

BTEC Level 3

National Extended Diploma



Year 13

Summer Independent Learning

FIRST NAME: _____

LAST NAME: _____

B NUMBER:

B	0					
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Student Declaration:	
I certify that the evidence submitted for this SIL is my own and I have not copied content directly from Artificial Intelligence (AI) or other media sources.	
Signed	Date / / 2026

UPS Staff Only	SIL Grade	Unclassified	<input type="checkbox"/>	UPS Stamp / Signature
		Pass	<input type="checkbox"/>	
		Merit	<input type="checkbox"/>	
		Distinction	<input type="checkbox"/>	

BTEC Level 3 National Extended Diploma in Uniformed Protective Services

UNIT 6

Government and the Protective Services



Workbook 1

NAME: _____

LEARNING AIM A

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UPS SUMMER INDEPENDENT LEARNING (SIL)

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A1 Scope of protective services

Statutory/Non-Statutory Services?

Welcome to Learning Aim A, where we are going to be exploring the roles and responsibilities of Uniformed Protective Services (UPS) within the scope of working in the wider public sector.

All protective services are classed as public services as they are employed by the state at either a central or local level, and regardless of the role they undertake, their primary role is to serve and protect the public.

Protective services, regardless of whether they are uniformed or non-uniformed, fall in one of two categories:

- Statutory services
- Non-statutory services.



Online Research



STATUTORY SERVICES DEFINITION

Statutory services

[Statutory services - definition - Encyclopaedia](#)



Statutory and Non-Statutory Public Services

Good Essays

- 1434 Words
- 6 Pages

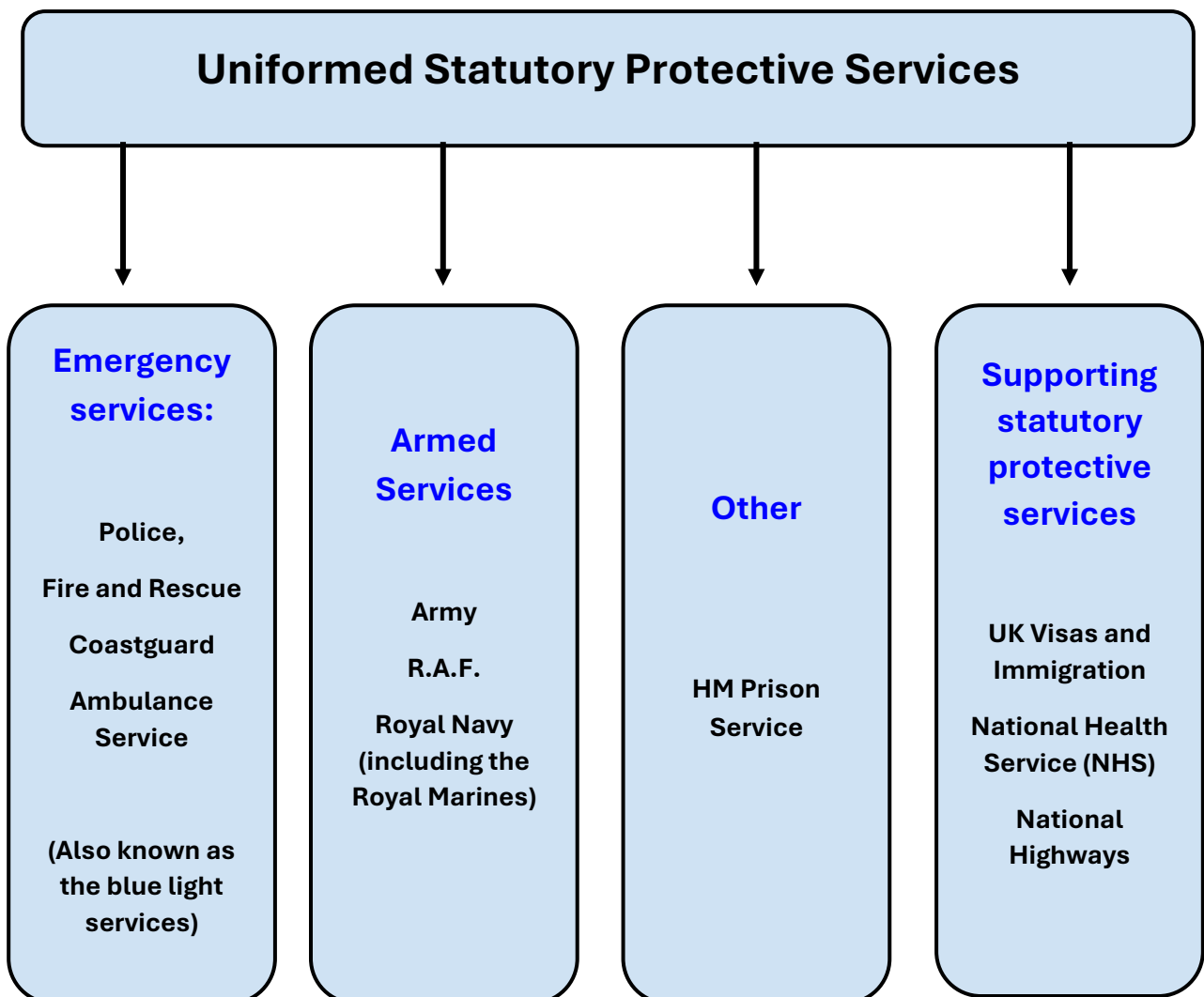
[Statutory and Non-Statutory Public Services - 1434 Words | Bartleby](#)

