

NCFE Level 3 Uniformed Services

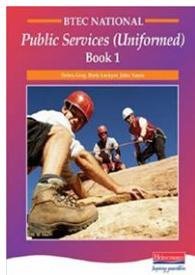
Subsidiary Diploma/1 A-Level



Lead contact Miss Tharby : ktharby@samuelward.co.uk

Textbooks/literature and Pre-learning recommendations for NCFE Level 3 Uniformed Service Course:

Literature:



<https://www.amazon.co.uk/BTEC-National-Public-Services>



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Media:

The Guardian - <https://www.theguardian.com/uk>

The Independent - <https://www.independent.co.uk/>

BBC News - <https://www.bbc.co.uk/news>

Assessment Resources:

The Army - <https://www.army.mod.uk/>

The RAF - <https://www.raf.mod.uk/>

The Police - <https://www.suffolk.police.uk/>

The Fire Service - <https://www.suffolk.gov.uk/suffolk-fire-and-rescue-service/>

Paramedics - <https://www.eastamb.nhs.uk/>

Aptitude Tests - <https://richardstep.com/richardstep-strengths-weaknesses-aptitude-test/free-aptitude-test-find-your-strengths-weaknesses-online-version/>

Application Tests - <https://www.raf.mod.uk/recruitment/how-to-apply/ast/test>

Course Overview

Year 12 Units	Year 13 Units
<ul style="list-style-type: none">❖ Prepare for a chosen career in a chosen Uniformed Service.❖ Develop aspects of physical fitness for entry.❖ Outdoor and adventurous activities.	<ul style="list-style-type: none">❖ Sports Coaching.❖ Equality and diversity.❖ Develop leadership skills.

Assessment Criteria and Qualification;

- Equivalent to one A-level over the two year course.
- 100% Coursework.
- No Exam.
- Will generate UCAS points to apply for University.

Teachers

Miss Tharby and Mr Thompson

Week commencing 7th June 2021 Anticipated duration -180 minutes maximum

Introduction Tasks (Unit 2: Developing Physical Fitness for Entry into Uniformed Services)

Lead Tutor ktharby@samuelward.co.uk

The Big Question:

Why are lifestyle choices important when choosing a career in the Uniformed Services?

Induction Task 1:

This link takes you to a short video discussing the Fitness Entry Requirements for the Army.

<https://www.youtube.com/watch?v=8QzdhQEdl40>

Once you have watched the video, research the physical fitness entry requirements for your chosen career (police, military, fire brigade etc.). Once you have found the requirements, can you assess your current levels of fitness against these in terms of highlighting particular strengths or areas for improvement?

You could do this in a table or in an essay format.

Once you have completed the task, please email it through for feedback.

Induction Task 2:

For successful entry in a Uniformed Service, you are required to take a Health Screen Test. They are particularly interested in your health as this would have a detrimental effect on your ability to securely carry out your duties which are essential to the safety of others. A part of this is what we call LIFESTYLE CHOICES. Smoking is a choice some people take that affects their health.

Watch this short video and then write a 500 word essay that encompasses why a smoker is likely to find entry into a uniformed service very difficult.

<https://www.youtube.com/watch?v=IW6hwmdZbmE>

You should look to include the key words from the video and support this with a definition of what it is and an explanation of how it affects health.

Please email over your work once you have completed it.

Induction Task 3

You have briefly looked at lifestyle choices and how it may affect your entry into a uniformed service. I would like you to analyse your lifestyle choices using the following areas to evaluate what aspects are good and what are potential issues. Explain why each one is good and how this supports entry or why it is an issue and how this may affect successful entry in the uniformed service. An example is below in purple.

- Smoking
- Alcohol
- Diet (fruit & vegetable, water intake, protein, fat and sugar quantities)
- Exercise habits
- Sleep
- Stress

For example: *I eat approximately 3 or 4 portions of fruit and vegetables a day. This is good as they are full of vitamins and support me in ways such as fighting infection (vitamin C) and good eye health (vitamin A). If I did not have this in my diet I may become ill more frequently and be unable to undertake my job successfully. As I would like to join the police force, other people are relying on me and they may be at risk if I am not fit for my job. However, I am short of the recommended 5 portions. Therefore I could use a food tracker such as myfitnesspal to monitor the amounts I am getting and make sure I eat these before the end of each day.*

Please submit your research to ktharby@samuelward.co.uk on Friday 11th June 2021.

