

Programme ideas: Physical section

When completing each section of your DofE, you should develop a programme which is specific and relevant to you. Many of the DofE programme activities can be adapted to meet the needs of young people with disabilities and some, referred to as adapted sports, are unique to disabled people.

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](https://www.dofe.org/do) and

there is a range of exciting opportunities to help you complete this section at [DofE.org/finder](https://www.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 work with your Leader to plan and agree your

Individual sports

Airsoft
Archery
Athletics (any field or track event)
Biathlon/Triathlon/
Pentathlon/

Aquathon
Bowls