Uniformed Statutory Protective Services

Uniformed statutory protective services are required to be in place to maintain law and order, provide emergency assistance and defend the country and its dependencies.

The main consideration of any country is to ensure the safety of its citizens and these services have duties required by law that they have to carry out to fulfil this role.

Statutory services are further divided into subcategories:



Emergency Services



Emergency services, or they are sometimes known as 'the blue light services', are an essential part of our everyday lives. At some point we will all have some form of interaction with the police or fire and rescue services, and although the ambulance service is classed as part of the NHS, it can also be linked as part of the emergency service provision within the UK.

Armed Services



The British Armed Forces, also known as His Majesty's Armed Forces, are the military services responsible for the defence of the United Kingdom, its overseas territories and the Crown dependencies. They also promote the UK's wider interests, support international peacekeeping efforts and provide humanitarian aid.

Custodial Care



The main role of the services involved in custodial care, such as His Majesty's Prison Service (**HMP**) and private contractors, is to punish and rehabilitate those people who break the law and enable the authorities to protect the public.

Supporting Statutory Protective Services



There are lots of agencies who support the main statutory services such as the ambulance service, UK Visas and Immigration, Highways England and Maritime and Coastguard Agency to name a few.

A1.3 Draw a line to connect each pair of boxes.



Draw a line to connect each pair of boxes

dealing with accidents, maintaining traffic flow.	EMERGENCY SERVICES
UK management and security of UK borders	ARMED SERVICES
to defend the UK and its dependencies, to support international peacekeeping duties and to support civil authorities through military aid to government powers	PRISON SERVICE
custodial care and rehabilitation of offenders.	UK VISA AND IMMIGRATION
responsibility for the economic, social and environmental wellbeing of their area	HIGHWAYS ENGLAND
oversee the operation of the civil service, government agencies and departments in the provision of services.	LOCAL AUTHORITIES
to respond quickly and safely to accidents, incidents or emergencies; to prevent incidents, including crime, public disorder, fire, accidents and injuries	NHS
delivery of health and care services	CENTRAL GOVERNMENT

The Police Service

As we will find out more in learning Aim B, the devolved administrations have responsibility for policing within their areas. It's important to remember that this section mainly applies to the police service within England and Wales.

