




# Medium Term Plan – Duke of Edinburgh Award

	Week 1	Week 2	Week 3	Week 4	Week 5
DofE	<p><b>Y10 - Volunteering</b></p> <p><b>Objective:</b> Understand the volunteering section of DofE and plan associated activities.</p> <p><b>Success Criteria:</b></p> <p><b>Support:</b> I know that volunteering is completing a task. I can express a preference for my volunteering task.</p> <p><b>Core:</b> I know that volunteering is completing a task and helping others. I can express a preference of task and explain how it will benefit others.</p> <p><b>Extension:</b> I know that volunteering is a service to individuals or the community. I can think of an independent volunteering task and explain how it will benefit others.</p> <p><b>Y11 – Physical</b></p> <p><b>Objective:</b> To encourage participation and improvement in physical activity</p> <p><b>Success Criteria:</b></p> <p><b>Support:</b> I can participate in a physical activity with adult support, I can express a preference of activity by my preferred means of communication.</p> <p><b>Core:</b> I can choose a physical activity from three options. I can explain the benefits of physical activity.</p> <p><b>Extension:</b> I can choose a physical activity from three options. I can explain the benefits of physical activity. I am able to plan a fitness programme involving two sports.</p> <p>LOtC: All activities out in the school or wider community. At least one sport will be outdoors.</p> <p>SMSC: Teamwork, developing a sense of community,</p> <p>Using IT:</p> <p><b>Activities:</b></p> <p><b>Fiennes &amp; Scott:</b> Research volunteering opportunities in school or the community. Complete a volunteering plan.</p> <p><b>Raleigh &amp; Kingsley:</b> Find out about the sports on offer at CPS. Try out each sport and decide which one to try out. Discuss the benefits of each sport. Design a fitness programme.</p> <p><b>Resources:</b></p> <div style="display: flex; justify-content: space-around;">  CPS Volunteering Plan            Physical Section Plan         </div>	<p><b>Y10 - Volunteering</b></p> <p><b>Objective:</b> Contact the people that they will be volunteering for (e.g. Scott the Site Manager). Create a plan for recording their evidence.</p> <p><b>Success Criteria:</b></p> <p><b>Support:</b> I can identify who I will help in my volunteering task and contact them. I can identify where I will be volunteering (PSHCE S4: Express their feelings, needs, likes and dislikes).</p> <p><b>Core:</b> I can identify who I will help. I can make a plan about who to contact (will make contact) and how I will record evidence of my work. (PSHCE S8: Be sensitive to the needs of others)</p> <p><b>Extension:</b> I can identify who I will help. I can make a plan about who to contact and how I will record evidence of my work. I will make contact with the person that I will be helping (PSHCE S12: Identify positive ways to face new challenges).</p> <p><b>Y11 - Physical</b></p> <p><b>Objective:</b> To encourage participation and improvement in physical activity</p> <p><b>Success Criteria:</b></p> <p><b>Support:</b> I can participate in a physical activity with support. I can recognise cause and effect in sport (PE S4)</p> <p><b>Core:</b> I can participate in a physical activity of my choosing, I am aware of the space around me, can work in pairs or trios and am aware of the changes in my body when exercising (PE S8)</p> <p><b>Extension:</b> I can select and use skills, actions and ideas appropriately, applying them with coordination and control (PE S13).</p> <p>LOtC: All activities out in the school or wider community. At least one sport will be outdoors.</p> <p>SMSC: Teamwork, developing a sense of community,</p> <p>Using IT: Y10s will record their volunteering using aspects of I.T. Y11s will use the iPad to record evidence of their group's activity.</p> <p><b>Activities:</b></p> <p>Fiennes &amp; Scott: Contact the people who they want to volunteer with/for. Identify key information including where they will volunteer and how they will record their evidence.</p> <p>Raleigh:&amp; Kingsley: Work on their individual sports and physical programmes. Reflect on the changes in their body and the advantage of physical fitness.</p>	<p><b>Y10 - Volunteering</b></p> <p><b>Objective:</b> Begin volunteering section. Record voluntary work, follow the volunteering plan.</p> <p><b>Success Criteria:</b></p> <p><b>Support:</b> I can engage in the volunteering activity. I can work with others (PSHE S4: Engage in parallel activity with several others).</p> <p><b>Core:</b> I can engage in volunteering activity with others. I am aware of the benefits of completing their voluntary work. (PSHCE S8: Be sensitive to the needs and feelings of others).</p> <p><b>Extension:</b> I can engage in volunteering activity. Work with others and decide which tasks I should undertake. I can work largely without adult support. 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Reflect on the changes in their body and the advantage of physical fitness.</p>

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Week 6	Week 7	Week 8	Week 9	Week 10
<p><b>Y10 - Volunteering</b>  <b>Objective:</b> Reflect on success of volunteering section. Check the recording of voluntary work and ensure that EDofE is up to date.  <b>Success Criteria:</b>  <b>Support:</b> I can reflect on the volunteering activity using photos as prompts. (PSHE S4: Engage in parallel activity with several others).  <b>Core:</b> I can reflect on my volunteering activity with others. I am aware of the benefits of completing my voluntary work and can record it on my volunteering plan. (PSHCE S8: Be sensitive to the needs and feelings of others).  <b>Extension:</b> I can reflect on my volunteering activity. I can identify the progress that I have made and update it on my volunteering plan. (PSHCE S12: Identify positive ways to face new challenges).  <b>Y11 - Physical</b>  <b>Objective:</b> To encourage participation and improvement in physical activity  <b>Success Criteria:</b>  <b>Support:</b> I can participate in a physical activity with support. 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Complete the Physical plan update.</p> <p><b>Resources:</b>    Volunteering plan evidence sheet</p>	<p><b>Y10 - Volunteering</b>  <b>Objective:</b> Continue volunteering section. Record voluntary work, follow the volunteering plan.  <b>Success Criteria:</b>  <b>Support:</b> I can engage in the volunteering activity. I can work with others (PSHE S4: Engage in parallel activity with several others).  <b>Core:</b> I can engage in volunteering activity with others. I am aware of the benefits of completing their voluntary work. (PSHCE S8: Be sensitive to the needs and feelings of others).  <b>Extension:</b> I can engage in volunteering activity. Work with others and decide which tasks I should undertake. I can work largely without adult support. 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 Volunteering plan update  Physical Plan Update								
Week 11		Week 12	Week 13	Week 14	Suggested Home Learning			
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Reflect on the changes in their body and the advantage of physical fitness</p> <p><b>Resources:</b></p>		<p>Additional volunteering recorded on a volunteering plan.</p> <p>Join a sports club outside of school.</p> <p>Gather evidence of out of school activities.</p> <p>Parents can support pupils to access EDofE.</p>

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	<p>iPad.</p> <p>Raleigh:&amp; Kingsley: Work on their individual sports and physical programmes. Reflect on the changes in their body and the advantage of physical fitness</p>	<p>iPad.</p> <p>Raleigh:&amp; Kingsley: Work on their individual sports and physical programmes. Reflect on the changes in their body and the advantage of physical fitness</p>	<p>iPad.</p> <p>Raleigh:&amp; Kingsley: Work on their individual sports and physical programmes. Reflect on the changes in their body and the advantage of physical fitness</p>	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;">               Volunteering plan update         </div> <div style="text-align: center;">               Volunteering plan evidence sheet         </div> </div> <div style="text-align: center; margin-top: 10px;">               Physical Plan Update         </div>	
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