

Bronze Duke of Edinburgh Training Programme 2015

Week 1:

3.30-4.45pm

Introduction to DofE

None expedition items (Skill, Volunteering, Physical)

eDofE

Groupings

Purpose

Orienteering

Week 2: 24.03.15

3.30pm-5.30pm

Using a Map outside – Orrest Head

3 Groups navigate from A-B identifying features along the way

Week 3: 07.04.15

3.30pm-5.00pm

Group 1 – First Aid, Emergency Procedures, packing a rucksack

Group 2 – Plan a journey, equipment, measure distance, route cards (Grid ref, relocation)

Group 3 – Equipment, packing a rucksack

Week 4: 14.04.15

3.30pm-5.00pm

Rotate groups from week 3

Week 5: 21.04.15
3.30pm-5.00pm
Route Planning for journey to Ambleside

Week 6: 28.04.15
3.30pm-4.30pm
Quiz night

Week 7: 05.05.15
**3.30-6.00pm PARENTS/GUARDIANS TO COLLECT
FROM HAYES AT AMBLESIDE**
Journey to Ambleside

Week 8: 12.05.15
3.30pm-5.00pm
Review of journey
Route Planning for expeditions

Week 9: 19.05.15
3.30pm-5.30pm
Tents, stoves, camp craft

Week 10: 26.05.15
3.30pm-4.30pm
Kit check



Excellence through a caring, learning community