

Below is a fairly comprehensive list of activity suggestions for participants. If an activity is specifically listed, that is the only section it should be used for. We acknowledge that most sports involve a level of skill, but the National Award Authority has stated that if you're moving about & breaking a sweat, the activity is Physical Recreation, not Skill. If you're unsure, please check before starting the activity.

## Physical Recreation

**AIM:** To improve your physical fitness and wellbeing, and get active.

**ETHOS:** The Physical Recreation Section of The Duke of Ed offers young people the opportunity to participate in physical activity in a variety of ways: some people want to train alone, others enjoy non-competitive activity with one or more friends, others love the challenge of team sports, and others still are exhilarated by the thrill of competition.

If your planned activity is not here, please contact SAOA to double check that it's okay for Physical Rec.

Abseiling	Dragon Boat Racing	Kung Fu	Snowboarding
Acrobatics	Endurance training	Lacrosse	Soccer
Aerobics	Equestrian	Line dancing	Softball
Aikido	Fencing	Long jump	Speed skating
Archery	Fitness training	Marching	Squash
Athletics	Flamenco dancing	Martial Arts (all types)	Street luge
Badminton	Folk dancing	Medau movement	Sumo wrestling
Ballet	Football (all codes)	Modern pentathlon	Surfing/body boarding
Ballroom Dancing	Free running	Motorcycle racing	Swimming
Baseball	Free-diving	Mountain biking	Swing dancing
Basketball	Frisbee	Netball	Synchronised swimming
Belly dancing	Futsal	Obstacle Course Racing	Table tennis
Bhangra dancing	Gaelic football	Orienteering	Tae Kwon Do
Biathlon	Golf	Parachuting	Tai Chi
Bocce	Gridiron	Pentathlon	Tap dancing
Body Building	Gym work	Personal Training	Ten pin bowling
Bowling	Gymnastics	Pétanque	Tennis
Bowls	Hacky sack	Pilates	Tissu / Silks
Boxing	Handball	Polo	Touch football
Breakdancing	High jump	Power lifting	Trampolineing
Hip hop dancing	Hockey	Power walking	Trapeze
Calisthenics	Horse riding	Quoits	Triathlon
Camogie	Hurling	Riding	Triathlon
Canoeing	Ice skating	Rock climbing	Ultimate frisbee
Capoeira	Indoor soccer	Rogaining	Underwater hockey
Caving & potholing	Irish dancing	Roller blading/skating	Underwater rugby
Ceroc dancing	Javelin	Rowing & sculling	Unicycling
Cheerleading	Jazz	Rugby	Volleyball
Climbing	Jogging	Running	Walking
Cricket	Ju Jitsu	Sailing	Water polo
Croquet	Judo	Scuba diving	Water skiing
Cross country running	Jugger	Scuba diving Snorkelling	Weightlifting
Curling	Kabaddi	Self-defence	Wheelchair rugby
Cycling	Karate	Shot put	Windsurfing
Dancing (all types)	Kayaking	Skateboarding	Wrestling
Discus throwing	Kite flying	Skiing	Yachting
Diving	Kneeboarding	Skipping	Yoga
Dodgeball	Korfball	Skydiving	Zumba

# Award Activity Ideas

## Skill

**AIM:** To unleash your talents and broaden your personal interests and skills.

**ETHOS:** With so many hobbies and interests to choose from, the Skill Section of The Duke of Ed allows young people to explore and discover talents within themselves that they may have only hoped for or dreamed about. In some ways, this is the broadest Section of The Award, as it offers so many choices based on individual interests and passions, whether artistic, creative, musical, academic, technical, cultural or some other area.

If your planned activity is not here, please contact SAOA to double check that it's okay for Skill.

