



UNIFORMED PROTECTIVE SERVICES

Year 11 – 12 SIL

Name:

Number:

Target Grade:

Learner Declaration - I certify that the evidence submitted for this assignment is my own. I have clearly referenced any sources and any artificial intelligence (AI) tools used in the work. I understand that false declaration is a form of malpractice.

Signed: _____

Date: _____

Checklist

Tick when complete



Learner Declaration

Task 1 – Unit 1 Citizenship Questions (p3-p5)

Task 2 – x4 Outdoor Activities (p6)

Task 3 – Physical Preparation Questions (p7-9)

Unit 1 Citizenship

Task 1 -

Research and answer the following questions, your answers need to be written under each question.

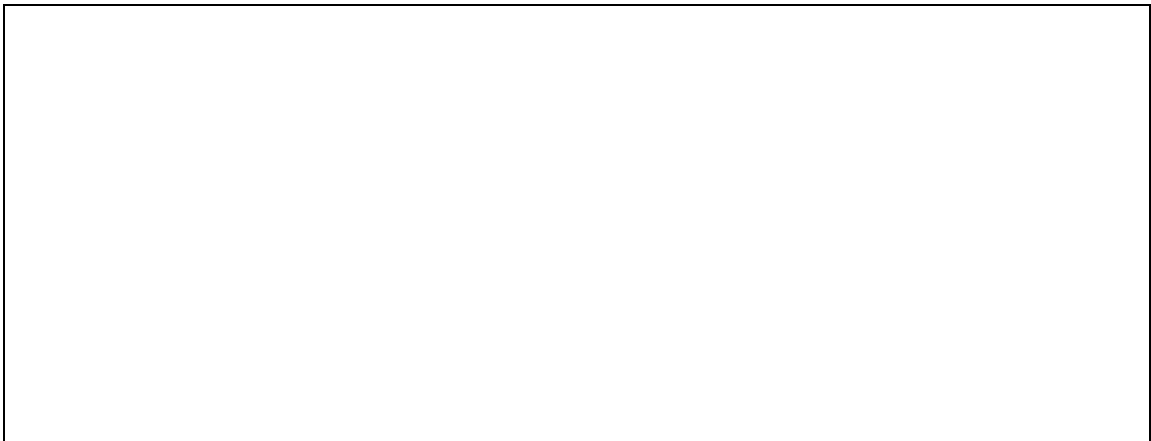
1. What is Citizenship?

2. How is citizenship important to the UK and the UK Uniformed Protective Services?

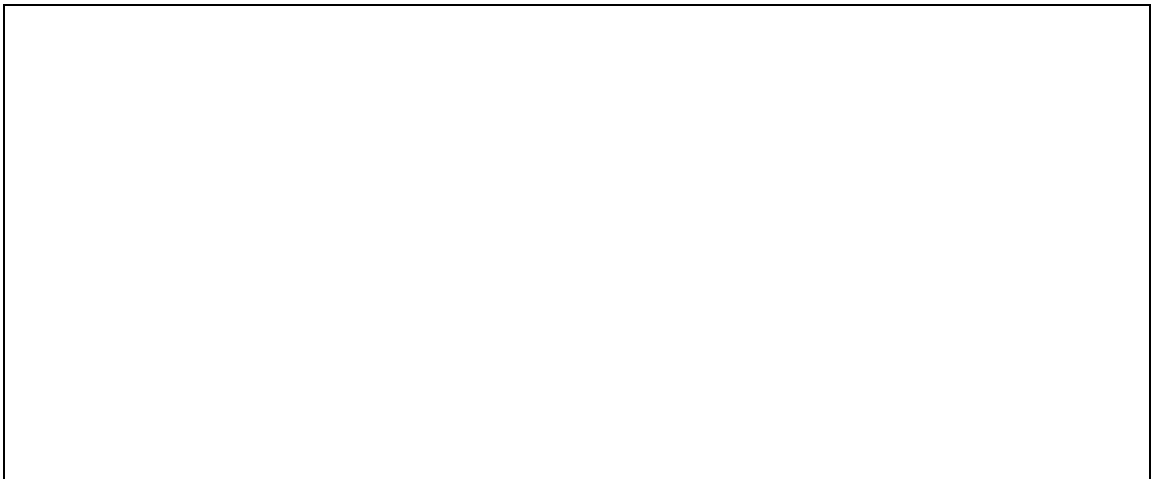
3. Describe what the term British Citizen is?



