

Make sure you choose activities you'll find fun and interesting

Each one hour weekly activity can be broken down into small chunks across the week if you'd prefer.

Many of you will probably be already doing something you can use for a section.

For even more ideas, visit:

<https://www.dofe.org/do/ideas/>

Volunteering

- ⇒ Supporting an **after school club**
- ⇒ Helping **elderly relatives** with chores
- ⇒ Helping with a younger **football team**
- ⇒ Helping with a primary school club
- ⇒ Volunteering at an **animal centre**
- ⇒ Helping at **Cubs / Rainbows**
- ⇒ Helping out at a **community café**
- ⇒ Helping at a local **climbing centre**
- ⇒ Volunteering in a **Charity Shop**
- ⇒ Helping a sibling with **homework**
- ⇒ Volunteering with **ParkRun**

We also have a Lees Brook Volunteering Programme which you can complete from home

You cannot volunteer for a profit making business.

Skill

This is about learning a new, or developing an existing skill. It cannot be a physical activity - e.g. the skill of football, as this would be part of the physical section

- ⇒ Develop your **cooking** skills at home. Cook something new each week ([we have a Lees Brook D of E cook book you can request](#)) 
 - ⇒ **Arts and crafts** activities
 - ⇒ Learn a **musical instrument** 
 - ⇒ **E-Sports** (multiplayer competitive games e.g. Fortnite, FIFA, etc)
 - ⇒ Develop **photography** skills through YouTube
 - ⇒ Learn **sign language**
 - ⇒ Learn **First Aid** with St John's Ambulance
 - ⇒ Learn **Bike Maintenance** using online videos 
 - ⇒ Learn to **knit, sew or crochet**
 - ⇒ Learn **DIY / Practical** skills
 - ⇒ Learn to **garden**
 - ⇒ Research your family & create a **family tree**
 - ⇒ **Painting, drawing or model making**
 - ⇒ **Video making or vlogging**
 - ⇒ Make a bird feeder and learn about **garden birds**
 - ⇒ Learn a new **subject** through Quizlet 
 - ⇒ Learn how to build a **website**
 - ⇒ Learn a new **language** using Duolingo 
- Plus many more ...**

Physical

This section is about being physically active, for 1 hour a week and improving your fitness

- ⇒ **Football** training or garden football
- ⇒ Lees Brook **PE after school activities** (Badminton, netball, football etc)
- ⇒ **Trampolining** 
- ⇒ Join a **Gym**
- ⇒ **Cycling** - use an app to track your routes to upload as evidence on EDofE 
- ⇒ **WiiFit games**
- ⇒ Do an hour's YouTube **fitness video** each week (try boot camps, Pilates, dance routines and more)
- ⇒ Complete the **Couch to 5K** or many other NHS fitness sessions
- ⇒ **Walks** in your local area 
- ⇒ **Climbing** at climbing centre
- ⇒ **Fitness challenges** (e.g. 100press up challenge, plank challenge, step challenge)

Plus many more ...

Remember, two sections are completed for 3 months, one is for 6 months.

You need to choose which section to complete for the 6 month period.