



## MASTER GUIDE PROGRAM



# The Duke of Edinburgh's Award

## Physical Fitness Requirements



(Partial Fulfilment of the Duke of Edinburgh's Award)



# The Duke of Edinburgh's Award

The Duke of Edinburgh's Award is a major international program recognised and used by organisations working with young people throughout the world. I

Introduced in the United Kingdom in 1956, it was designed to motivate boys aged between 15 and 18 to become involved in a balanced program of voluntary self-development activities to take them through the potentially difficult period between adolescence and adulthood.

The Award has since crossed gender, cultural, religious, political and geographical boundaries and is inclusive of anyone between the ages of 15 and 25. It currently operates in 120 countries.

## Aim

The aim of the Award is to encourage participation in physical recreation and improvement in physical fitness and performance.

Many young people participate in regular organised sport. However if you don't, there are still plenty of ways you can complete the physical recreation component of your Award. You could become part of a sporting team or undertake a physical activity as an individual or as part of a group. You should choose a physical activity that interests you: this can be something completely new, or it may be an activity of which you already have some knowledge or involvement.

The Physical Recreation section is about promoting a healthy lifestyle and about being active. Your Award Coordinator may assist in suggesting suitable activities in your local area. At Gold and Silver level (if you are undertaking Physical Recreation for twelve months) you may choose several activities over the twelve or eighteen months (e.g. a winter sport and a summer sport) but you must show a regular commitment in each activity.

Once you have chosen the activity, you should discuss it with your Assessor who will help you to set yourself challenging, realistic targets to achieve. You then need to follow it regularly for at least the minimum period in your individual Award Program.

You need to show regular commitment, progress and improvement. To assist you, it is suggested that you keep a diary or logbook of your activity, or you may find it useful to join a sports or activity club. You should also discuss and review your activity with your Award Coordinator and Assessor.

The activity you choose for your Physical Recreation section should:

- Involve physical activity;
- Be undertaken substantially in your own time;
- Involve a regular commitment averaging at least one hour per week.

	Minimum Time	If service chosen as longest section
<b>Bronze</b>	3 months	6 months
<b>Silver</b>	6 months	12 months (non-Bronze holders only)
<b>Gold</b>	12 months	18 months (non-Silver holders only)

## Examples of Physical Recreation

The following list is meant as a guide only. You can choose your own activity. Your Award Coordinator can also suggest examples of physical recreation.

- Aerobics
- Baseball
- Athletics
- Basketball
- Canoeing
- Dancing (all types)
- Gymnastics
- Football
- Martial arts
- Hockey
- Orienteering
- Lacrosse
- Physical fitness programs
- Netball
- Skiing
- Rowing
- Swimming
- Sailing
- Surfing
- Soccer
- Walking
- Squash
- Skateboarding
- Tennis
- Touch football

Challenge yourself to improve your physical fitness!

# My Commitment

Name \_\_\_\_\_

Physical Recreation Selected \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Date Commenced \_\_\_\_\_

Date Completed \_\_\_\_\_

Signature of District/Youth Director \_\_\_\_\_

Note: If you are aiming to obtain a Duke of Edinburgh's Award, physical fitness requirements must be signed off by a qualified Duke of Edinburgh's Co-ordinator.

Name of Co-ordinator \_\_\_\_\_

Signature of Co-ordinator \_\_\_\_\_