**Sample training programme**Bronze Award– weekly sessions - all sessions based on 2 hoursCheck out the new school calendar here **www.dofe.info/go/slc/**

| **Month** | **Week** | **Activity 1** | **Activity 2** | **Notes** | |
| --- | --- | --- | --- | --- | --- |
| **September** | **1** | Intro to DofE and basic info on all sections |  | Parents evening?  Hand out *parents leaflet* | |
|  | **2** | More info on Physical, getting ideas | Send out enrolment forms |  | |
|  | **2** | More info on Skill, getting ideas |  |  | |
|  | **4** | More info on Volunteering, getting ideas | Enrol participants | Encourage all participants to start at least one section in September | |
| **October** | **1** | What is an expedition?  Getting fit and different choices | Go through other sectional activity choices to ensure within guidelines | | |
|  | **2** | Aim and purpose work | **Intro to eDofE, get all logged on** | | |
|  | **3** | What is a map. Keep it simple – A to Z and online maps.  Intro to Scale | (Idea: Plan route to school / chippy etc using a road map or similar. Then write a description of the route.) | | |
| **November** | **1** | Measuring distance (on map and pacing / timing) | Idea: Map symbols bingo | | |
|  | **2** | Grid references, finding features and signs | Idea: Map Treasure hunt | | |
|  | **3** | Contours –what are they? Avoid them where possible! | Who can find the steepest hill on the map? | | |
|  | **4** | Countryside code and Countryside etiquette | |  | |
| **December** | **1** | What equipment do I need? | Rucksack packing | Use pictures on CD to help / bring packed rucksack | |
|  | **2** | Route planning intro, why do we need to plan? |  |  | |
|  | **3** | Aim research (organise expedition teams depending on ‘planned activity’ chosen) | **eDofE session** | **3 MONTH SECTION CHECK** | |
| **January** | **1** | Food and energy | Menu planning – what sort of food is best? | Bring some samples – weight difference - tins vs dehydrated | |
| **January** | **2** | Tents | Different types – have a go at pitching them | | |
|  | **3** | Cooking and menu tasting | Everyone bring something to cook and taste | | |
| **February** | **1** | First aid session 1 | | **ACCOMPANIED DAY WALK THIS MONTH** (day sack) | |
|  | **2** | Emergency procedures | |
|  | **3** | First aid session 2 | |
| **March** | **1** | Weather and forecasts | Prep for day walk | **ACCOMPANIED DAY WALK THIS MONTH**  (full ruck sack) | |
|  | **2** | What is a compass? (at Bronze – setting map only) | |
|  | **3** | Route planning for assessed expedition | **SECTION CHECK** |
|  | **4** | Prep for practice expedition | Kit issue / checks / go through route and what is required. Remind team of 20 conditions | | |
| **Easter** |  | **PRACTICE EXPEDITION (2 days and 1 night)** | | | |
| **April** | **1** | Debrief of practice expedition – what needs to be worked on? | | | Ensure parental consent is issued and returned / and paperwork submitted on time to Licenced Organisation |
|  | **2** | Finish planning route and submit paperwork for assessed expedition. | | |
| **May** | **1** | Recap on required topics ready for assessed expedition | | |  |
|  | **2** | Recap on required topics ready for assessed expedition | | | **eDofE Session to get completed sections uploaded** |
| **June / July** |  | Final prep and completion of **ASSESSED EXPEDITIONS** | | | **SECTION CHECK** – most should be nearly finished other 3 sections |
|  |  | Participants complete their Expedition reports and complete aims and goals on eDofE. | | | Ensure expedition assessor report uploaded to eDofE. |

**An editable version of this programme can be found on the Resources CD**