

# PHYSICAL

## What is this programme planner for?

When completing each section of your DofE Programme, you should develop a programme which is specific and relevant to you. This sheet will help you to plan your DofE programme for the Physical section.

For help and support see your DofE Leader or visit [www.DofE.org/physical](http://www.DofE.org/physical)

## The Physical section – why do it?

Doing physical activity is fun and it improves your health and physical fitness.

## How long should I do activity for the Physical section?

Level	Minimum time	Notes
Bronze	3 to 6 months	You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3.
Silver	6 to 12 months	You need to do either the Physical or Skills section for 6 months, the other for 3. If you haven't achieved Bronze you must extend your Volunteering or the longer of your Physical or Skills sections to 12 months.
Gold	12 to 18 months	You need to do either the Physical or Skills section for 12 months, the other for 6. If you haven't achieved Silver you must extend your Volunteering or the longer of your Physical or Skills sections to 18 months.

## Programme plan for: (your name) \_\_\_\_\_

### What kind of physical activity do you want to start doing or improve at? (tick box)

- Team sports       Individual sports       Water sports       Racquet sports  
 Dance       Fitness       Extreme sports       Martial arts

### How will you find out how you can do this locally?

*E.g. ask at your local sports centre, speak to friends and family, ask your P.E. teacher, research on the internet.*

### What are you specifically going to do? Where are you going to do it?

### How is this going to help you get more physically fit and healthy?

### What do you want to achieve? What are your specific goals?

### Who is going to help you complete your activity? *E.g. Who will coach you? Who will assess you?*

### What evidence will you collect to show your progress?