The first professional police force in the UK, funded by local taxation, was set up in Glasgow in 1800. At the time, the City of Glasgow police undertook more duties than modern police, including firefighting. It served Glasgow right through until 1975. In 1822, the Irish Constabulary was set up and became the Royal Irish Constabulary in 1867.

The first professional police officers in England were known as 'Peelers' or 'Bobbies', after the then Home Secretary Sir Robert Peel, after the implementation of The Metropolitan Police Act of 1829.

1. From 1829 different types of police services were introduced throughout the country and it wasn't until the Police Act of 1856 and the County Borough Police Act of the same year that policing was made compulsory throughout England and Wales and provision was made for the Treasury to provide assistance to local authorities.

The Act also established a central inspectorate of constabulary to report regularly to the Home Secretary on the efficiency of each police force.

Since that time there have been various pieces of legislation which have created legal requirements on society to provide an efficient police service, the latest being the Policing and Crime Act 2017. Today there are 48 civilian police forces in the UK: 43 territorial police forces in England and Wales, a national police force in both Scotland and Northern Ireland and three specialist police forces (the British Transport Police (BTP), the Civil Nuclear Constabulary (CNC) and the Ministry of Defence Police (MDP)).

Police Service Roles

The roles of the police service are varied and at any time a police officer can be called upon to deal with a wide variety of incidents.

The main role of a police officer is to **protect life** and **property** and to **keep the King's Peace**. When joining the police, student officers will undertake an attestation where they will swear an oath of allegiance to the Crown:

"I do solemnly and sincerely declare and affirm that I will well and truly serve the King in the office of constable, with fairness, integrity, diligence and impartiality, upholding fundamental human rights and according equal respect to all people; and that I will, to the best of my power, cause the peace to be kept ..."

Police typically are responsible for maintaining public order and safety, enforcing the law, and preventing, detecting, and investigating criminal activities. Police are often also entrusted with various licensing and regulatory activities, such as checking pubs, clubs and betting shops.

As a statutory service the police have a legal responsibility to attend and deal with incidents that other people would want to avoid.

Fire and Rescue Service

Like all public-sector bodies, Fire and Rescue Authorities (FRA) and the Fire and Rescue Services (FRS) for which they are responsible, are required to operate in accordance with a wide range of legislation.

The main piece of legislation that covers the operation of the FRS is the **Fire and Rescue Services Act of 2004**. This Act sets out in detail the responsibilities of the FRS which are:

- Promote fire safety
- Extinguish fires and protect life and property when they occur
- Minimise damage to property arising from firefighting operations
- Rescue people involved in road traffic collisions
- Deal with other types of emergencies, as specified by the Secretary of State in Statutory Instruments such as ◦ chemical, biological, radiological or nuclear emergencies etc.

As well as the duties outlined above, the 2004 Act provides FRAs with a power to exercise their discretion in responding to other emergencies that constitute a risk to life and/or the environment. It is under this power, for example, that fire and rescue services respond to flooding emergencies.

Armed Services

The first priority of any government is to protect the people that it serves and this role is carried out by the three main branches of the military:

The Army

The RAF

The Royal Navy (including the Royal Marines)

Every five years there is a new Armed Forces Act which imposes legal requirements on the government in the provision and operation of the military. The most recent one was in 2026. As well as legislation there is also document called the Armed Forces Covenant.

Custodial Care

In any society there are always rules, regulations and laws, and when citizens break these rules, organisations and institutions are in place to punish and rehabilitate offenders. Within the UK, prisons are operated by His Majesty's Prison (HMP) Service and private contractors such as G4S. As we have already learned, prisons are statutory bodies and are covered by legislation, the main one being the **Prison Act 1952**.

This Act lays down rules and regulations governing all aspects of prison life affecting both prisoners and staff. For example, did you know that when acting in the capacity of a prison officer an individual has the same powers as a police constable?

Practice Question A1 .1

Q A1.1

Protective services can be defined as statutory or non-statutory.

(a) Define the term "statutory protective service".

