



Duke of Edinburgh Awards

Gordon's School





Timescale

- Bronze Award (14+ years)
- Silver Award (15+ years)
- Gold Award (16+ years)





Bronze Award

- Volunteering: 3 months /6 months
- Skill: 3 months /6 months
- Physical Recreation: 3 months /6 months
- Expedition: Plan, prepare for and undertake a 2 day, 1 night venture





Silver Award

- Volunteering: 6 months
- Skill: 3 / 6 months
- Physical Recreation: 3 / 6 months
- Expedition: Plan, prepare for and undertake a 3 day, 2 night venture





Gold Award

- Volunteering: 12 months
- Skill: 6 / 12 months
- Physical Recreation: 6 / 12 months
- Expedition: Plan, prepare for and undertake a 4 day, 3 night venture
- Residential: Undertake a shared activity in a residential setting away from home for 5 days and 4 nights





Key Principles

Key principles of the Award are:

- Non-competitive
- Available to all
- Voluntary
- Flexible
- Balanced
- Progressive
- Achievement focussed
- Marathon not a sprint
- Personal development
- Enjoyable





Skills

Aim: To encourage the discovery and development of personal interests and social and practical skills

Ideas:

- Musical (Bagpipes)
- Cooking
- Chess
- Darts
- Fishing
- Drawing
- Ceremonial drill





Volunteering

Aim: To encourage service to individuals and to the community

- People in the community
- Environmental service
- Emergency services
- Fundraising
- Scouts, Brownies and Rainbows.
- CCF





Physical Recreation

Aim: To encourage participation and improvement in physical activity

- Football
- Netball
- Golf
- Rugby
- Orienteering
- Other Sports





Expeditions

Aim: To encourage a spirit of adventure and discovery

Level Walking/Canoeing/Riding

All Expeditions with BXM Expeditions

- Bronze 6hrs Planned activity time (£150)
- Silver 7hrs Planned activity time (£210)
- Gold 8hrs Planned activity time (£341)





Benefits for Young People

In taking part, participants develop...

- Self belief and confidence
- Sense of identity
- Independence – of thought and action
- A sense of responsibility
- An awareness of their potential
- New talents and abilities
- An understanding of strengths and weaknesses
- The ability to plan and use time effectively
- The ability to learn from and give to others in community
- Skills including problem solving and communication
- The ability to lead and work as part of a team





Ten Tors

Gordon's School





Aim of Ten Tors

To encourage young people to take part in a planned expedition over Dartmoor.

The event is not a competition but a challenging adventure which demands careful planning, imagination, skilful navigation, endurance and teamwork by participants.





Ten Tors Charter

Ten Tors comprises of two annual events:

- The Expedition is a two day event for teams of 6 young people aged between 14 and 20 years old.
- The Jubilee Challenge is a one day event for less able-bodied young people who may enter as individuals or as part of a team





Ten Tors Primary Objectives

- To develop personal fitness through healthy outdoor activity
- Ability to walk safely in a wild country area and to navigate accurately in fine and foul weather
- Basic knowledge of First Aid
- To learn how to cope with adversity and how to strive to achieve
- To instil an appreciation of the landscape, wildlife and heritage of Dartmoor
- To promote a sense of adventure and fun
- To develop team spirit
- To encourage a yearning for further challenge through new found confidence, motivation and success





Ten Tors – Phase 1

Part 1: School

- 0700 hrs to 0745 hrs / Mon, Wed, Friday.
- Early morning training from January 2019
- Interval training
- Rowing
- Cross country running
- Swimming
- Gym work
- Endurance work
-and more





Ten Tors – Phase 2: Dartmoor

Accommodation: Okehampton Camp

Dates: 29th March – 04th April 2019
(Bronze expedition, practice & final)

Itinerary

- Day 1 Travel to camp, admin
- Day 2 Intro Walk 15 kms
- Day 3 Walk 23 kms, overnight camp
- Day 4 Walk 28 kms, overnight camp
- Day 5 Walk 15 kms, walk back to camp.
- Pupils pick the Team.
- Day 6 Day Off in Plymouth
- Day 7 Travel back to School.





Ten Tors – Phase 2: Dartmoor

Evening Sessions include

- First Aid
- Navigation
- Route selection
- Team building
- Preparation of equipment
- Emergency procedure
- Year 11 Helpers REVISION!!!!





Ten Tors – Selection process

- Students vote for their peers who they believe should represent Gordon's Ten Tors team (6 students per team)
- Students with the most votes are offered the team places.
- Ten Tors final takes place in May each year.

