



**Oakwood Academy**

A Visual Arts, Technology & Sports College

# Duke of Edinburgh Home Learning

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By Mr J Darnell

# Basic Learning in Duke of Edinburgh

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The purpose of The Duke of Edinburgh's Award at Oakwood Academy is to offer pupils with a wide range of life experiences that develop skills that can be transferred into other aspects of life. In doing this, pupils will achieve their internationally recognised Bronze Award.

Key learning in Physical Education at home can involve pupils completing work and/or tasks related to:

- Volunteering
- Physical
- Skills



# Learning Task 1 - Duke of Edinburgh

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- **Physical**

- Complete (at least) a three-mile walk outdoors.
- Consider what kit and equipment you might need to take.
- Take pictures along the way and send them in to Mr Darnell via Class Dojo.

**Why?**

Walking is a good way of developing your physical fitness. In addition to this, we will be doing lots of it as part of our award. So, developing your confidence in the outdoors will be a huge benefit.



# Learning Task 2 - Duke of Edinburgh

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- Volunteering

- Volunteer to help out a family member or friend with a task (shopping, cleaning etc.)
- Afterwards, think about and write down how it made you both feel.

## Why?

Helping others has many benefits for all. Try it out and experience this for yourself. In addition, you have to complete some volunteering to achieve your Bronze Award so it is a good idea to get going in your own time!



# Learning Task 3 - Duke of Edinburgh

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- **Skills**

- With permission and assistance from a parent / carer, cook a meal for yourself.
- Afterwards, think about and write down; what went well and what could have gone better.
- Remember to send a picture of your food in to Mr Darnell via Class Dojo - better still, save me some!

## Why?

Cooking is a skill that everybody needs to learn eventually. It is also a skill that you need to demonstrate in order to achieve your Bronze Award!

