

Unit 10 – Summer Independent Learning

**Skills for Outdoor Activities and the
Uniformed Protective Services**



Learning Outcomes

Whilst taking part in this unit, you will be assessed against the following outcomes.



| Learning aim | Key content areas | Recommended assessment approach |
|---|--|---|
| A Examine the requirements and personal skills needed for participation in outdoor activities | A1 Activities in the outdoor sector A2 Activity requirements A3 Personal skills required to take part in outdoor activities | A practical demonstration of the personal skills and techniques and safety requirements for participation in two different outdoor activities. A personal log of participation |
| B Develop skills and in the selected activities. techniques and apply safety requirements for participation in outdoor activities | B1 Safety requirements for participation in outdoor activities B2 Safe and appropriate participation in outdoor activities | |
| C Reflect on own practical performance in selected outdoor activities and how this will support own future career | C1 Reviewing the personal skills and techniques learned through participation in outdoor activities C2 Developments to improve personal skills and techniques in outdoor activities C3 The importance of outdoor activities for a career in the uniformed protective services. | A report that reflects on strengths and areas for improvement using video analysis and other appropriate assessment methods to improve participation in outdoor activities. The review/report will also look at how outdoor activities are relevant to a career in the protective services. |





| Criteria for unit 10 SIL | | Pass | Merit |
|--------------------------|--|---|---|
| | | Learning aim A: Examine the requirements and personal skills needed for participation in outdoor activities | |
| | | A.P1 Explain the activity requirements for participation in two different outdoor activities. A.P2 Explain how participants use personal skills in two different outdoor activities. | A.M1 Assess the specific activity requirements of two different outdoor activities. |



What evidence do I need to produce?

- For your SIL you will need to produce a PowerPoint presentation and a written report. Your PowerPoint must include 4 different outdoor activities and your report must contain information about skills required to take part in your 4 activities and how outdoor activities can reduce stress in the protective services



PowerPoint

- Part 1



Outdoor Activities

Consider the different types of outdoor activities the protective services take part in. These could be spilt into recreation and work based activities





All the Protective Services, but particularly the military services, place a big emphasis on getting its personnel away on outdoor activities . Here are some of the benefits to the services

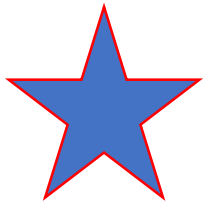
Outdoor Activities

- Developing teamwork
- Controlled exposure to fear
- Enhancing team cohesion
- Improves fitness levels
- Reduces stress levels
- Improves retention and recruitment

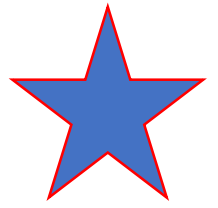
Outcome

A

Examine the requirements and personal skills needed for participation in outdoor activities



