



CONNECT2COLLEGE

PUBLIC SERVICES PRE-ENROLMENT RESOURCE PACK



Uniformed Services

Activity Pack for schools
#InThisTogether

Year 11

The tasks and information in this activity pack are designed to support your transition from school to college if you are planning on following a career within the Uniformed Services. You should attempt to have a go at each of the activities in this pack, building a portfolio which demonstrates your skills and knowledge. You can bring this portfolio along with you during your first weeks here with us at The Manchester College.

Year 10

If you would like to have a go at any of the activities in this pack, it's a great opportunity to start building a portfolio which demonstrates your skills and knowledge for college. This would be useful for you to bring along with you to any of your interviews or applicant evenings next year.

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Applications

If you haven't yet applied and are still considering your applications, check out our courses in the Uniformed services industry here...

Level 1 - <https://www.tmc.ac.uk/courses/public-services-1>

Level 2 - <https://www.tmc.ac.uk/courses/public-services>

Level 3 - <https://www.tmc.ac.uk/courses/public-services-0>

Reading List

- BTEC First Level 2 Public services – Debra Gray, Tracey Lilley, Lizzie Toms
- BTEC National Level 3 Book 1 - Debra Gray, Tracey Lilley, John Vause
- BTEC National Level 3 Book 2 - Debra Gray, Tracey Lilley, John Vause

Magazine subscriptions

- Police mag
- UK Fire magazine
- Ambulance today
- Soldier
- RAF news
- Navy news magazine
- The Parliament magazine

Watch List – YouTube

- Greater Manchester Police
- GMFRS
- NWAS
- British Army
- Royal Navy and Royal Marines
- Royal Air Force
- UK Border Force
- HM Prisons
- Parliament UK

Social Media to check out

Facebook The Manchester College

Twitter @TMC_UPS_NMSFC (TMC_US_Nicholls)

Instagram @ tmc_uniformed_services

Inspiration

Here is a list of some of the organisations that are linked to our uniformed services course – by completing this course you are most likely wanting to join one of these organisations as a future career...

Follow these organisations on all the social media platforms for up to date information that will help you with your assignments on the course and help you make an informed decision on your future career.

Police	Border Force	British Army
Fire and rescue service	Prison service	Royal Navy
Ambulance service		Royal Air Force
		Royal Marines

Activity 1 – News Reports

Let's get working and put your research skills and attention to detail to the test.

Many things are happening locally, nationally and internationally. There may have been a local shop robbed last week, an elderly lady rushed to A & E having fallen over in your street or a pandemic is spreading over the world and we are all in lockdown! Do you ever look at the news? Do you ever think of the work our Uniformed Services have to undertake? Do you know the different roles individual officers and personnel get involved with?

We ask our learners to try to keep up with news items. Frequently we ask learners to use their knowledge of the news to support their assessment work.



Guardian Newspapers 7th April
Coronavirus: Army medics join ambulance
service to fight COVID-19



Can you begin by completing the tasks in the boxes?

Task 1: Write down as many words relating to news happening in the world today
E.g. Trump, Pandemic, Coronavirus, Nightingale Hospitals, Furloughing

Task 2: Select 3 news items from within the past 6 months- one local, one national and one international.

- a) Describe the main points
- b) Who did it involve
- c) What was the role of the Uniformed Services

Local

National

International

Task 3: Using as many different formats select one of your news items and present it in a collage of written information, photos, and media reports.

Tip – use large paper and glue, 'blu tack' pictures as if showing to colleagues at a chosen Uniformed Services team briefing/ college presentation

Take a photo of it and keep it in your portfolio.

Activity 2 – Lost at Sea

Often in classes your tutors will ask you to work in teams, think of problems to solve and look to see how you deal with situations. This task can be done on your own or maybe with your family (to add to the fun) but don't fall out over your answers!



You have been marooned on an island miles from civilisation. You have a small emergency boat and you intend to set off out into the ocean. You will be on your own or with your family members. You have only a certain amount of space and the night before you have to decide what to take and what to leave behind (You have to take every person with you!!!).

