

Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a Physical programme of your own!

For each idea, there is a useful document giving you guidance on how to do it, which you can find under the category finder on **www.DofE.org/physical**

INDIVIDUAL SPORTS:

Archerv Athletics Biathlon/Triathlon/Pentathlon Boxing Carpet Bowling Croquet Cross country running Cycling Fencing Flat Green Bowls Golf Horse riding Orienteering Petanque Running Walking

WATER SPORTS:

Canoeing Diving Dragon Boat Racing Rowing and sculling Sailing Sub aqua (SCUBA diving and snorkelling) Surfing/body boarding Swimming Synchronised swimming Windsurfing

DANCE:

Dance Scottish dancing Welsh folk dancing

It's your choice...

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning

You can use the handy programme planner on the website to work with your Leader to plan your activity.

RACQUET SPORTS: Badminton Real tennis Squash Table Tennis Tennis FITNESS: Cheerleading Fitness activities

Gymnastics Gymnastics Keep fit Medau movement Physical achievement Trampolining Walking Weightlifting Yoga

EXTREME SPORTS:

Caving and potholing Climbing Mountain biking Parachuting/sky diving Skateboarding Snow sports (Skiing, snowboarding)

MARTIAL ARTS:

Judo Martial Arts Self-defence

TEAM SPORTS:

American Football Baseball Basketball Boccia Camogie Carriage Driving Cricket Curling Fives Football Hockey Hurling Kabaddi Korfball Lacrosse Netball Polo Rounders Rugby Football League Rugby Football Union Stoolball Tchoukball Ultimate Flying Disc Volleyball

Visit

www.DofE.org/physical for more guidance, information, programme planners and programme ideas.