Volunteering

Undertake a task helping others without pay

Physical

Work towards a personal goal in a physical activity of your choice

Complete an expedition as part of a group of 4-7 pupils.

Expedition

2 days and 1 night and a skills day

3 days and 2 nights and a practice expedition