(1)

.....
.....

(b) Give **two** purposes of the Police service.

(2)

1

.....

2

.....

(Total for question = 3 marks)

MARKS AWARDED



Practice Question A1.2

Q A1.2

The scope of protective services includes uniformed and non-uniformed services.

(a) Identify **one** uniformed statutory emergency service.

(1)

.....

(b) Give **two** purposes of emergency protective services.

(2)

1

.....

.....

.....

2

.....

.....

.....

MARKS AWARDED



Complete if you didn't achieve full marks (above)

Practice Question A1.3

Q A1.3

The scope of protective services includes different uniformed services.

(a) Identify **one** uniformed armed protective service.

(1)

.....
.....

(b) Give **two** purposes of armed protective services.

(2)

1

.....
.....
.....

2

.....
.....
.....

(Total for question = 3 marks)

MARKS AWARDED



Practice Question A1.4

Protective services within the UK can be statutory or non-statutory. National Highways (Highways England) is one supporting statutory protective service.

(a) Identify **one other** supporting statutory protective service.

(1)

.....

(b) Give **two** legal requirements of National Highways.

(2)

1

.....

2

.....

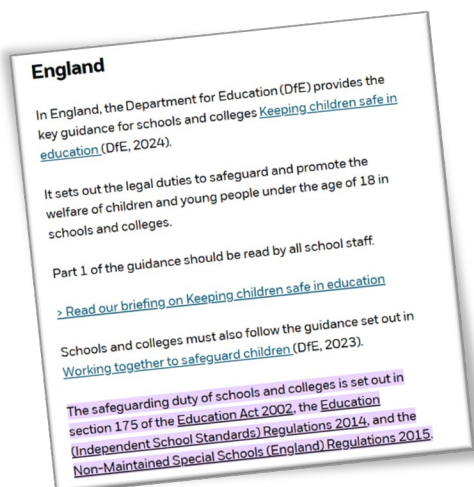
(Total for question = 3 marks)

MARKS AWARDED



A2 Legal requirements for protective services delivery

Statutory Non-uniformed Protective Services



For example, the legislation which covers the operation of schools is the [Education Act 2002](#). This legislation places a duty on education establishments to safeguard our students.

Failure to discharge their duties may not only result in an employee/employer facing disciplinary action, but it may also constitute a criminal offence.

A2.1 **Research** the legislation which covers the operation of the following Statutory Non-Uniformed Protective Services.

<p>National Health Service</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
<p>National Highways</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	
<p>UK Visas and Immigration Service</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	

So far we have focused on uniformed protective services and it should be clear that these services are in place to protect and serve the public. We need them to deal with emergencies and keep us safe from threats both domestic and foreign. These services include the police, fire and rescue, the armed services and custodial care services.

However, there are other public services that might not be so obvious that still have a statutory duty to serve the public in different circumstances. These can be both uniformed and non-uniformed. For example, you have already researched some of the other uniformed public services in the above table.

The non-uniformed public services that have a statutory duty include:

- local authorities - responsibility for the economic, social and environmental wellbeing of their area
- central government - oversee the operation of the civil service, government agencies and departments in the provision of services.

Local Authorities

Local authorities have a legal responsibility to provide a range of services for the areas that they are responsible for. These services include:

- Provision of education at different levels
- Refuse collection
- Social services/care provision
- Environmental protection
- Road and traffic planning
- Provision of social housing

Local government operations and responsibilities are governed by many pieces of legislation which place statutory duties on each authority to provide a range of services, some of which are listed above. One such piece of legislation is the Local Government Act of 2020.

Each local authority also has a responsibility to coordinate a response to various types of emergencies. This is mainly covered under the Civil Contingencies Act of 2004. This Act provides a legal obligation on local councils to **Plan, Respond and Recover** from a number of potential emergencies.

Local governments help individuals and families recover by ensuring that these services are available and by seeking additional resources if the community needs them. When an emergency occurs, the local government uses all available media to publicise the types of assistance available and how to access them.

