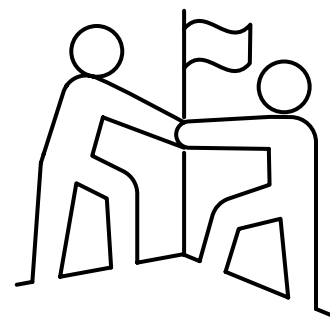


Programme ideas:

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. You can find more information at **DofE.org/do** and there is a range of exciting opportunities to help you complete this section at **DofE.org/finder**

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 programme planner on the website to plan your activity with the support of your DofE Leader.

Please note: The programme ideas listed below are thinking prompts, we cannot guarantee that these programmes are actively run by providers.

Individual sports

- Airsoft
- Archery
- Athletics (any field or track event)
- Bowls
- Boxing
- Croquet
- Cycling
- Fencing
- Geocaching
- Golf
- Gymnastics
- Horse riding
- Motocross
- Orienteering
- Paintballing
- Pétanque
- Roller skating
- Ten pin bowling
- Trampolining
- Wheelchair fencing
- Wrestling

Dance

- Ballet
- Ballroom dancing
- Folk dancing
- Jazz
- Line dancing
- Morris dancing
- Salsa (or other Latin styles) dancing
- Street dancing
- Breakdancing
- Swing
- Tap dancing

Racquet sports

- Badminton
- Padel
- Pickleball
- Squash
- Table tennis
- Tennis
- Wheelchair tennis

Water sports

- Canoeing
- Diving
- Dragon Boat Racing
- Free-diving
- Kite surfing
- Rowing & sculling
- Sailing
- SCUBA diving & snorkelling
- Stand Up Paddleboarding (SUP)
- Surfing
- Swimming
- Synchronised swimming
- Wakeboarding
- Windsurfing

Fitness

- Aerobics
- Calisthenics
- CrossFit
- Fitness classes
- Gym work
- Hyrox
- Mobility
- Physiotherapy
- Pilates
- Rehabilitation exercises
- Running/jogging
- Walking
- Weightlifting
- Yoga

Martial arts

- Ju Jitsu
- Judo
- Karate
- Mixed martial arts
- Self-defence
- Sumo
- Tae Kwon Do
- Tai Chi

Extreme sports

- Bouldering
- BMX
- Caving
- Potholing
- Climbing
- Free running
- Parkour
- Ice skating
- Mountain biking
- Parachuting
- Skateboarding
- Snow sports
- Skiing
- Snowboarding
- Speed skating

Team sports

- American football
- Baseball
- Basketball
- Boccia
- Cheerleading
- Cricket
- Curling
- Football
- Gaelic football
- Handball
- Hockey
- Hurling
- Ice hockey
- Lacrosse
- Netball
- Polo
- Roller derby
- Rounders
- Rugby (union/League)
- Sitting Volleyball
- Sledge hockey
- Softball
- Tug of war
- Ultimate flying disc
- Volleyball
- Walking football
- Water polo
- Wheelchair basketball
- Wheelchair rugby



**YOUTH
WITHOUT
LIMITS**