

COMMON MISTAKES

One of the most common mistakes we see when students choose their activities is picking any form of dance as a Skill.

Dance e.g. ballet, tap, street, modern etc comes under the Physical section. A basic rule of thumb is anything which makes you warm/sweaty is a Physical activity.

If you wish to use you love of Dance as a Skill then it needs to be a research project for example watching and comparing ballets and then writing up your findings or comparing and contrasting the works of Lin-Manuel Miranda.

Whilst this is allowed by the Duke of Edinburgh scheme at Salesian we really do prefer it if you have a range and breadth of activities for your chosen sections.

So it is fine for Volunteering to say coach a younger group at football and then for your Physical to play and improve in your matches. However for your Skills section please try to enhance a skill you are already doing such as playing a musical instrument or being part of a uniformed organisation or better still take up a new hobby.

At Salesian we like our participants to push themselves hopefully learn new skills such as cookery or take up a new sport or become a regular litter picker in their local community.

If you have any queries about your chosen section please refer to the suggestions on our website. Still unsure speak to your DofE Leader or pop in to Room 37 on a Wednesday lunchtime where a member of the DofE team is waiting to help and advise you.