Practice Question A2.1

Local authorities are one non-uniformed statutory service in place to provide essential services to the public.

(a) Explain **one** legal requirement of local authorities.

(2)

.....

.....

.....

.....

One role of local authorities is to represent residents in a local area.

(b) Explain **two other** roles of local authorities.

(4)

1

.....

.....

.....

.....

2

.....

.....

.....

(Total for question = 6 marks)

MARKS AWARDED



A3 Non-statutory protective services

Uniformed non-statutory protective services

RNLI

The society that we live in is a very complex organisation and each of the statutory services, uniformed or not, require a great deal of government funding, which is mainly raised through taxation at a local and national level. The amount of money available is limited and to operate effectively we rely on non-statutory services to support the statutory services. So what's the difference?

Statutory public services are required by law and funded by government. Non-statutory public services are not required by law, some receive government funding but many are charities or self-funded.

Perhaps the most well-known non-statutory service which protects the public is The Royal National Lifeboat Institution (RNLI).

A3.1

Click on the link / Scan the QR code and try to find the answers for the following questions.



[RNLI - Royal National Lifeboat Institution - Saving Lives at Sea](#)

- How many lifeboats are operated by the RNLI and how many classes of lifeboat are there?



- What percentage of the RNLI's operational crew are volunteers?


 %

➤ How much did it cost to run the RNLI in 2023?



➤ How much of this was government funded?



➤ How many lives were saved in 2023?



Other uniformed non statutory services include:



St John Ambulance

Red Cross

Mountain and Cave Rescue

Salvation Army

Non-Uniformed Non-Statutory protective services

There are a range of non-uniformed, non-statutory services who provide a vital role in serving the public both in normal times and in emergency situations. Examples include:

- Utility companies
- Public transportation
- Charity organisations.

Purpose of non-statutory protective services

- Provide services that statutory services cannot or are not able to cover.
- Support statutory services; provision by public, private and third sector organisations.
- Provide assistance to statutory services in civil contingencies.



Online Research



Victim Support responds to the brother of Manchester Arena bomber sentencing

20 August 2020

[Victim Support responds to the brother of Manchester Arena bomber sentencing - Victim Support](#)

A3.2

To complete learning aim A, click on the link which explores how Victim Support supported the emergency services during and post-incident for the Manchester Arena bombing. Consider the purpose of non-statutory protective services in your answer.

Practice Question A3.1

Q A3.1

The scope of protective services includes uniformed or non-uniformed services.

(a) Identify **one** uniformed non-statutory protective service.

(1)

.....
.....

(b) Give **two** purposes of non-statutory protective services.

(2)

1

.....
.....
.....

2

.....
.....
.....

(Total for question = 3 marks)

MARKS AWARDED



BTEC Level 3 National Extended Diploma in Uniformed Protective Services



Year 12 (Workbook 12.2)

NAME: _____

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Unit 12 Assessment Criteria

Learning aim B: Carry out a training programme that improves personal fitness for a role in the uniformed protective services		<p>B.D2 Carry out a six-week fitness training programme confidently and effectively, making appropriate adaptations to the programme using monitoring data.</p> <p>C.D3 Evaluate strengths and areas for improvements of the training programme, providing recommendations for future training to meet the needs of a uniformed protective services role.</p>
<p>B.P3 Carry out a six-week fitness training programme competently.</p> <p>B.P4 Monitor own performance when following a six-week fitness training programme.</p>	<p>B.M2 Carry out a six-week fitness training programme confidently and effectively.</p> <p>B.M3 Monitor progress accurately and effectively during a six-week fitness training programme.</p>	
Learning aim C: Review the success of a training programme for meeting the personal fitness requirements of a uniformed protective services role		
<p>C.P5 Review training programme in relation to meeting fitness requirements of a uniformed protective services role.</p>	<p>C.M4 Analyse strengths and areas for improvement of the training programme in relation to meeting the fitness requirements of a uniformed protective services role.</p>	

UPS Fitness

Fitness is not only a requirement of the Uniformed Protective Services (**UPS**) programme, but it will form a key role in enabling you to achieve the fitness standards for your chosen UPS.