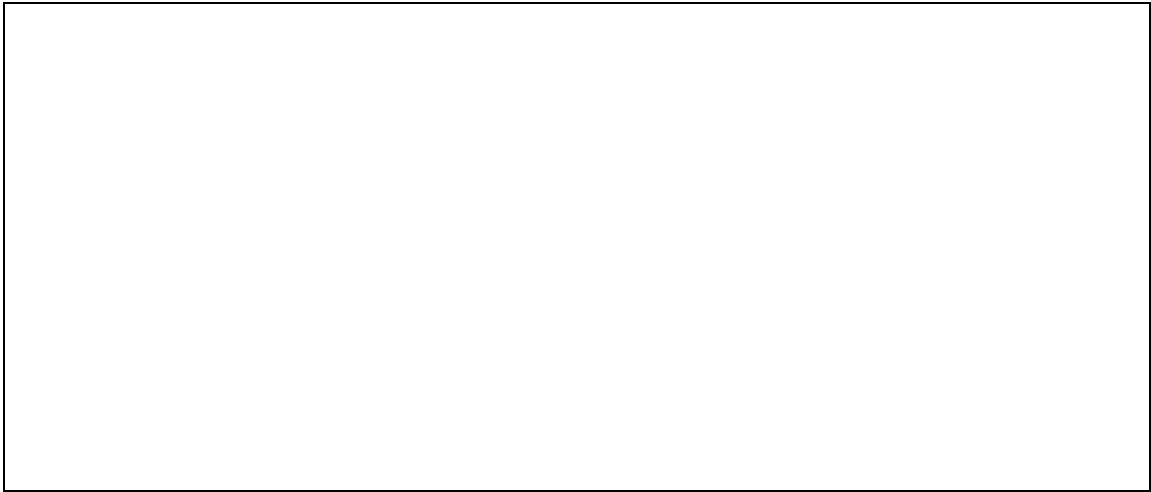
4. Define Multiculturalism.



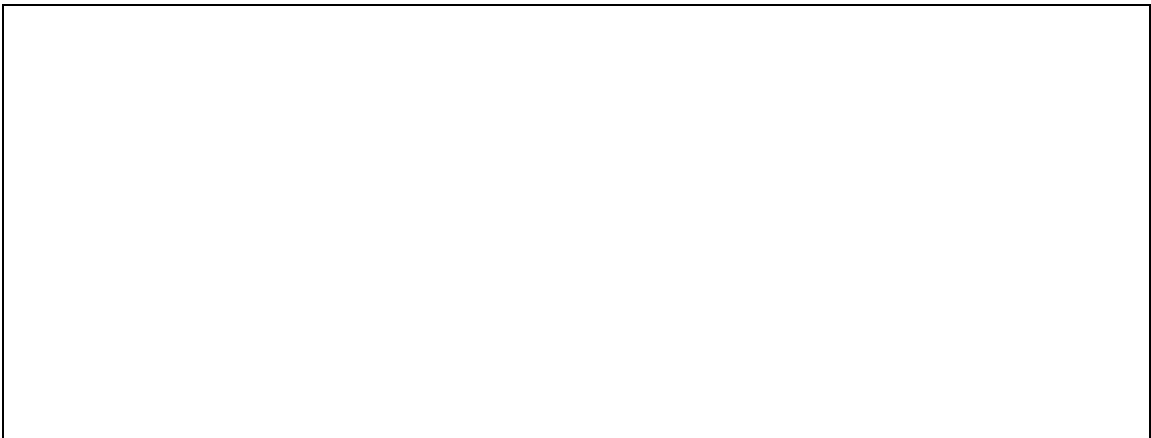
5. Define democracy.



