

## **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
		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			
Motocross	Windsurfing	Fitness	Aikido	Quidditch
Orienteering		1101655	Capoeira	Roller derby
Paintballing	Dance	Aerobics	🔄 Ju Jitsu	Rogaining
	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
	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
Wrestling	Folk dancing	Walking	Team sports	Ultimate flying disc
Viesting	Jazz	Weightlifting		Volleyball
	Line dancing	Wii-fit	American football	Wallyball
	Morris dancing	Yoga	Baseball	Water polo
	Salsa (or other Latin	roga	Basketball	Wheelchair
	styles) dancing		Boccia	basketball
				Wheelchair rugby

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