

Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

This sheet gives you a list of programme ideas that you could do or you could use it as a starting point to create a physical programme of your own.

You can find more information at DofE.org/physical

and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**.

It's your choice...

Doing physical activity is fun and improves your health and physical fitness. There's an activity to suit everyone so choose something you are really interested in.

Help with planning

You can use the programme planner on the website to work with your Leader to plan and agree your activity before you start.

| Individual sports | Water sports | Scottish/Welsh/Irish | Extreme sports | Camogie |
|-------------------------|-----------------------|----------------------|----------------------|----------------------|
| | | dancing | | Cricket |
| Airsoft | | Street dancing/ | BMX | Curling |
| Archery | | breakdancing/hip | Caving & potholing | Dodge disc |
| Athletics (any field or | Dragon Boat Racing | hop | Climbing | Dodgeball |
| track event) | Free-diving | Swing | Free running | Fives |
| Biathlon/Triathlon/ | Kite surfing | Tap dancing | (parkour) | Football |
| Pentathlon/ | Kneeboarding | | lce skating | Frame football |
| Aquathon | Rowing & sculling | Racquet sports | Mountain biking | Futsal |
| Bowls | Sailing | | Mountain unicycling | Gaelic football |
| Boxing | Skurfing | Badminton | Parachuting | Goalball |
| Croquet | Sub aqua (SCUBA | Matkot | Skateboarding | Handball |
| Cross country | diving & | Racketball | Skydiving | Hockey |
| running | snorkelling) | RacketlonRackets | Snow sports (skiing, | Hurling |
| Cycling | Surfing/body | Rapid ball | snowboarding, | lce hockey |
| Fencing | boarding | Real tennis | snowkiting) | Kabaddi |
| Geocaching | Swimming | Squash | Speed skating | Korfball |
| Golf | Synchronised | Table tennis | Street luge | Lacrosse |
| Gymnastics | swimming | | | Netball |
| Horse riding | Underwater rugby | Wheelchair tennis | Martial arts | Octopushing |
| Modern pentathlon | Wakeboarding | | | Polo |
| Motocross | Windsurfing | Fitness | Aikido | Quidditch |
| Orienteering | | 1101635 | Capoeira | Roller derby |
| Paintballing | Dance | Aerobics | 🔄 Ju Jitsu | Rogaining |
| Pétangue | Dance | Cheerleading | Judo | Rounders |
| Roller blading | Ballet | Fitness classes | Karate | Rugby (union/League) |
| Roller skating | Ballroom dancing | Gym work | Kendo | Sitting Volleyball |
| Running | Belly dancing | Medau movement | Mixed martial arts | Sledge hockey |
| Static trapeze | Bhangra dancing | Physical | Self-defence | Sledge ice hockey |
| Supercross | Ceroc | achievement | Sumo | Softball |
| Ten pin bowling | Contra dance | Pilates | Tae Kwon Do | Stoolball |
| | Country & Western | Pole dancing | Tai Chi | Tchoukball |
| Wheelchair fencing | Flamenco | Running/jogging | — | Tug of war |
| | Folk dancing | Walking | Team sports | Ultimate flying disc |
| wresting | Jazz | Weightlifting | • | Volleyball |
| | Line dancing | Wii-fit | American football | Wallyball |
| | Morris dancing | Yoga | Baseball | Water polo |
| | Salsa (or other Latin | | Basketball | Wheelchair |
| | styles) dancing | | Boccia | basketball |
| | | | | Wheelchair rugby |

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