Week commencing 14th June 2021 Anticipated duration -180 minutes maximum

Introduction Tasks (Current Issues in the Uniformed Services)

Lead Tutor ktharby@samuelward.co.uk

The Big Question:

Institutionalised racism or police brutality?



Induction Task 1:

Watch this short video as a starting point to developing your understanding of the key issues.

<https://www.theguardian.com/uk-news/2021/apr/21/george-floyd-case-reignites-calls-to-tackle-racial-injustice-in-uk-policing>

Induction task 2:

A lot of the tasks you will cover in Uniformed Services require independent research and current knowledge of key issues that may affect the Uniformed Services. Your task is to produce a research paper on the death of George Floyd and its implications for the Police Forces in all countries. You can present the research in any form of your choice e.g. word document, power point, poster etc. It must address the research question and present a knowledgeable representation of the facts as well as your opinion of the issues.

It should contain the following information;

- A brief overview of the case.
- The outcome of the court proceedings.
- The worldwide repercussions in relation to the general public and the police forces.
- Give details of the Black Lives Matters Movement.
- Your viewpoint/opinion on the initial research question.



Please submit your research to ktharby@samuelward.co.uk on Friday 18th June 2021.

Week commencing 21st June 2021 Anticipated duration -180 minutes maximum

Introduction Tasks (Unit 1 Prepare for a career in a chosen Uniformed Service)

Lead Tutor ktharby@samuelward.co.uk

The Big Question:

Have you got what it takes?

Induction Task One:

Have a go at the attached 'Aptitude tests' designed to see whether you are a suitable candidate for one of the Uniformed Services.

[Free Aptitude Test for Strengths & Weaknesses \[Full\]](#)

<https://www.raf.mod.uk/recruitment/how-to-apply/ast/test>

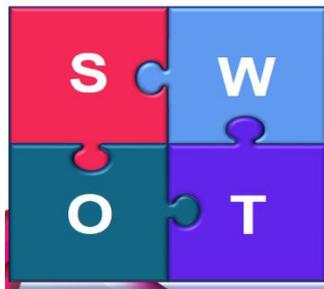
[Practice Aptitude Tests](#)

[Fitness tests - British Army Jobs](#)

[Job-related fitness test for police recruitment](#)

Induction Task 2

Once you have completed the tests you will start to get an idea of where your strengths and areas for development are. To help you improve and develop your areas of weakness you will need to fill out a S.W.O.T analysis table. This stands for Strengths, Weaknesses, Opportunities and Threats. Use this as a template;



STRENGTHS (+) • • • •	WEAKNESSES (-) • • • •
OPPORTUNITIES (+) • • • •	THREATS (-) • • • •

The link below will help you to fill the table in:

[SWOT Analysis - Strengths, Weaknesses, Opportunities and Threats](#)

Induction Task 3

Once you have completed your S.W.O.T analysis table you will need to produce a 'Personal Improvement Plan' (it can take the form of a diagram, poster or word document). This is designed to show how you plan to work on your area of weakness, hopefully to improve it in the future. You might want to use a S.M.A.R.T target to demonstrate your plan.



Specific goals are well defined and clear on what needs to be accomplished. What outcomes do you need to see in order to consider the goal accomplished?



Measurable goals enable you to evaluate whether or not the goal was achieved or not. How will you decide whether the goal is completed or not?



Attainable goals are realistic about what is possible given the availability of resources, knowledge, and time. How likely is it that you can accomplish this goal?



Relevant goals are important to you and will make a material impact on achieving your larger objectives. Does it make a difference to your overall objectives if this goal is met?



Time-Based goals lock goals into a specific timeframe and specify when they will be completed by. When do you need the goal completed by?

Please submit your research to ktharby@samuelward.co.uk on Friday 25th June 2021.

Good Luck!!!