



WEST LANCASHIRE  
COMMUNITY HIGH SCHOOL



# DofE Mini Challenge

# Join in!



- We would like to challenge you all to complete your own Mini DofE Challenge
- Anyone can join in, the more the better – students, families, staff – any age 😊
- This is designed to be a bit of fun and unfortunately won't get an invite to the palace (boo, right?), but could have significant benefits for everybody's mental health and wellbeing...and you will get a certificate from us!

# What do I need to do?



- There are 4 sections –  
**Physical**, **Skill**, **Volunteering**, **Expedition**
- Choose an activity to try for the **Physical**, **Skill** and **Volunteering** sections – you might want to try something new 😊
- Try your activities – if you like them you might want to keep up with them for longer!
- Have a go at some of the **Expedition** activities.
- Let us know how you're getting on – send evidence (photos or written record) to [homeschool@westlancs.lancs.sch.uk](mailto:homeschool@westlancs.lancs.sch.uk)

# Physical



Anything that requires physical energy can count.  
Here's some ideas...but you might think of your own.

## Home Workout

[Joe Wicks](#)

[MrMotivator](#)

## Fitness Challenge

[Push-Up Challenge](#)

[Plank Challenge](#)

Step challenge

[NHS Fitness](#) – lots of ideas!

Zumba

Jogging

Walking

Cycling

Yoga

Wii Fit

Dancing - [Motsi](#)

## Sports Challenge

Keepy Uppy Challenge



# Skill



Learn a new skill or improve an existing one.  
Here's some ideas...but you might think of your own.

## Nature

Bird watching/make a birdfeeder

Bug hunt/make a bug house

Learning about plants/animals

Learn a new language

[First Aid Workbook](#)

Lego – lego challenge

Craft – make greetings cards, [origami](#)

DIY - Learn some skills and help at home

Gardening

Cooking

Learn a magic trick

Learn about something that interests you

Hair and beauty

Read/listen to books and review

Watch films and review

Learn sign language

Board/card games

[Singing](#)

Dancing

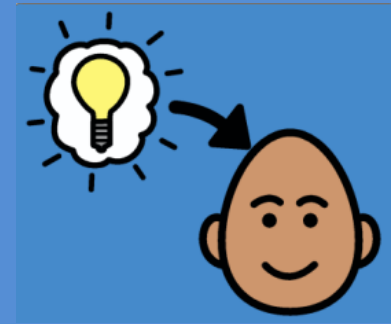
Fine Motor Skills

Photography/videography/animation

Learn some new computing skills

Meditation

Juggle



# Volunteering



Giving up your time to do something helpful without getting paid. Here's some ideas...but you might think of your own.

Keep in touch with elderly or vulnerable family members or neighbours – give them a call, send them a note – help them to learn how to use modern technology!

Send notes or cards to care homes

Send notes or cards to NHS workers

Raise awareness of a cause or charity important to you

Help with housework/ gardening/looking after younger siblings

Read with younger siblings



Something maybe for grown ups or crafty young people - knit, sew or crochet for charity

<http://www.lovinghands.org.uk/>

# Expedition



Learning skills for a camping adventure  
Here's some ideas...but you might think of your own.

[Our Website](#) has lots of ideas for activities you can do:

