



PHYSICAL

Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. 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!

For each idea, there is a useful document giving you guidance on how to do it, which you can find under the category finder on www.DofE.org/physical

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 handy programme planner on the website to work with your Leader to plan your activity.

INDIVIDUAL SPORTS:

Archery
Athletics
Biathlon/Triathlon/Pentathlon
Boxing
Carpet Bowling
Croquet
Cross country running
Cycling
Fencing
Flat Green Bowls
Golf
Horse riding
Orienteering
Petanque
Running
Walking

WATER SPORTS:

Canoeing
Diving
Dragon Boat Racing
Rowing and sculling
Sailing
Sub aqua (SCUBA diving and snorkelling)
Surfing/body boarding
Swimming
Synchronised swimming
Windsurfing

DANCE:

Dance
Scottish dancing
Welsh folk dancing

RACQUET SPORTS:

Badminton
Real tennis
Squash
Table Tennis
Tennis

FITNESS:

Cheerleading
Fitness activities
Gymnastics
Keep fit
Medau movement
Physical achievement
Trampoline
Walking
Weightlifting
Yoga

EXTREME SPORTS:

Caving and potholing
Climbing
Mountain biking
Parachuting/sky diving
Skateboarding
Snow sports (Skiing, snowboarding)

MARTIAL ARTS:

Judo
Martial Arts
Self-defence

TEAM SPORTS:

American Football
Baseball
Basketball
Boccia
Camogie
Carriage Driving
Cricket
Curling
Fives
Football
Hockey
Hurling
Kabaddi
Korfball
Lacrosse
Netball
Polo
Rounders
Rugby Football League
Rugby Football Union
Stoolball
Tchoukball
Ultimate Flying Disc
Volleyball

Visit
www.DofE.org/physical
for more guidance,
information, programme
planners and
programme ideas.