



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](http://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  
Trampolining  
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](http://www.DofE.org/physical)  
for more guidance,  
information, programme  
planners and  
programme ideas.