

D of E physical ideas- Thinking outside of the box!

Why not use your D of E physical requirements as an excuse to try a new sport or activity. Here are 3 options you may not have thought of...



Ultimate flying disk

This sport has recently been imported from the states and is a cross between Frisbee and American football. The aim of the game is to catch the 'flying disk' over the opposition's goal line. Great for fitness and team spirit, there are more and more clubs starting out all over the UK. For more information check out www.ukultimate.com. For a good example of just how impressive 'UFD' can get look at this Youtube [video](#).



Caving

The idea of entering caves is as old as man itself but caving is a more recent development. The sport of caving is a mixture of climbing and free running. The aim of the game is negotiate the often-perilous cave systems using only human power and some safety gear such as ropes, hard hats and torches. Great fun for those with an inquisitive mind and a need for adrenaline, there is also plenty of interesting plants and animals to see. The good news is there are more caves for caving in the UK than you would imagine. Check out www.wildplaces.co.uk or www.british-caving.org.uk for more info.

Physical requirements

Level	Minimum time	Notes
Bronze	3 to 6 months	You need to do one of your Volunteering, Physical or Skills sections for 6 months, the others for 3.
Silver	6 to 12 months	You need to do either the Physical or Skills section for 6 months, the other for 3. If you haven't achieved Bronze you must extend your Volunteering or the longer of your Physical or Skills sections to 12 months.
Gold	12 to 18 months	You need to do either the Physical or Skills section for 12 months, the other for 6. If you haven't achieved Silver you must extend your Volunteering or the longer of your Physical or Skills sections to 18 months.

Source: dofe.org



Real tennis

Tennis' forgotten older brother, real tennis is one of the weirdest and hardest to explain sports on the planet. It can only be described as 70% tennis, 20% squash mixed with 10% crazy golf style obstacles. For instance the 'Dedans' window located behind the server results in the instant winning of the point if the non-server hits it. There is also a 'Penthouse' roof and numerous other windows and oddities. The balls are also more like cricket balls. So if you like your sport a bit weird and wonderful this is definitely the one for you! Unfortunately due to the obvious difficulties in providing courts there are only around 30 courts in the UK but they are well spread throughout the country. Check the [tennis and rackets](#) association's website for more information.