

DofE Updated Activity List for 'Stay at Home' Advice

Volunteering	Physical	Skill
Helping others at home	PE with Joe Wicks	English with David Walliams (WorldofDavidWalliams.com) https://www.worldofdavidwalliams.com/elevenses/
Missing Maps https://www.missingmaps.org/	Home workouts – Search YouTube e.g. 10 min workout each day	Music Lessons with Myleene Class https://www.youtube.com/watch?v=8XXmBlTadys
Keeping in touch with vulnerable neighbours	Jogging (e.g. Strava)	DuoLingo
Raising cause awareness	Army Fit app	First Aid – St John's https://www.sja.org.uk/globalassets/documents/dofe/dofeselfteachworkbook.pdf
Leonard Cheshire https://www.leonardcheshire.org/get-involved/volunteer-us/social-action?fbclid=IwAR1fEbg_Qov-zVzu5SY38yuh7wr29xOs5bjd8Uhb0HdI57t7pvMp5eAQThE	Sport skills e.g. keepy uppy, dribbling, Basketball, Netball, Volleyball skills...	iDEA online https://idea.org.uk/faqs/organisers/learner-management/173%7Cidea-and-the-duke-of-edinburghs-award
Volunteer for BeMyEyes	Trampolining	Playing an instrument
Community Care	Wii Fit	Vlogging
Help with providing meals for the community	Online Zumba lessons	DIY
Become an age UK digital buddy https://www.ageuk.org.uk/get-involved/volunteer/become-an-age-uk-digital-buddy/	Yoga (Youtube – Yoga with Adrian)	Tabletop Gaming / Board Games / Gaming
Loving Hands http://www.lovinghands.org.uk/	Skipping	Painting
Volunteer to translate https://translatorswithoutborders.org/	Learn a martial art	Learn sign language https://www.british-sign.co.uk/
Gardening and the Environment	Walking	Reading and book reviews
Knitting / Crochet hats for premature born babies	Dance with Oti Mabuse https://www.youtube.com/user/mosetsanagape	Science and Nature with Maddie Moate and Gregg https://www.youtube.com/watch?v=b7bi3xOZpaM
Peer Education	Cycling/exercise bike	Maths with Carol Vorderman (mathsfactor.com)
Communication - Teaching and using social media positively to contact your vulnerable friends and family. Writing letters	Fitness challenges (e.g. 100 press up challenge, plank challenge, step challenge)	Cooking, Baking or Food Tech with Jamie Oliver https://www.channel4.com/programmes/jamie-keep-cooking-and-carry-on
Animal welfare	Table Tennis	Performing Arts – Singing, Drama, Puppetry, Circus Skills
Sports Leadership – Design and run sports classes (online or for your family)	Improve fitness - doing many different activities	Science and Technology, STEM