

## eDofE Evidence Examples

### Example 1:

“Week 1: In week one I completed the W3School Python quiz and got 18/25. I then started to compile all my knowledge about Python in a booklet. Week 2: In week two I planned and started a project that I could do weekly to show improvement and increasing complexity. I wrote the initial main structure for an Explorer badge manager. Week 3: In week three I carried on with the project by finishing the frame work. Week 4: In week four I reviewed what I had done already and decided to not write out the requirements but to display the link to the Scout website for each badge instead. I then replaced all the requirement structures with link structures and added most links.”

### Example 2:

“Today I trained glutes, hamstrings and quads. I started off with some heavy leg extensions focusing on form so I do not sustain injury and hopefully achieve another PR. Then I did some RDLs with 40kg, again something I feel I could go up in soon if I buy some straps so the weight is controlled in my arms more than my wrists. This would help with grip strength. I managed to stay there for nearly 3 hours so you could only imagine how tired I felt.”

### Example 3:

“This week I took the warm-up at the start of class. I started with a heart raiser, then some dynamic moves, then stretching to make sure we were all ready for class and wouldn't hurt ourselves. This is very helpful with building confidence and watching to see how students are at the start of class. I then just helped out the Sensei in class as we didn't have many instructors in class so it was just one big group. I stayed out the front and showed people what to do in case they were stuck. Near the end of class, I partnered up with a couple of people for partner work. This helps them work harder as they have a brown belt as a partner.”

### Example 4:

A screen shot is a good way of showing evidence and theses can be uploaded to eDofE.

