

TOP AWARDS

PROGRAMME IDEAS: PHYSICAL SECTION



When completing each section of either your Chief Scout's Platinum Award, Chief Scout's Diamond Award, Queen's Scout Award or Bronze, Silver or Gold Duke of Edinburgh's Award, 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!

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.

INDIVIDUAL SPORTS

Archery
Athletics
Biathlon/Triathlon/Pentathlon
Carpet bowling
Croquet
Cross country running
Cycling
Fencing
Flat green bowls
Golf
Horse riding
Orienteering
Pétanque
Roller blading
Running

DANCE

Ballet
Ballroom dancing
Irish dancing
Latin dancing
Morris dancing
Scottish dancing
Welsh folk dancing

EXTREME SPORTS

Caving & potholing
Climbing
Mountain biking
Parachuting/skydiving
Skateboarding
Snowsports (Skiing, Snowboarding)

RACQUET SPORTS

Badminton
Real tennis
Squash
Table Tennis
Tennis

FITNESS

Cheerleading
Fitness activities
Gymnastics
Keep fit
Medau movement
Physical achievement
Pilates
Trampolineing
Walking
Weightlifting
Yoga

WATER SPORTS

Canoeing
Diving
Dragon boat racing
Rowing & sculling
Sailing
Sub aqua
(SCUBA diving and snorkelling)
Surfing/body boarding
Swimming
Synchronised swimming
Windsurfing

MARTIAL ARTS

Judo
Karate
Self-defence
Tai Kwon Do

TEAM SPORTS

American Football
Baseball
Basketball
Boccia
Camogie
Carriage Driving
Cricket
Curling
Fives
Football
Hockey
Hurling
Kabaddi
Korfball
Lacrosse
Netball
Polo
Rounders
Rugby Football League
Rugby Football Union
Stoolball
Tchoukball
Ultimate Flying Disc
Volleyball

Continued...

For more Top Awards support visit:

Chief Scout's Platinum Award – scouts.org.uk/icvplatinum

Chief Scout's Diamond Award – scouts.org.uk/icvdiamond

Queen's Scout Award – scouts.org.uk/QSA

Duke of Edinburgh's Award – scouts.org.uk/DofE

You might also like to visit DofE.org/physical for more guidance, information, programme planners and programme ideas.