Use the table to rank which items you think are the most important with #1 being the most important.

<u>My Ranking</u>	<u>Salvaged Items</u>	<u>Team Ranking</u>
	A sextant	
	A shaving mirror	
	A quantity of mosquito netting	
	A 25 litre container of water	
	A case of army rations	
	Maps of the Pacific Ocean	
	A floating seat cushion	
	A 10 litre can of oil/ petrol mixture	
	A small transistor radio	
	20 square feet of opaque plastic sheeting	
	A can of shark repellent	
	One bottle of 160% proof rum	
	15ft nylon rope	
	2 boxes of chocolate bars	
	A fishing kit	

Task 2: Describe briefly why you chose #1 & #2 items and why #14 & #15



Task 3a: Compare your rankings with your family. Discuss the major differences and similarities. Was your thinking very similar? How did it differ? Was there any common theme amongst your pickings?

Task3b: If you did the task on your own- look at your rankings and for each one draw/ download a picture and for the first 7 convince an imaginary companion why to take it and for the lowest 8 state why you would discard it.

Task 4: In no more than 200 words write short story as to how you get on and how did you use your survival skills and objects

Activity 3 – Uniformed Services Quiz

Your Uniformed Services tutor may often start a lesson with a simple activity to get you thinking. This could be a quiz focussing on a specific Uniformed Service or something you are learning about that day.

Answer the following questions (Research using the Internet if you must!)



General Uniformed Services

1. What number do you dial in Europe to contact the emergency services?
2. What does COBRA stand for? What does it do?
3. What are the 8 Uniformed Services that we commonly focus on during our studies?
4. Name 3 voluntary services that may assist the Uniformed Services
5. How many Units do you complete on each of the different Levels of study we teach- L1, L2 and L3?

Police

1. Which twice Prime Minister is regarded as the father of modern British policing? (The nickname for the police comes from the answer)
2. Which British police officer was fatally wounded by a shot fired from the Libyan embassy in 1984?
3. What is Dactyloscopy?
4. In the United States, what does the acronym SWAT stand for?
5. In 2017, who was the first woman to become Commissioner of the Metropolitan Police in London?
6. What does the acronym PCSO stand for?
7. Which UK police rank has a rank badge of a crown worn on the epaulettes (or shoulder piece)?

Fire Service

1. In which decade was the Great Fire of London?
2. Where did it start?
3. Although there had been many attempts before when and where was the first UK Public Service Fire Service?
4. Who had a number one hit with Firestarter in 1997?
5. In responding to a call of "a person or persons stuck in a lift", which type of firefighting apparatus would be best suited to handle this type of service request?
6. S.C.B.A. are frequently used by Fire fighters but what does it stand for?
7. What is the name of the tool you would use to extricate a patient trapped in a vehicle?
8. Which kind of camera is most likely to be used for search and rescue?



Armed services

1. Can you name the 4-armed services (two of them are linked as one)?
2. Which is the oldest British armed service?
3. What is the name of the highest (NCO) rank for each service?
4. What is the name of the lowest (NCO) rank for each service?
5. What is the name of the highest officer rank for each service?
6. What is the name of the lowest officer rank for each service?
7. What do they call the volunteer arm of the armed services?
8. Which government department does our armed services come under?

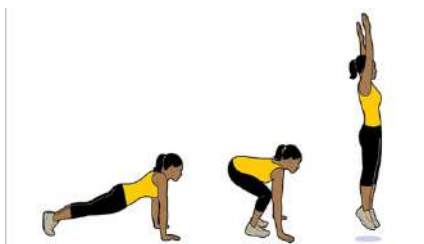
Activity 4 – Exercise Challenge: Part one

Our PS tutors would like you to try this exercise challenge. Your challenge is to perform as many repetitions as possible inside 30 seconds. There are 5 exercise to complete (30 seconds each). Use the table below to record your score.

