

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/do 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

Airsoft Canoeing Diving Diving Diving Dragon Boat Racing or track event) Biathlon/Triathlon/ Pentathlon/ Aquathon Rowing & sculling Boxing Croquet Sub-griding Cycling Surfing/ Cycling Surfing/ Geocaching Geocaching Geocaching Geocaching Geocaching Geocaching Geocaching Geocaching George Fielding Synchronised Swimming Hotocross Windsurfing Dance Rowing Ballroom dancing Roller skating Roller skating Roller skating Roller skating Roller skating Ballroom dancing Roller skating Roller s	Archery Athletics (any field or track event) Biathlon/Triathlon/ Pentathlon/ Aquathon Bowls Boxing Croquet Cross country running Cycling Fencing Geocaching Golf Gymnastics Horse riding	Diving Dragon Boat Racing Free-diving	breakdancing/ hip hop	Caving & potholing	
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Wheelchair fencing Flamenco Walking Tug of war		Country & Western		Tai Chi	☐ Tchoukball
					☐ Tug of war
	Wrestling	Folk dancing	Weightlifting	Team sports	Ultimate flying disc
☐ Jazz Wii-fit ☐ Volleyball					
Line dancing Yoga American football Wallyball		Line dancing			
☐ Morris dancing ☐ Baseball ☐ Water polo					
☐ Salsa (or other Latin ☐ Basketball ☐ Wheelchair					
styles) dancing Boccia basketball		Saisa (or other Latin			