Acting	Conjuring & magic	Genealogy	Peer education
Aerodynamics	Conservation	Glass blowing	Photography
Aeronautics	Contact juggling	Glass painting	Physics
Agriculture / farming	Cooking	Glasswork	Playing an instrument
Aircraft recognition	Costume making	Gliding	Pool / Snooker / Billiards
Amateur radio	Criminology	Go-karting	Pottery
Anatomy	Crochet	Graphic Design	Power boating
Anthropology	Cross stitch	Hair & beauty	Public speaking
Aquarium keeping	Cycle maintenance	Historical re-enactments	Puppetry
Archaeology	Dance appreciation	History of art	Quilting
Art history	Dance Theory	Home science	Radio
Astronautics	Darts	Animal handling & care	Reading
Astronomy	Debating	Horticulture	Religious studies
Audio production	Democracy and political studies	Information technology	Robot building
Backgammon	Disc Jockey (DJ)	Interior design	Rocket making
Basket making	Dog training & handling	IT	Role playing games
Baton twirling	Dominoes	Jewellery making	Rope work
Beekeeping	Dowsing & divining	Journalism	Rug making
Billiards	Drama and theatre skills	Juggling	Scrap booking
Biology	Draughts	Keeping pets	Sculpture
Bird watching	Drawing	Kite construction & flying	Sewing
Boat work	Dressmaking	Knitting	Sign language
Bookbinding	Driving	Lace making	Singing
Botany	Ecology	Languages	Soft toy making
Braille	Egg decorating	Leatherwork	Speech & drama
Brass rubbing	Electronics	Lettering & calligraphy	Sports officiating
Building catapults	Embroidery	Macramé	Stamp collecting
Cake decoration	Enamelling	Marine biology	Table games
Calligraphy	Engineering	Marksanship	Tailoring
Campanology	Entomology	Massage	Taxidermy
Candle making	Fabric printing	Metal work	Taxonomy
Canoe building	Fashion	Model building & racing	Textile / fashion design
Canvas work	Film & video making	Mosaic	Theatre appreciation
Card making	Film studies	Motor sports	T-shirt painting
Caring for reptiles	First Aid	Music appreciation	Upholstery
Ceramics	Fishing/fly fishing	Navigation	Vehicle restoration
Ceremonial drill	Flower arranging	Needle tatting	Ventriloquism
Chemistry	Flying	Newsletter production	Weather /meteorology
Chess	Foreign languages	Oceanography	Weaving and spinning
Choreography	Forestry	Origami	Website and digital communications
Clay modelling	Furniture making	Painting	production
Clay target shooting	Gardening	Palaeontology	Woodwork
Coin collecting	Gemstones	Patchwork	Writing

## Volunteering / Service

**AIM:** To connect with your community and give service to others and their communities.

**ETHOS:** Perhaps the most personal of all The Duke of Ed Sections, Volunteering is all about giving back to the community you are part of, or giving to others and their communities. Whatever passions young people may have, whether it's care and concern for the environment, a love of animals, a desire to make a difference to the lives of those less fortunate than themselves or a wish to help the sick or elderly, the Volunteering Section offers the structure to fulfil these passions.

### **People in the community**

- Visiting people in need, such as the elderly or disabled people, on a regular basis to provide assistance with shopping, gardening or other domestic tasks, or simply to keep them company
- Voluntary work in hospitals and care centres
- Sports coaching or leadership
- Assisting in the school or sports club canteen
- Voluntary work with groups like RSL, Leos, Apex, Young Rotary, Red Cross, Meals on Wheels, op shops, etc

### **Youth work**

- Acting in a leadership role in a youth club or uniformed youth organisation
- Helping other young people participate in The Award by acting as a leader for Bronze or Silver participants under the guidance of one's own Award Leader

### **Community education and health education**

- Teaching a person to read or write
- Assisting in the teaching of primary school children

### **Environmental service**

- Participating in a conservation project, eg. clearing wasteland, cleaning a river, or caring for threatened wildlife or trees
- Caring for a public or school garden
- Providing, maintaining, and encouraging the use of public wastepaper bins
- Working in a clean-up campaign
- Bush and natural environment regeneration

