



## Gold DofE Award At LGGS



At LGGS we start the Gold award at the start of Y12 with registration and enrolment onto the Award.

### SECTION CHOICES

This is very much up to you. If you did a previous level, you can choose the same activity for Gold, but you need to show development. It's best to try something new! Some of the enrichment activities can count such as the EPQ for the skills section and volunteering. The fitness suite can be used for the physical section as well. There is also scope to use mentoring with younger students as the volunteering section of the award. Remember no activities can be counted for the Gold before your 16<sup>th</sup> birthday. Activity logs should be completed for all three sections and uploaded onto your edofe account for verification.

### TIMESCALES

Section	Time	Comments
<b>Volunteering</b>	12 months	You should spend a minimum of one hour a week on each activity ( <b>at least 26 or 52 hours</b> ). You'll spend 12 months on your Volunteering section. For Physical and Skills you must spend 12 months on one and six months on the other – you decide which way round you do it.
<b>Physical</b>	6 or 12 months	
<b>Skills</b>	6 or 12 months	
<b>Expedition</b>	4 days/3 nights	You will complete 2 expeditions – practice and assessed.
<b>Residential</b>	5 days/4 nights	This entails staying away from home for five days and four nights doing a shared activity with people you don't know.

### HOW LONG WILL IT TAKE?

For Gold, you'll need to do your programme for at least 12 months if you've achieved your Silver Award, or 18 months if you've started at Gold level without doing your Silver – even if you've done Bronze.

### LGGS GOLD EXPEDITION

Borwick Hall, a Lancashire Outdoor education centre, help us to run our DofE expeditions. There are three important dates for you to remember.

- **April/May 2018** – Training day in the Lakes, to go over navigation and other expedition skills.
- **June 2018** – Practice expedition in the South Lakes – this is 4 days and 3 nights of camping and with instructors to help iron out any issues.
- **Aug/Sept Y12/13** – Qualifying expedition in North Lakes or Snowdonia, North Wales.

**If you have any questions please don't hesitate to get in contact with me at [k.shaw@lggs.lancs.sch.uk](mailto:k.shaw@lggs.lancs.sch.uk)**

**Thanks and see you on the hill, Kerry Shaw**