

Ideas for the Physical Recreation Section for Duke of Ed

Individual Activity	Group Activity
– Acrobatics/Trapeze	– Baseball
– Aerobics	– Basketball
– Athletics	– Cricket
– Canoeing	– Dancing (all types)
– Cycling	– Football
– Dance (can be individual)	– Golf
– Gymnastics	– Handball
– Martial arts	– Hockey
– Horse riding	– Ice Hockey
– Ice skating	– Lacrosse
– Indoor rock climbing	– Netball
– Jogging	– Polo
– Jumping (high, long, triple)	– Rowing
– Motorsports	– Sailing
– Orienteering	– Soccer
– Personal training programs	– Softball
– Running	– Squash
– Skateboarding	– Synchronised swimming
– Skiing/snowboarding	– Tennis
– Skipping	– Touch football
– Surfing	– Volleyball
– Swimming	– Water polo
– Tennis	
– Hammer, javelin, shot put	
– Walking	
– Yoga	

– **Minimum time requirements are:**

- Bronze – 3 months (6 months if chosen as a **major**)
- Silver – 6 months (12 months if chosen as a **major**)
- Gold – 12 months (18 months if chosen as a **major**)

– **Participants should set realistic goals and should be monitored and assessed on:**

- Effort
- Perseverance
- Progress

– **All activities must be recorded in the Participants Online Record Book.**

– **The Physical Recreation Section is complete once the Assessor is satisfied all requirements of the section are complete and they have submitted their final report (detailed feedback of participants achievements).**