



PHYSICAL

Assessors cannot be related to a DofE participant. They should be an 'expert' in the chosen activity (such as a coach). DofE Leaders must approve the choice of Assessor for each section.

My name: _____ eDofE ID No: _____

Assessor's Guidance Notes

Thank you for your time and commitment offering to assess me for the Physical section of my DofE programme.

I hope that you will enjoy your involvement, helping me through the section and to get the most from my activities and complete this section.

For this section of my **Gold** DofE programme, I have to improve in an area of sport, dance or fitness over a set period of time. I need to spend the following length of time regularly doing my physical activity, averaging at least one hour a week:

Participant to
write number of
months here

months

Can you please:

- Understand what I want to get out of it and help me set my goals.
- Help me with advice, training and supervision as needed.
- Support and encourage me while I'm doing my physical activity
- Be available throughout the time I'm doing my activity and monitor my progress.
- Do a final assessment at the end – discussing my experiences, how I developed and how I reached my goals.

When I have completed the time requirements and achieved my goals, please can you register your comments on my progress by the suggested methods overleaf. This will be my evidence of completing my Physical section.

The Physical section

Aim: To inspire young people to achieve greater physical fitness and a healthy lifestyle through participation and improvement in physical activity.

Completion of the section

Young people have met the DofE requirements if they've done regular physical activity averaging at least one hour a week over the agreed time and have demonstrated effort, perseverance and improvement.

Your Assessor's Report

Please take the time to think about what evidence you provide. You can talk about training, team contribution (if applicable) and achievement of their personal goals.

What you write will celebrate the achievement of the young person and form part of their permanent record of their DofE programme. So please make your comments personal, positive and engaging. Remember to include the activity start and end dates.

Online

To enter your report online, visit eDofE.org/assessor and follow the instructions. You will need the participant's name, their eDofE ID number, their DofE level and the section you have assessed.

or...

On paper

Please fill in your comments on the *Assessor's Report* card which the participant received in their *Welcome Pack* and will hand to you at the end of their activity. Return this to the young person, who will scan it and upload it into eDofE, our online system.