Research task

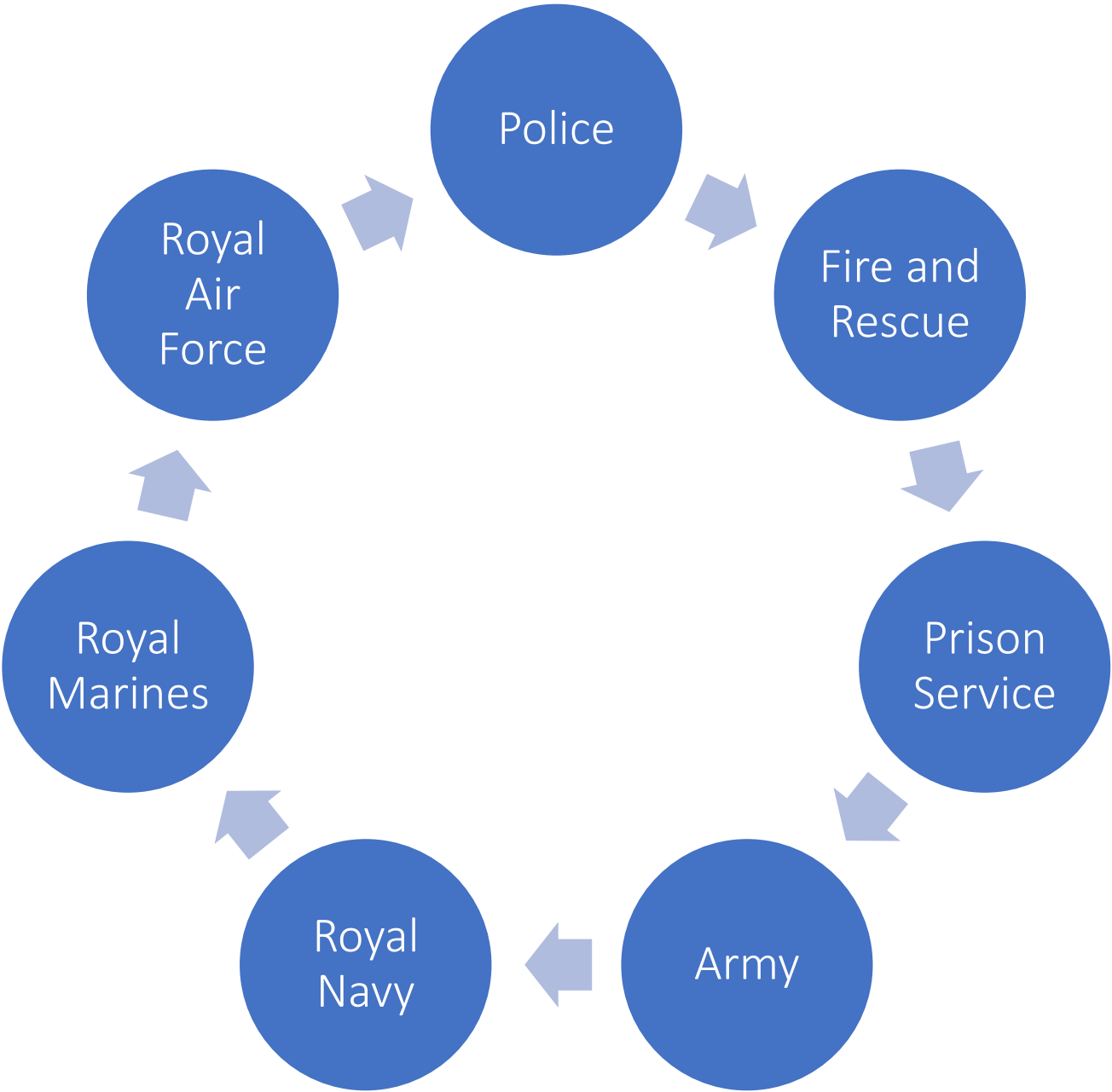


- You should research 4 outdoor activities that are used by the Uniformed Protective Services

This is an example of the police and fire services



Protective Services that use outdoor activities



Types of outdoor activities

There are many different types of outdoor activities, that can be for recreational purposes and fall into sports and hobbies. Also work themed training exercises with a protective services, all are covered by the following categories:-



Sports



Sea based



Land based



Air Based

Requirements for taking part



Using the 4 activities you have researched you should now make a list of all the requirements needed to take part in them.



Think of things like, where can the activity take place, does it need a specific area, what equipment needed to take part in that activity, what safety requirement are needed, what should be included in the risk assessments.



Requirements

- Example: To parachute the following is required:
- A parachute
- A qualified Instructor
- A plane and pilot
- Air space
- Altimeter
- Helmet and jump suit
- Insurance
- A risk assessment
- Ground Training

PowerPoint

- Your 4 chosen activities must be contained within your PowerPoint using images to illustrate the outdoor activity. You must include the following:

What the activity is

Where you can take part in it

The equipment required for it

What safety requirements are needed

Written Report

•Part 2



Personal Skills Report



- Taking part in outdoor and adventurous activities gives the opportunity to learn new skills and develop existing ones.

Skills

- Outdoor activities are, by their very nature challenging and arduous to the team and to individuals. For those taking part in them it will call for the use of many skills such as: fitness, self-reliance, physical and moral courage, initiative, powers of endurance and interdependence. These skills are an addition to the many benefits that outdoor activities bring to the individual and the organisation. A well-planned outdoor activity will be designed to both test and develop skills & qualities.

Skills

Using the 4 activities you have already researched find out what skills are required to take part in each. Use the example below to help with your research

Name your activities here

| Skills | Activity 1 | Activity 2 | Activity 3 | Activity 4 |
|-----------------|------------|------------|------------|------------|
| Problem solving | ✓ . | | ✓ . | |
| | | | | |
| | | | | |
| | | | | |

Skills – Written report format

- You must complete a skills table and then give examples of how this skill can benefit a protective service.
- EG Problem Solving - This is a vitally important skill for the Police because
.....
- You must do this for each of your 4 activities.

Reducing stress

- The final part of this task is to add into your report how taking part in outdoor activities can reduce stress levels and how this benefits the protective services.
- You should find current research suggesting how stress levels are reduced by taking part in outdoor activities