

opportunities

QGA PERSONAL SKILL DEVELOPMENT



To complete the challenge you need to start a new skill and develop it, or take an existing skill to a new level. You should complete a minimum of 60 hours over 12 months. It will allow you to develop practical and social skills, meet new people, organise and manage your time, work with others and have fun!

Challenge Ideas

- Try karate and take a belt exam.
- Work towards and gain the next stage in kayaking.
- Join the committee of your local music group and help organise a concert.
- Start ballroom dancing lessons and take an exam.

If you are stuck for ideas have a look at the Duke of Edinburgh's Award Programme File. It can give you more information on the suggested targets and aims for a wide variety of activities (you can view this online at www.theaward.org).

Before Starting the Challenge

Twelve months is a fairly long time to develop a skill so you will need to set yourself targets along the way. You should discuss your proposed targets, dates for review and evaluation with your assessor and then inform your mentor of your proposed plan. If during the progress of this challenge you feel that your targets should change because they were too easy or unrealistically high, then discuss the matter with your mentor and assessor and adjust your targets if necessary.

Assessment

Your assessor for this challenge should be someone who is experienced and knowledgeable in your chosen activity or someone who holds an appropriate governing body or professional qualification such as a coach or tutor. Discuss with them how you have developed your skill over the last 12 months; what you have enjoyed; what you have found most challenging; and how you could continue to develop your skill if you wished to.

