

# Duke of Edinburgh Section Categories and Activities

## PHYSICAL RECREATION SECTION

### Water Sports

- Canoeing
- Diving
- Kayaking
- Rowing
- Sailing
- Scuba Diving
- Snorkelling
- Surfing
- Swimming
- Synchronised swimming
- Water polo

### Gymnastics

- Aerobics
- Ballet
- Ballroom
- Capoeira
- Contemporary
- Funk
- Gymnastics
- Hip Hop
- Jazz
- Tap

### Athletics

- Discus
- General Athletics
- Hammer
- High Jump
- Javelin
- Jogging
- Long Jump
- Power walking
- Running – long distance
- Running – short distance
- Shot Put
- Track and Field
- Triple Jump
- Ultimate Frisbee
- Walking

### Snow/Winter Activities

- Bobsled
- Curling
- Ice Hockey
- Ice skating
- Luge
- Skeleton
- Ski jumping
- Skiing
- Skiing – Cross Country
- Sledding
- Snow boarding
- Speed skating
- Speed skiing
- Tobogganing

### Martial Arts / Self-Defence

- Aikido
- Boxing
- Capoeira
- Fencing
- Judo
- Jujitsu
- Karate
- Kendo
- Kickboxing
- Tae Kwon Do
- Wrestling

### Court & Field Sports

- Badminton
- Baseball
- Basketball
- Cricket
- Football - AFL
- Football - Futsal
- Football - NRL (Rugby League)
- Football - Oztag
- Football - Rugby Union
- Football - Soccer
- Football - Touch football

- Handball
- Hockey
- Lacrosse
- Netball
- Badminton
- Polo
- Softball
- Squash
- Squash
- Table tennis
- Table tennis
- Tennis
- Tennis
- Volleyball

### Outdoor Recreation

- Abseiling
- Cycling
- Hiking
- Horse riding
- Orienteering
- Parkour
- Skateboarding
- Rock climbing
- Rollerblading

### Gym/Personal Programs

- Body Attack
- Body Combat
- Cycling
- Jogging
- Personal Training
- Pilates
- Pump
- Running
- Skipping
- Spin
- Step
- Weight training
- Walking
- Yoga

## SKILLS SECTION

*There are some skill activities that are not covered by the Award's public liability insurance. These activities are marked with an \**

### Arts and Design

- Art and architecture appreciation
- Art history
- Calligraphy
- Choreography
- Dance Theory
- Drawing
- Graphic Design
- Painting
- Photography
- Sculpture
- Textile and fashion design

### Communications

- Audio production
- Braille
- Creative writing
- Film and video making
- Film studies
- Journalism
- Newsletter and Magazine production
- Public speaking and debating
- Radio hosting
- Radio production
- Reading
- Sign language
- Website – programming
- Website – front end design
- Website – production

### Foreign Languages

- French
- German

- Italian
- Japanese
- Korean
- Mandarin
- Russian
- Spanish
- Other

### Crafts

- Basket weaving
- Bookbinding
- Cake decoration
- Candle making
- Card making
- Ceramics
- Clay modelling
- Cookery
- Embroidery
- Flower arranging
- Glass painting
- Glasswork
- Jewellery making
- Knitting
- Lace making
- Leatherwork
- Origami
- Quilting
- Sewing
- Scrap booking
- Rug making
- Soft toy making
- T-shirt painting
- Weaving
- Wine making

### Environment /Nature

- Agriculture / farming
- Aquarium keeping

- Astronomy
- Bee keeping
- Bird watching
- Conservation
- Dog training and handling
- Fishing
- Forestry
- Gardening
- Horticulture
- Horse care and handling
- Insects study
- Keeping pets
- Weather studies / meteorology

### Games

- Backgammon
- Billiards
- Card games (no gambling)
- Chess
- Darts
- Role-playing games (live action)
- Other table games
- Pool

### Hobbies

- Aircraft recognition
- Brass rubbing
- Coin collecting
- Stamp collecting
- Ship recognition
- Model construction
- Model soldiers

### Life and Vocational Skills

- Accounting
- Committee skills

- Democracy and political studies
- Engineering
- Event planning and organising
- Furniture making
- Furniture restoration
- Hairdressing
- Health awareness
- Home science
- Information technology
- Learning to drive
- Peer education
- Metal work
- Money management
- Tailoring
- Woodwork
- Vehicle restoration
- Vehicle mechanics, including cars, motorbikes
- Upholstery

### Music al Instrument

- Acoustic guitar
- Bass guitar
- Bell ringing (campanology)
- Clarinet
- Drums
- Flute
- Percussion
- Piano
- Saxophone
- Trombone
- Trumpet
- Violin

**Music (other)**

- Disc Jockey (DJ)
- Music appreciation
- Musical theory
- Singing solo, in a choir or a band
- Writing music

**Performance**

- Acting
- Baton twirling
- Drama and theatre skills
- Circus skills
- Puppetry

**Sports Related**

- Dance theory
- Flying \*
- Gliding \*
- Marksmanship
- Motor sports \*
- Sports equipment

making and maintenance

- Sports ground maintenance
- Sports officiating
- Umpiring and refereeing
- Other

## SERVICE SECTION

### Health

- Aide elderly/retired
- Develop and volunteer First Aid skills
- Help people in care centres
- Hospital assistance

### Media

- Newspaper
- Radio station
- TV Station

### Education

- Reading and/or writing program
- Teacher's aide
- Tutoring

### Environmental

- Bush/nature regeneration
- Caring for public school or garden
- Conservation project
- Join Local land care groups

- Provide and promote proper disposal of waste

- Working in a cleanup campaign

### Animal Welfare

- Assisting organisation caring for neglected animals e.g. RSPCA

- Caring for animals under threat

- Walking dog of elderly or disabled person

- Wildlife rescue

### Charity

- Assistance at any charity eg: hospice, Trade Aid

- Create/maintain charity website

- Food bank / soup kitchen

- Fundraising for a charity/group/school

- Office assistance for charity

- Produce a newsletter for

charity

### Emergency Services

- Fire and Rescue Service
- State Emergency Service (SES)
- Surf Lifesaving

### Leadership

- Assist Duke of Ed Coordinator
- Coach/Teacher
- Leader of a youth club/organisation

### Service to Other People

- Befriend and help disadvantaged
- Help and befriend elderly
- Visit detention centres/prisons
- Other

## ADVENTUROUS JOURNEY SECTION

### **Expedition**

- Bushwalking
- Canoeing
- Cross Country Skiing
- Cycling
- Dog sledding
- Hiking
- Horse riding
- Kayaking
- Rafting

- Rock climbing

- Rowing

- Sailing

### **Surfing Exploration**

- Cultural trips

- Historical trip

- Marine study

- Orienteering

- Rock climbing

- Scientific exploration

### **Survey of national/wildlife park Adventurous Project (Gold Only)**

- Climbing a high mountainous peak

- Following an ancient pilgrimage

- Retracing the path of an early explorer

- Solo sailing trip

## RESIDENTIAL PROJECT SECTION

### **Personal training courses**

- Ecology study course
- Leadership training
- Residential language courses
- Skills development
- Youth camps

### **Youth parliaments Environment and conservation projects**

- Environmental clean up
- Research on habitats and ecosystems
- Restoration of buildings

### **Volunteer work with national parks Service to other people and communities**

- Assisting as a youth camp leader
- Construction projects
- Provision of facilities
- Working in a care home or hospital
- Working with overseas aid charity Activity based
- Crew member on board a Tall Ship
- Outdoor adventure courses
- Sport skills development