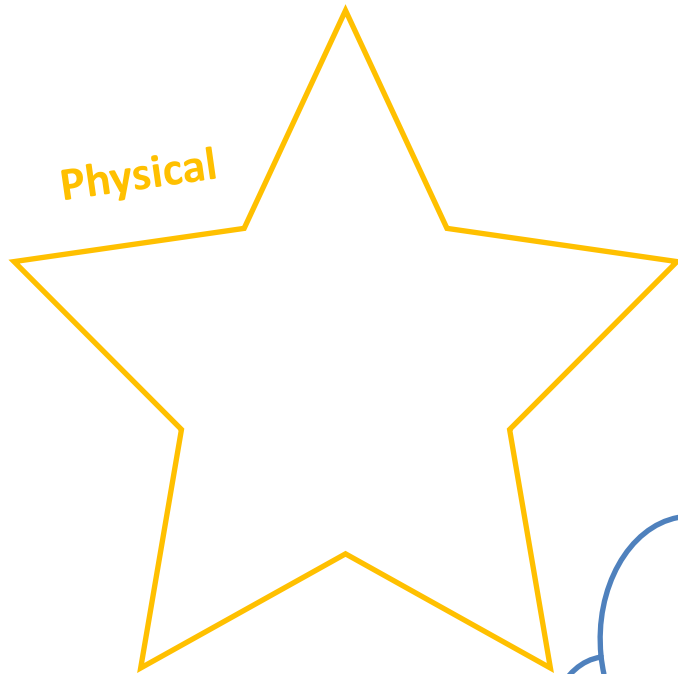
- Countryside Code – learn about the Countryside Code and make a poster, leaflet or record a video 'advert' to tell people about the main rules.
- Maps – complete the Map Reading Made Easy Workbook, Map Puzzle 1, Map Reading Exercise
- Food – Cook and/or eat outside...have a picnic! Use the resources on the website to learn about food and plan a camping menu.
- Camping – Build a den/shelter. If you have a tent put it up in the garden! What essential items would you take on an adventure?
- First Aid – Follow the workbook on our website
- Adventure – go for a local walk or bike ride





# My Challenge

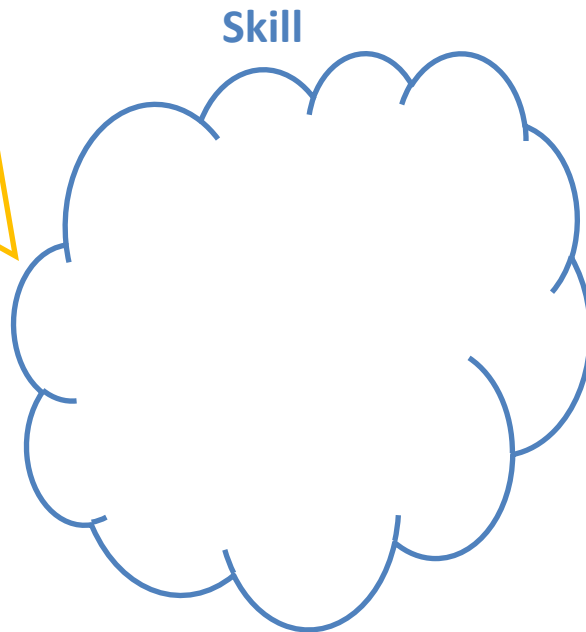
What I am going to do...



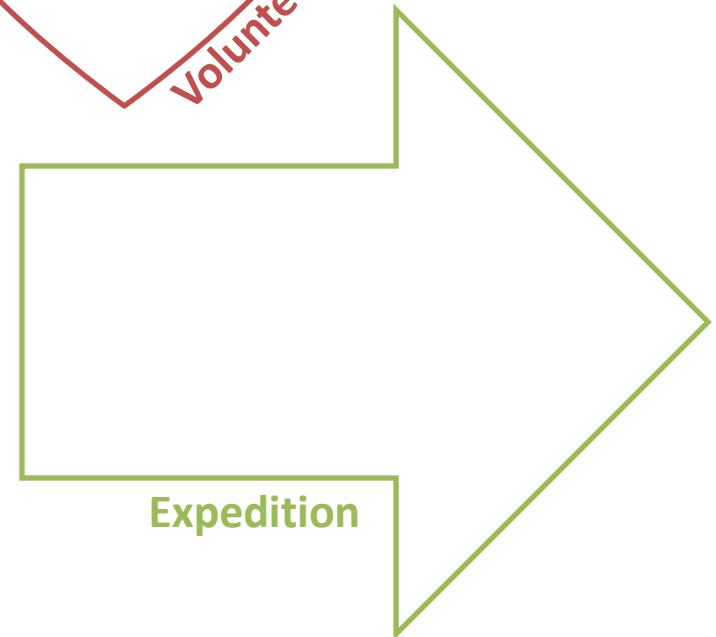
Physical



Volunteering



Skill



Expedition



# Celebrate!



Let us know how you get on by:

- Photos and videos
- Keep a diary
- PowerPoint presentation showing what you have done
- Scrapbook
- Or any other way...be creative!
- Send evidence to [homeschool@westlancs.lancs.sch.uk](mailto:homeschool@westlancs.lancs.sch.uk)

Try something new and have fun 😊  
We can't wait to see your challenges

