



PUBLIC SERVICES

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Welcome to Public Services! This is a preparation course for life in the Uniformed Public Services will give you a chance to explore and develop some of core competencies required to be part of our Uniformed Public Services and get the opportunity to develop these skills through a vast range of devilment opportunities with real life Public Service personnel. These tasks will also give you a flavour of the types of skills we aim to develop in Public Services from communication, leadership, fitness, arguing, summarising, researching and analysing evidence and arguments, arguing, summarising, researching and analysing evidence and arguments.

Week 1 Task: Understand the meaning and benefits of citizenship and diversity

Task for diversity;

Log onto: <http://neighbourhood.statistics.gov.uk/dissemination/>

- Put in post code and select ward.
- Copy ward picture onto word document.
- Find the following data and copy and paste into the same word document: ethnicity, religion, gender, age, disability.
- Copy the data for your local community and the national statistics and formulate an analysis of the findings.
- Analyse the differences in the data for your local community against the national statistics and evaluate your findings.

Week 2 Task: Understand approaches to reduce crime, disorder and antisocial behaviour

Task for crime;

Log onto: <https://www.crime-statistics.co.uk/postcode>

1. Put in post code and select ward.
2. Copy ward picture onto word document.
3. Find the crime trends in your community and copy and paste into the same word document.
4. Copy the data for your local community and the national statistics and formulate an analysis of the findings.
5. Analyse the differences in the data for your local community against the national statistics and evaluate your findings.

Week 3 Task: Current Media Affairs

The uniformed public services are frequently mentioned within the media. The media can report both positive and negative reflections of the public services which impact public perceptions.

1. List the different types of media that portray the uniformed public services.

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-
-
-
-

2. Why is the relationship between the public services and the media important?

Stretch & Challenge

If you want to challenge yourself then complete the following task. Select a public service of your choice. Why do you feel the relationship between your selected public service and the media is important? Can you give an example to support this?

Note: Consider the different types of media and how your selected public service use this.

Week 3 continued

3. Below is an example of a Newspaper headline reporting the efforts of Grenfell Tower Firefighters. How do you feel this would affect public perception of the fire service? What may the impact of this article be?

Note: The full article can be found at: <https://www.mirror.co.uk/news/uk-news/heroic-grenfell-tower-firefighters-willing-11429887>



4. Click on the link below and watch the YouTube video. Answer the following questions when you have done this. What were initial reactions when watching the video? How did this make you feel? How do you feel this would affect public perception of the police? What may the impact of this article be?

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

5. Watch a public service-related programme of your choice which could either be factual or fictional. Once you have watched the programme, answer the following questions. They are examples of programmes listed below:

- SAS: Who Dares Wins? (More 4)
- 24 Hours in A&E (BBC iPlayer)
- Line of Duty (BBC iPlayer)
- The Fall (Netflix)
- Into The Fire (Dave on Demand)

Programme:

- What is your opinion of the programme?
- Do you feel this gives a realistic view of the job role? Why is this?

Week 3 continued

Stretch & Challenge

- Do you feel this portrays the public service in a positive or negative way? Why is this?
- How do you feel the programme will influence public perception?
- What do you think the impact of the programme could be?

Week 4 Task: Fitness Testing Requirements for the Uniformed Public Services

Task 1

1. Complete the table below. You must identify the 6 physical components of fitness and the 5 skill-related components of fitness.

Physical Related Components of Fitness	Skill Related Components of Fitness

Week 4 continued

2. Select a public service from the list below.

- British Army
- Fire Service
- Police Service
- Prison Service
- Royal Air Force
- Royal Marines
- Royal Navy
- NHS

Once you have done this, think of a job role related to this public service. You must rank the physical components of fitness in importance of order for your selected public service/job role, e.g. Royal Marine Commando - 1. Muscular Endurance, 2. Power, 3. Aerobic Endurance

1.

2.

3.

4.

5.

6.

Stretch & Challenge

If you want to challenge yourself then complete the following task. You must now explain why have chosen your highest-ranking physical component of fitness. Why have you selected the component of fitness you have for number 1? Can you think of a specific example of when this would be needed for the public service you selected?

Week 4 continued

3. Find the below fitness entry requirements for the Royal Navy, RAF and Royal Marines. They all require applicants to complete a press-up and sit-up test. Complete the fitness tests for one of the public services listed below and compare your results to their entry requirements.



Royal Navy	RAF	Royal Marines
Press-Ups		
2 Minutes Male - 23 Female - 17	1 Minute Male - 20 Female - 10	Completed to a Beep Male & Female - 85
Sit-Ups		
2 Minutes Male - 39 Female - 29	1 Minute Male - 35 Female - 32	Completed to a Beep Male & Female - 60

Note: Use the URL link to complete the Royal Marines test. You must complete a press-up/sit-up when you hear you beep.

Press-Ups - <https://www.youtube.com/watch?v=kIBbUwDmYiM>

Sit-Ups - <https://www.youtube.com/watch?v=LewMQowkkbg>

4. Research the fitness entry requirements for a public service of your choice. Based on your public service choice create a circuit using the appropriate exercises below as well as some of your own exercises. Consider how long you will do each exercise for, rest times and how many times you will repeat this.

Note: The number of exercises, duration of exercises and rounds should reflect your current fitness levels. This should progress and exercises should vary each week to develop your fitness.



Press-Ups



Tricep dips



Leg raises



Burpees



Squats



Box jumps (your stairs can be used)



Mountain climbers

Reading list

RAF Fitness Guide - https://www.raf.mod.uk/recruitment/media/2231/20170117-pub772-fit_for_action.pdf

British Army Fitness Guide - http://battleofthenations.org/wp-content/uploads/2014/10/Fitness_LowRes.pdf

Royal Navy Fitness Guide - https://www.royalnavy.mod.uk/-/media/careers-section-redesign/get-fit-to-join/rm-get-fit-to-join/4857_gftj_preprmc_fitness_plan_pdf_v1.pdf?la=en-gb&hash=D9472C5A5557E1FBC94A7E8B050A6014

Fire Service Fitness Guide - http://www.staffordshirefire.gov.uk/media/1567/preparatory_fitness_booklet_v2.pdf

Watch List

SAS: Who Dares Wins? (More 4)

24 Hours in A&E (BBC iPlayer)

Line of Duty (BBC iPlayer)

The Fall (Netflix)

Into The Fire (Dave on Demand)