

Adapted D of E section activities during COVID-19

- Some of these activities require an outdoor space, access to internet and specific equipment
 - You must upload evidence and assessor's reports for each section activity on eDofe
- Visit <https://www.dofe.org/dofewithadifference/programme-changes> for info on new changes and <https://www.dofe.org/dofewithadifference/activities> for more activity ideas

VOLUNTEERING

- Help a neighbour-in-need with shopping and collecting necessary items
- Become a homework tutor for your siblings
- Help your parents with house chores
- Collect data for local wildlife trust (survey your garden)
- Set up an online donation page for a charity and fundraise money for them (sponsored activities)
- Kissing It Better charity for supporting older people in isolation with youth projects (<https://kissingitbetter.co.uk/news/dofe-volunteering-zoom-sessions-weekdays-4pm/>)
- Missing Maps online volunteer project (<https://www.missingmaps.org/>)
- Zooniverse virtual volunteer project (<https://www.zooniverse.org/projects>)

PHYSICAL

- Boxing and weightlifting
- Cricket exercises
- Fitness
- Static bike cycling
- Golf
- Judo
- Dance and cheerleading
- Volleyball
- Badminton
- Table tennis
- Walking
- Tae Kwon Do
- Basketball and netball
- Aerobics
- Pilates
- Karate
- Yoga
- Tai chi
- Football exercises
- Hockey exercises
- Gymnastics
- Trampolining
- Skateboarding

SKILLS

- Harvard University online courses (<https://online-learning.harvard.edu/catalog/free>)
- National Geographic conservation syllabus (<https://www.nationalgeographic.org/projects/exploring-conservation/>)
- Ballet appreciation
- Puppetry
- Circus skills
- Singing/spoken word/rap skills
- Theatre/dramatics
- Astronomy and meteorology
- Embroidery
- Wildlife conservation
- Robotics/engineering skills
- Subject specific studies
- Art
- Musical instrument lessons
- Website design
- Chess
- Darts
- Dominoes
- Kite construction
- Snooker/pool
- Cookery
- Hair and beauty skills
- First aid basics
- Massage
- Money management
- Public speaking
- Costume-making
- Fashion studies
- Language learning
- Vlog/blog making
- Film and video making
- Creative writing
- Jewellery making
- Knitting
- Woodwork
- Gardening and DIY
- Pet training/handling