6. What is rule of law?



7. Describe what the term Identity means?



Unit 10 Outdoor Activities

★ Research task ★

You should research **4 outdoor activities** that are used by the Uniformed Protective Services, you should choose

- 1 Land-based activity
- 1 Sea-based activity
- 1 Air-based activity
- And a final one of your choosing

This is an example of the police and fire services



Unit 4 Physical Preparation

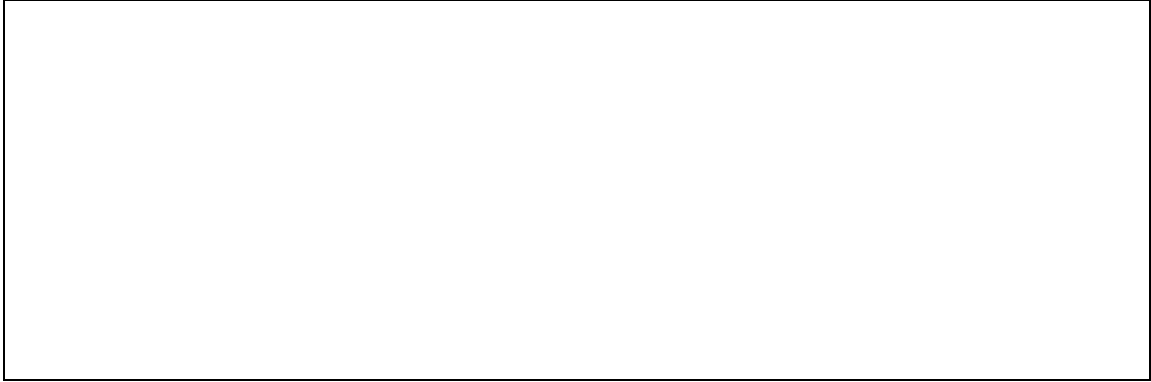
Please provide an explanation of each component:

1. Muscular strength

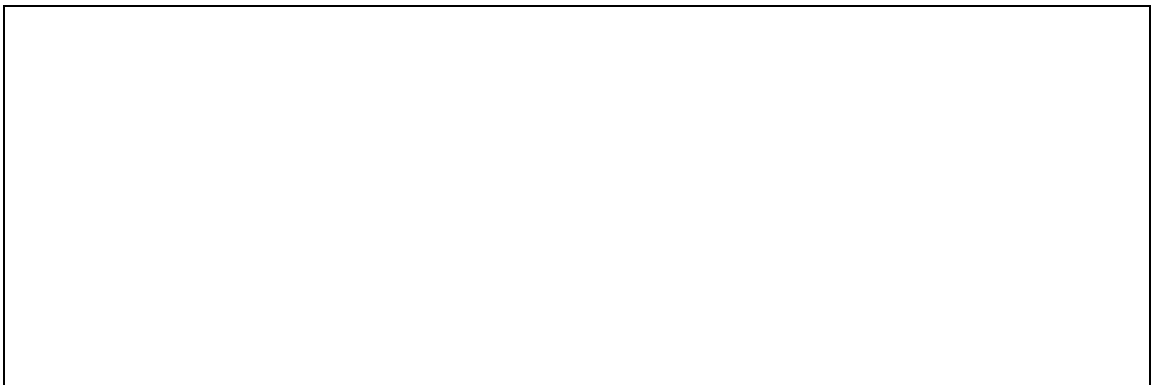
2. Muscular endurance

3. Flexibility

4. Cardiovascular endurance



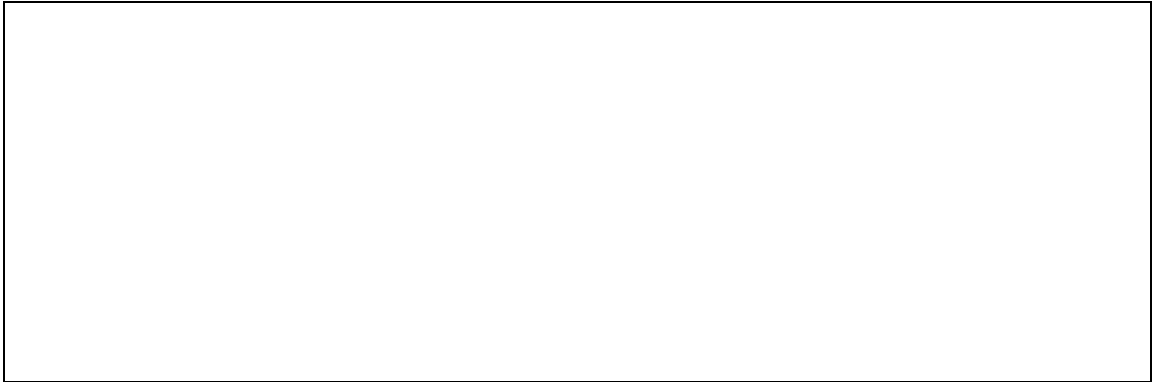
5. Speed



6. Coordination



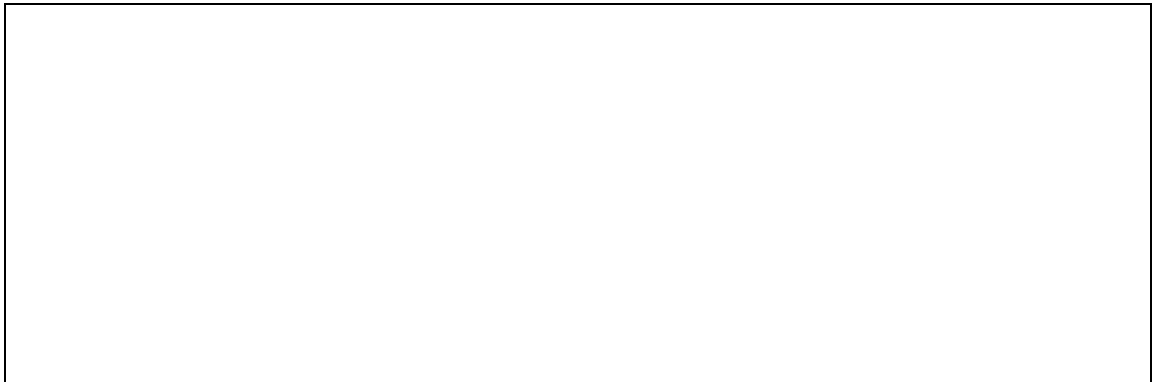
7. Agility



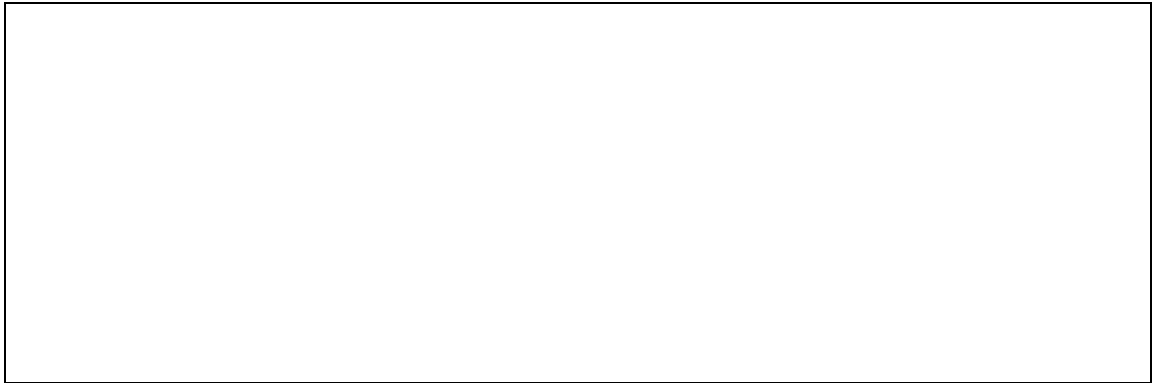
8. Balance



9. Reaction time



10.Power



END OF SIL

DEADLINE

FIRST TIMETABLED LESSON
WITH UNIFORMED
PROTECTIVE SERVICES
(UPS) IN YEAR 12