### **Animal welfare**

- Caring for animals under threat
- Assisting with organisations who care for neglected and abandoned animals, such as the RSPCA
- Walking the dog of an elderly or disabled person

### **Charity work**

- Fundraising for a charity – this could be through fundraising events, organising a school fundraising drive. Don't forget that The Award is a not-for-profit organisation who relies on fundraising to survive
- Volunteer work with a charity organisation

### **Emergency services**

- Helping an emergency service team, eg. fire services, surf life-saving, lifeboats, coastguard, police, mountain rescue, civil defence
- Assisting with local or national disaster operations.

There may be many more opportunities within your school or general local community! Have a chat with your Award Leader if you're still stuck for ideas!

## Adventurous Journey

**AIM:** To discover a spirit of adventure and discovery whilst undertaking a journey in a group

**ETHOS:** The Adventurous Journey is all about getting out and going on an expedition or exploration in an unfamiliar and challenging environment, with a clear purpose. More than any other Section of The Duke of Ed, the Adventurous Journey is about team work and social connection with both the team members who will undertake the journey, and also the Volunteers# who instruct, supervise and assess the journey. At the heart of the Adventurous Journey, is the opportunity for a young person to engage in activities that require determination, physical effort, perseverance, problem solving and cooperation. It is hoped that all who undertake this Section of The Duke of Ed, are rewarded with a unique, challenging and memorable experience

**Please note that there are specific requirements around supervision for AJs in Queensland. Please see the AJ Fact Sheet, AJ Roles and Responsibilities table, and the SAOA website for the details.**

### Expedition: A journey with a purpose

Expedition ideas:

- Bushwalking
- Canoeing
- Cross country skiing
- Cycling
- Rafting
- Rowing
- Sailing

### Exploration: A purpose with a journey

Exploration ideas:

- Cultural trips
- Orienteering
- Scientific exploration
- Marine study
- Survey of national/wildlife park
- Historical trip

### Adventurous Projects (Gold & over 18s Only): Doesn't quite conform, & requires prior approval from SAOA

Project ideas:

- Climbing an Andean, Himalayan or other high mountainous peak
- Following a trail of historical significance
- Retracing the path of an early explorer
- Geological survey in Central Australia
- Archaeological dig in remote areas
- Studying ecosystems in a remote area

## **Residential Project (Gold only)**

**AIM:** To broaden your horizons and open your eyes to the world

**ETHOS:** The Residential Project offers Participants unique experiences that truly broaden horizons and challenges their outlook. At the heart of the Residential Project is the undertaking of a purposeful experience with people who are not the Participant's usual companions, working towards a common goal. Adding to this, the young person is also outside of their usual place of residence, often in an unfamiliar environment with unfamiliar people. It is hoped that the Residential Project rewards Gold Award Participants with a sense of personal achievement, enhanced social connection with new and interesting people, and a truly life changing experience.

There are lots of options for the Residential Project! This is just a small list, to get you started. If there's something you're keen on, but not sure if it'll fit, please contact the SAOA!

### **Personal training courses**

- Residential language courses
- Leadership training
- Skills development (e.g. music, art, craft)
- Ecology study course
- Youth camps
- Youth parliaments

### **Environment and conservation projects**

- Environmental clean up
- Volunteer work with national parks
- Research on habitats and ecosystems
- Restoration of buildings

### **Service to other people and communities**

- Provision of facilities
- Construction projects
- Assisting as a leader at a camp for young people
- Working with a local or an overseas aid charity
- Working in a care home or hospital

### **Activity based**

- Outdoor adventure courses
- Sports coaching course
- Sport skills development

Gold Participants should always submit a Gold Award Plan before starting their activities, just to ensure that all the activities can be included. The Plan should be discussed with the Award Leader, and then submitted to the State Award Operating Authority for approval.