

# Duke of Edinburgh's Award Activity Ideas

Physical	Skills	Volunteering
<p><b>Follow Joe Wick's daily exercise class</b>  <i>free via YouTube – The Body Coach TV</i>  <a href="https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ">https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ</a></p>	<p><b>Learn sign language</b>  <i>BSL reduced-price course (£3) online for under-18s</i>  <a href="https://www.british-sign.co.uk/learn-online-british-sign-language-course/">https://www.british-sign.co.uk/learn-online-british-sign-language-course/</a></p>	<p><b>Help a vulnerable neighbour with shopping</b>  <i>please remember that, under social-distancing rules, you should not enter a neighbour's home</i></p>
<p><b>Living-room Clubbercise/Zumba</b>  <i>or a similar exercise programme like pilates</i></p>	<p><b>Learn a new language</b>  <i>3 months free</i>  <a href="https://try.babbel.com/student-discount/">https://try.babbel.com/student-discount/</a></p>	<p><b>Car washing</b>  <i>please remember that, under social-distancing rules, you should not enter a neighbour's home</i></p>
<p><b>Daily one hour's exercise</b>  <i>(walk, run, bike riding)</i>  <i>if you use an app to track your progress, you can upload it as evidence on eDofE</i></p>	<p><b>Complete a research project</b>  <i>it can be digital or on paper and on one of these themes (or something similar – email Mrs Stanaway for details):</i></p> <ul style="list-style-type: none"> <li>● the benefits of exercise on mental and physical health</li> <li>● the work of the Duke of Edinburgh's Award</li> <li>● taking responsibility for our environment(s)</li> </ul>	<p><b>Take an elderly neighbour's dog for a walk</b>  <i>please remember that, under social-distancing rules, you should not enter a neighbour's home</i></p>
<p><b>Couch to 5K</b>  <i>an NHS app which aims to get users ready to run 5K in nine weeks</i></p>	<p><b>Research a charity</b>  <i>create an information pamphlet on a chosen charity</i></p>	<p><b>Mow the grass at your house/neighbour's house</b>  <i>please remember that, under social-distancing rules, you should not enter a neighbour's home</i></p>
<p><b>Other ideas</b>  <i>try to choose something that you enjoy and keep to a regular routine:</i></p> <ul style="list-style-type: none"> <li>● Wii Fit exercise games</li> <li>● learning and practising sports skills</li> <li>● 100 press-ups challenge</li> <li>● plank challenge</li> <li>● step challenge</li> <li>● 'boot camp' workouts on YouTube</li> <li>● learning and practising dance routines</li> <li>● circuit training (if you have enough space at home)</li> <li>● yoga (try searching out some YouTube videos)</li> </ul>	<p><b>Use BBC Bitesize to improve your subject knowledge</b>  <a href="https://www.bbc.co.uk/bitesize/levels/z98jmp3">https://www.bbc.co.uk/bitesize/levels/z98jmp3</a></p>	<p><b>Take responsibility for a chore in your home</b>  <i>make sure that this is a household chore you complete regularly</i></p>
	<p><b>Grow vegetables</b>  <a href="http://www.bbc.co.uk/gardening/gardening_with_children/plantstotry_easy1.shtml">http://www.bbc.co.uk/gardening/gardening_with_children/plantstotry_easy1.shtml</a></p>	<p><b>Support a younger member of your household with home learning</b>  <i>make sure that you do this on a regular basis</i></p>
	<p><b>Make items from salt dough</b></p> <ul style="list-style-type: none"> <li>● 1 cupful of plain flour (about 250g)</li> <li>● ½ cupful of table salt (about 125g)</li> <li>● ½ cupful of water (about 125ml)</li> </ul> <p><a href="https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe">https://www.bbcgoodfood.com/howto/guide/how-make-salt-dough-recipe</a></p>	<p><b>Raise money – from home – for charity</b>  <i>(sponsored silence, read, sing, dance, skipping etc)</i>  <i>here are some useful links for information on virtual volunteering and the BBC's Big Night In:</i>  <a href="https://www.thesubath.com/volunteer/virtualvolunteering/">https://www.thesubath.com/volunteer/virtualvolunteering/</a>  <a href="https://www.bbc.co.uk/bignightin/activities">https://www.bbc.co.uk/bignightin/activities</a></p>
	<p><b>Learn to cook a meal</b></p>	<p><b>Offer to prepare meals for the people in your household</b>  <i>make sure that you do this on a regular basis</i></p>

For more activity ideas, visit <https://www.dofe.org/dofewithadifference/activities>