



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 (any field or track event)  
Biathlon/Triathlon/  
Pentathlon  
Bowling  
Boxing  
Croquet  
Cross country running  
Cycling  
Fencing  
Golf  
Horse riding  
Modern pentathlon  
Orienteering  
Pétanque  
Roller blading  
Running  
Static trapeze  
Wrestling

#### **Water sports:**

Canoeing  
Diving  
Dragon Boat Racing  
Free-diving  
Kneeboarding  
Rowing & sculling  
Sailing  
Skurfing  
Sub aqua (SCUBA diving & snorkelling)  
Surfing/body boarding

#### **Dance:**

Swimming  
Synchronised swimming  
Windsurfing  
Ballet  
Ballroom dancing  
Belly dancing  
Bhangra dancing  
Cercoc  
Contra dance  
Country & Western  
Flamenco  
Folk dancing  
Jazz  
Line dancing  
Morris dancing  
Salsa (or other Latin styles) dancing  
Scottish/Welsh/Irish dancing  
Street dancing/  
breakdancing/hip hop  
Swing  
Tap dancing

#### **Racquet sports:**

Badminton  
Matkot  
Racketlon  
Rapid ball  
Real tennis  
Squash  
Table tennis  
Tennis

#### **Fitness:**

Aerobics  
Cheerleading  
Fitness classes  
Gym work  
Gymnastics  
Medau movement  
Physical achievement  
Pilates  
Running/jogging  
Trampolineing  
Walking  
Weightlifting  
Yoga

#### **Extreme sports:**

Caving & potholing  
Climbing  
Free running (parkour)  
Ice skating  
Mountain biking  
Mountain unicycling  
Parachuting  
Skateboarding  
Skydiving  
Snow sports (skiing, snowboarding, snowkiting)  
Speed skating  
Street luge

#### **Martial arts:**

Aikido  
Capoeira  
Ju Jitsu  
Judo  
Karate  
Self-defence  
Sumo  
Tae Kwon Do  
Tai Chi

#### **Team sports:**

American football  
Baseball  
Basketball  
Boccia  
Camogie  
Cricket  
Curling  
Dodge disc  
Dodgeball  
Fives  
Football  
Hockey  
Hurling

Kabaddi  
Korfbal  
Lacrosse  
Netball  
Octopushing  
Polo  
Rogaining  
Rounders  
Rugby  
Sledge hockey  
Stoolball  
Tchoukball  
Ultimate flying disc  
Underwater rugby  
Volleyball  
Wallyball  
Water polo

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