

Long Term Plan Duke of Edinburgh

Year						
Year 1 – 26/27j	Autumn 1 HT1	Autumn 2 HT2	Spring 1 HT3	Spring 2 HT4	Summer 1 HT5	Summer 2 HT6
1	Physical Assault Course Trail Cycling Orienteering Gym	Volunteering Care Home Litter Picking Food banks	Physical Gym Boxing	Skill Raquet Sports: Padel Badminton Tennis Or Beauty: Nail services Skin care Eyebrows and lashes	Volunteering Care Home Litter Picking Food banks Year 29/30 Water sports: Outdoor swimming Kayaking Paddleboard	Skill Care of Animals: Pet Care Bird Care
2	Physical Orienteering Gym Indoor Cycling	Volunteering Care Home Litter Picking Food banks	Physical Padel Badminton Tennis	Skill Marksmanship: Laser Clay Pigeon Shooting Laser Tag Archery Or Beauty: Nail services Skin care Eyebrows and lashes	Physical Water sports: Outdoor swimming Kayaking Paddleboard	Skill Natural World: Forestry Conservation Shelter Building
3	Physical Orienteering Trail Cycling Indoor Cycling	Volunteering Care Home Litter Picking Food banks	Physical Indoor Climbing / Bouldering Gym	Skill Personal Safety: First Aid Water Safety Online Safety	Physical Water sports: Outdoor swimming Kayaking Paddleboard	Skill Outdoor & Survival Navigation Shelter Building Bushcraft

Physical - Venues / Providers

- Martial Art
- Boxing
- Climbing / Bouldering – **Nottingham Climbing Centre**
- Indoor Swimming – **Ashby Leisure Centre & Lido**
- Water sports – **Cliff Lakes Aqua Park / Spring Lakes**
- Trail Cycling– **Hicks Lodge**
- Indoor Cycling – **Derby Velodrome**
- Army Assault Course - **Conkers**
- Gym – **Green Bank Leisure Centre**
- Hiking - **Various**
- Padel
- Table Tennis

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Badminton

Skill - Venues / Providers

Volunteering - Venues / Providers