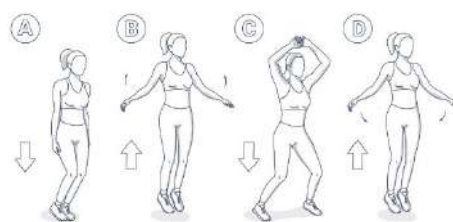
<u>No</u>	<u>Exercise</u>	<u>Score</u>
Example	<i>Push-Ups</i>	<i>40</i>
1.	Burpees	
2.	Jumping Jacks (Star Jumps)	
3.	Push-Ups	
4.	Sit-Ups	
5.	Squats	

Below is an exercise guide to help you perform each exercise with correct technique:

Burpee



Jumping Jacks



Push Ups



Sit-Ups



Squats



Activity 5 – Exercise Challenge: Part two

As part of the recruit process to join all uniformed services you will be required to complete a series of fitness tests. These tests are designed to see if you have a basic level of fitness to join and complete basic training before graduating to a full time member of that service. Below is a list of various fitness tests and the results you would have to achieve to be considered to progress to the next stage of the selection process.

Have a go at these tests and record your scores – this will give you an indication of your fitness levels, whether you meet the required standard, and what you may have to work on over time to pass these tests.

<u>Test</u>	<u>Score required</u>	<u>Your score</u>
British Army (Officer) 20 metre Bleep test	8.7	
British Army (Soldier) 1.2M (2KM) run	Male 11:15 – basic entry Female 13:27 – basic entry	
Seated ball throw (4kg)	2.9 – 3.1 metres	
Royal Marines 2.4km run x 2	First run under 12:30 (one minute break) then second run less than 10 minutes.	
Royal Navy 1.5MILE (2.4KM) Run	Male 12:15 – basic entry Female 14:29 – basic entry	
RAF 1.5MILE (2.4KM) Run	Male 11:11 – basic entry Female 13:23 – basic entry	
RAF press-up (1 minute)	Male 20 – basic entry Female 10 – basic entry	
RAF sit-up (1 minute)	Male 35 – basic entry Female 32 – basic entry	
Police - 15 metre Bleep test	5.4	
GMFRS – 20 metre Bleep test	8.8	

Remember to warm up and cool down after all exercises.

Activities you take part in as part of the course

Various service visits to college to give talks and demonstrations...

Fire and rescue service



Border Force



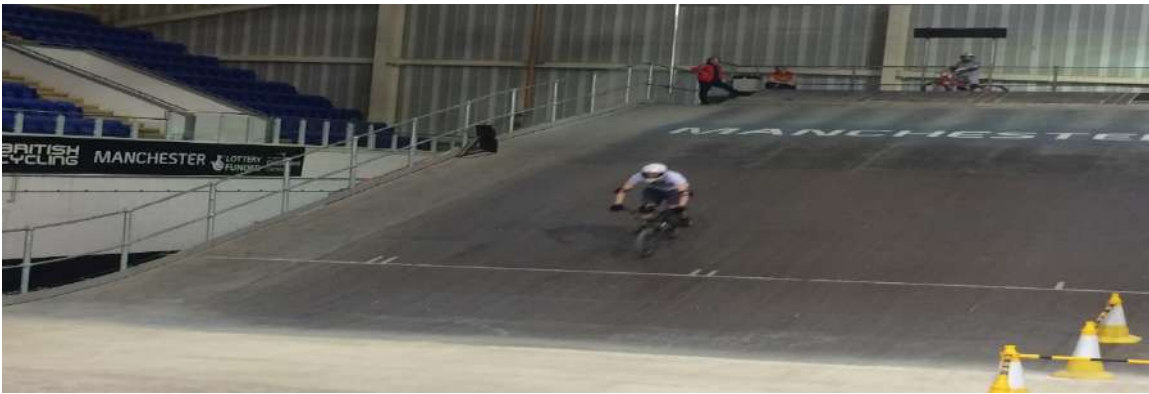
Royal Navy and Royal Marines



Activities taken part in to assess your competence on the course...

Mountain biking and BMXing





Rock Climbing



Self Defence



Drill and Inspection



Fitness tests and Training



RAF and Army Residential

