

## Getting Ready For Uniformed Services

Your Name		
Uniformed Services	Unit 1 Unit 2 Unit 4	Summer 2025

**We are delighted you have chosen to study Uniformed Services at Worthing College.**

**Instructions:** This pack will help you make the best possible start to studying this subject.

The tasks in this pack:

- should take you **about 4 hours to complete**.
- should be handed into your teacher when teaching starts **from 8<sup>th</sup> September 2025** with your name on it for assessment.
- are also available on the internet – follow the links in the document.

**If you need help:** The tasks are designed to get a bit more difficult as you work through them as they are preparing you for studying at a higher level and to become an effective independent learner. You should try to get as far as you can working on your own but if you do need help, please email us at [gettingreadyfor@worthing.ac.uk](mailto:gettingreadyfor@worthing.ac.uk), telling us which Getting Ready For pack you are working on and what help you need. Help is available throughout the summer holidays.

Skills Focus for this Getting Ready for Pack	
Following instructions Researching Independent Learning	Report writing Written communication Note Taking

### Work Placement Week

All students are required to participate in a **compulsory** week-long work placement. It is recommended that the placement chosen is either relevant to your course, or relevant to what your future career aspirations are.

#### Work placement form submission deadline

All L2 and L3 students studying on triple or double courses will be given their work placement week dates by their course leaders when they start in September.  The deadline to submit your placement forms are as follows:	Date of work placement week	Deadline for returning completed form	All students studying 2 or more single subjects will have the option of either carrying out their work placement during: • February half term • Easter holidays • May half term • 22nd – 26th June 2025  The deadline to submit your placement forms are as follows:	Date of work placement week	Deadline for returning completed form
		December 2025		24th October 2025	
	January / February 2026	24th October 2025		Easter holidays (27th March - 13th April)	Friday 19th December 2025
	March / April 2026	19th December 2025		May half term (26th - 29th May)	Friday 13th February 2026
	May / June 2026	13th February 2026		22nd – 26th June	Friday 1st May 2026

Unit	Type of task	Task and subject specific skill reference	Deadline																																																																																																																																																																																																															
Unit 1	Research and written task	<p><b>01. Research different Job roles within the Uniformed Services</b></p> <p>Write a 500-word report on two different job roles that interest you within the Uniformed Services, what are the entry requirements for both job roles. Give information on the selection process and the academic requirements you will need to join.</p> <p>Use the links below to discover the different job roles within different uniformed services.</p> <p>RAF - <a href="#">RAF Recruitment   Find Your Role   Royal Air Force</a>            Army - <a href="#">Find Your Perfect Army Career - Find A Role   Army Jobs</a>            Navy - <a href="#">Role Finder   Royal Navy</a>            Police - <a href="#">Police officer roles   Careers   Metropolitan Police</a>            Fire Brigade - <a href="#">Fire &amp; Rescue recruitment - West Sussex County Council</a>            Paramedic NHS - <a href="#">Roles in the ambulance service   Health Careers</a>            Border Force - <a href="#">Border Force - Home Office Careers</a></p>	<p>Your first lesson</p> <p><b>8<sup>th</sup> September 2025</b></p>																																																																																																																																																																																																															
Unit 2	Planning/ executing fitness plans	<p><b>02. Develop aspects of physical fitness for entry to the Uniformed Services</b></p> <p>Complete a 1-week training plan to gain an understanding of the fitness requirements of joining a Uniformed Service, print and fill in the planner below.</p> <h2 style="text-align: center;">WORKOUT PLANNER</h2> <div style="display: flex; justify-content: space-between; border: 1px solid black; padding: 2px;"> <span>DATE:</span> <span>FOCUS AREA:</span> <span>DURATION:</span> </div> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <thead> <tr style="background-color: #f2f2f2;"> <th rowspan="2">EXERCISE</th> <th colspan="2">SET 1</th> <th colspan="2">SET 2</th> <th colspan="2">SET 3</th> <th colspan="2">SET 4</th> <th colspan="2">SET 5</th> </tr> <tr style="background-color: #f2f2f2;"> <th>WEIGHT</th> <th>REPS</th> <th>WEIGHT</th> <th>REPS</th> <th>WEIGHT</th> <th>REPS</th> <th>WEIGHT</th> <th>REPS</th> <th>WEIGHT</th> <th>REPS</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> <div style="display: flex; justify-content: space-between; border: 1px solid black; padding: 2px; margin-top: 10px;"> <span>DATE:</span> <span>FOCUS AREA:</span> <span>DURATION:</span> </div> <table border="1" style="width: 100%; border-collapse: collapse; text-align: center; margin-top: 5px;"> <thead> <tr style="background-color: #f2f2f2;"> <th rowspan="2">EXERCISE</th> <th colspan="2">SET 1</th> <th colspan="2">SET 2</th> <th colspan="2">SET 3</th> <th colspan="2">SET 4</th> <th colspan="2">SET 5</th> </tr> <tr style="background-color: #f2f2f2;"> <th>WEIGHT</th> <th>REPS</th> <th>WEIGHT</th> <th>REPS</th> <th>WEIGHT</th> <th>REPS</th> <th>WEIGHT</th> <th>REPS</th> <th>WEIGHT</th> <th>REPS</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table> <p>See below Army physical training programme, use this to guide you through your week of physical training.</p>	EXERCISE	SET 1		SET 2		SET 3		SET 4		SET 5		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS																																																																														EXERCISE	SET 1		SET 2		SET 3		SET 4		SET 5		WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS	WEIGHT	REPS																																																																																									<p>Your first lesson</p> <p><b>8<sup>th</sup> September 2025</b></p>
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[physical-training-programme.pdf](#)

Unit 4  
Research  
and  
written  
task/  
Getting  
you  
thinking

**03. Understand British Values and Standards**

Your first lesson  
  
8<sup>th</sup> September  
2025



Explain in your own words why the following British Values are so important both within your own life but also within the Uniformed services:

**The Rule of Law:**

**Tolerance of different faiths and beliefs:**

**Individual Liberty:**

**Democracy:**

		<b>Mutual Respect:</b>	
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**Notes:**