

The Gryphon School DofE - Monthly Activity Tracker

Name	Mr Cooke	Month	October 2016
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Volunteering Section		Charity Shop
Date	Duration (Hours)	Activity Summary
3rd October	1	Helping out making volcanoes
10th October	1	Helping making paper planes
17 October	2	Bag packing
31 October	1.5	Halloween night

Physical Section		Karate
Date	Duration (Hours)	Activity Summary
Monday 3rd	1 hour	Practised stances
7th	1	Practiced cata
10	1	Excercise
21	1	Cata
28	2	Cata and punches

Skills Section		Play piano
Date	Duration (Hours)	Activity Summary
6 th October	1.5	Practiced fills and samba music
10 October	2hrs	Practice at home
20 October	20 mins	Lesson at home plus practice

This form should be completed every month and uploaded as evidence on eDofE