During your time with us, fitness will progress from one session per week (Year 12) and conclude with four sessions per week (Year 13).

For guidance in relation to completing your fitness log, please refer to the Fitness Log page on SharePoint.

[Click here to access Fitness Log page on SharePoint](#)

Unable to complete your weekly fitness?

If you have a valid reason for not being able to undertake and log weekly fitness, complete the exemption form below:



[Click here to access form](#)

Summer Fitness Checklist

1.1 Tick off the checklist below as you complete your workbook

SMART Target

(Page 5)

Fitness Goal

(Page 5)

Fitness Log Tracker

(Page 6)

4 Weeks of Fitness Logged

(Pages 7 - 36)

Programme Evaluation

(Pages 37 - 41)

Updated Fitness Programme

(Page 41)

SMART Target

Goal

During the UPS programme, you will need to demonstrate that you can track your fitness. One way to achieve this is by using the acronym [SMART](#).

2.1 Complete the SMART Target below: P4 M3

S pecific	
M easurable	
A chievable	
R elevant	
T ime	

Fitness Goal

2.2 From your SMART Target, provide some details in relation to your goal(s) P4 M3

Start of Term			End of Term	
Description of Goal	Current Result	Target Result	End Result	Target Met (Yes/No)

Fitness Log Tracker

3.1 Each week, complete the table below:

P3

Week	1	2	3	5	5	6	7	8
Sessions Required	Log FOUR complete weeks of fitness (Mon-Sun) THREE Sessions per Week You are allocated FOUR Rest Weeks Total Sessions Logged = 12							
Sessions Completed								

Fitness Log Tracker (Example)

Each week, complete the table below:

Week	1	2	3	5	5	6	7	8
Sessions Required	Log FOUR complete weeks of fitness (Mon-Sun) THREE Sessions per Week You are allocated FOUR Rest Weeks Total Sessions Logged = 12							
Sessions Completed	2	3	0	0	3	1	3	3

Number of Sessions	Comments	Counts Towards Number of Weekly Sessions?
0	Two weeks of no sessions logged which is acceptable as no more than four rest weeks.	X
1-2	Sessions logged which is positive. Whilst these do not count, there is still no more than four rest weeks.	X
3+	Four complete weeks logged which meets the criteria.	✓

Week 1 (w/c 6th July)

4.1a Undertake and log three fitness sessions **P3** **M2** **D2**

Session Number	001	Session Title		
Date		Time		Verifiable (Yes/No)
Fitness Component(s)				
Training Method				
RPE				
Details of Session (Stats)				
Evidence Paste images into box (right)				

FITNESS LOG

Session Number	002	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

FITNESS LOG

Session Number	003	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

FITNESS LOG

4.1b After undertaking and logging this week's training, complete an evaluation

P4

M3

D2

Weekly Evaluation	
<p>Comments</p> <p>(Including comparison of stats vs end goal and any adaptations you have had to make)</p> <p>(50 - 100 words)</p>	
<p>Target (Next Week)</p> <p>(Think SMART and included measurable outcomes)</p> <p>Example: Run 4 miles in 32 minutes</p>	

Week 2 (w/c 13^h July)

4.2a Undertake and log three fitness sessions **P3** **M2** **D2**

Session Number	004	Session Title		
Date		Time		Verifiable (Yes/No)
Fitness Component(s)				
Training Method				
RPE				
Details of Session (Stats)				
Evidence Paste images into box (right)				

FITNESS LOG

Session Number	005	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

FITNESS LOG

Session Number	006	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

4.2b After undertaking and logging this week's training, complete an evaluation

P4

M3

D2

Weekly Evaluation	
<p>Comments</p> <p>(Including comparison of stats vs end goal and any adaptations you have had to make)</p> <p>(50 - 100 words)</p>	
<p>Target (Next Week)</p> <p>(Think SMART and included measurable outcomes)</p> <p>Example: Run 4 miles in 32 minutes</p>	

