

GETTING AHEAD



ALTON

Start to develop skills that are relevant to your course before you join HSDC this September!



Uniformed Public Services – BTEC Level 2 & 3

ACTIVITY - Unit 1 Government Policies

Let's take a tour of the Houses of Parliament together by [clicking here](#).

Complete this table along the way.

Why is there a Post Office in the Central Lobby?	In the Central Lobby, why were Grilles put on the windows? (hint, lookup)	In the House of Commons Chamber, sit in the Speaker's Chair. What is the Speaker's job?	In the House of Commons Chamber, what is the Table of the House?
In the House of Lords, who sits on the Woolsack?	In the House of Lords, why is there a Throne?	In the House of Lords, what does the Statue of the 18 Barons represent?	What happens in the Royal Gallery?
What happens in the Robing Room?	What happened in St Stephens Hall in	Go to the foot of the steps in	When was the New Palace Yard built?

We look forward to seeing you in September!

For further information about your College and being a student at HSDC, please visit hsrc.ac.uk/Alton

	1812?	Westminster Hall, did you know that directly below the plaques on the floor is where Guy Fawkes hid the gunpowder!	
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Activity - Unit 2 Leadership

Watch this [Youtube video](#) and answer these questions as you go.

- How does the British Army develop leadership?
- What is Exercise Self Reliance?
- What leadership skills would be developed on Exercise Long Reach?
- Exercise Crychan's Challenge is designed to test what two things?
- How does the Intermediate Term differ from the Junior Term in terms of leadership?
- Why is it critical that Officer Cadets are able to analyse a problem and implement a workable plan?
- What would test you as a person on Exercise First Encounter?
- Exercise Druids Ridge would test your communication skills, why?
- In the Senior Term Exercise Broadsword forces cadets to make what kind of decisions?
- To complete Exercise Dynamic Victory you would need to be able to think clearly and confidently, why?

Activity - Unit 3 Citizenship

During your time in College, you will be offered a chance to complete the National Citizenship Service. This is an exciting time away from College with your new classmates and is *free of charge!* Head over to their [website](#). After you've explored the site, answer the following question;

How would completing the NCS programme help me join a Uniformed Public Service?

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Activity - Unit 5 Physical Preparation

All uniformed services have a physical entry requirement. Here is a training programme for the [Royal Navy](#). You should research the fitness testing requirements for a few services. What tests are required for your preferred or chosen service? Write them below. Are you fit enough?

Research the fitness testing requirements to join and stay in the following services

- Royal Marines, Army
- Police Force, Fire Brigade
- Paramedics, Prison Officers

The primary components of fitness are

- Muscular endurance
- Flexibility
- Aerobic endurance
- Strength
- Agility
- Speed
- Power

Which of these components of fitness are the primary focus or most important to each 'service'?

Why do you think that is? Clue: does a Fire Officer need to be able to run 1.5 miles in 12 minutes (aerobic endurance)? Consider the workloads and activities of those in the respective force or service.

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