Week 3 (w/c 20th July)

4.3a Undertake and log three fitness sessions **P3** **M2** **D2**

Session Number	007	Session Title		
Date		Time		Verifiable (Yes/No)
Fitness Component(s)				
Training Method				
RPE				
Details of Session (Stats)				
Evidence Paste images into box (right)				

FITNESS LOG

Session Number	008	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

FITNESS LOG

Session Number	009	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

4.3b After undertaking and logging this week's training, complete an evaluation

P4

M3

D2

Weekly Evaluation	
<p>Comments</p> <p>(Including comparison of stats vs end goal and any adaptations you have had to make)</p> <p>(50 - 100 words)</p>	
<p>Target (Next Week)</p> <p>(Think SMART and included measurable outcomes)</p> <p>Example: Run 4 miles in 32 minutes</p>	

Week 4 (w/c 27th July)

4.4a Undertake and log three fitness sessions **P3** **M2** **D2**

Session Number	010	Session Title		
Date		Time		Verifiable (Yes/No)
Fitness Component(s)				
Training Method				
RPE				
Details of Session (Stats)				
Evidence Paste images into box (right)				

FITNESS LOG

Session Number	011	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

FITNESS LOG

Session Number	012	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

4.4b

After undertaking and logging this week's training, complete an evaluation

P4

M3

D2

Weekly Evaluation	
<p>Comments</p> <p>(Including comparison of stats vs end goal and any adaptations you have had to make)</p> <p>(50 - 100 words)</p>	
<p>Target (Next Week)</p> <p>(Think SMART and included measurable outcomes)</p> <p>Example: Run 4 miles in 32 minutes</p>	

Week 5 (w/c 3rd August)

4.5a Undertake and log three fitness sessions **P3** **M2** **D2**

Session Number	013	Session Title		
Date		Time		Verifiable (Yes/No)
Fitness Component(s)				
Training Method				
RPE				
Details of Session (Stats)				
Evidence Paste images into box (right)				

FITNESS LOG

Session Number	014	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

FITNESS LOG

Session Number	015	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

FITNESS LOG

4.5b

After undertaking and logging this week's training, complete an evaluation

P4

M3

D2

Weekly Evaluation	
<p>Comments</p> <p>(Including comparison of stats vs end goal and any adaptations you have had to make)</p> <p>(50 - 100 words)</p>	
<p>Target (Next Week)</p> <p>(Think SMART and included measurable outcomes)</p> <p>Example: Run 4 miles in 32 minutes</p>	

Week 6 (w/c 10th August)

4.6a Undertake and log three fitness sessions **P3** **M2** **D2**

Session Number	016	Session Title		
Date		Time		Verifiable (Yes/No)
Fitness Component(s)				
Training Method				
RPE				
Details of Session (Stats)				
Evidence Paste images into box (right)				

FITNESS LOG

Session Number	017	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

FITNESS LOG

Session Number	018	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

4.6b After undertaking and logging this week's training, complete an evaluation

P4

M3

D2

Weekly Evaluation	
<p>Comments</p> <p>(Including comparison of stats vs end goal and any adaptations you have had to make)</p> <p>(50 - 100 words)</p>	
<p>Target (Next Week)</p> <p>(Think SMART and included measurable outcomes)</p> <p>Example: Run 4 miles in 32 minutes</p>	

Week 7 (w/c 17th August)

4.7a Undertake and log three fitness sessions **P3** **M2** **D2**

Session Number	019	Session Title		
Date		Time		Verifiable (Yes/No)
Fitness Component(s)				
Training Method				
RPE				
Details of Session (Stats)				
Evidence Paste images into box (right)				

FITNESS LOG

Session Number	020	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

FITNESS LOG

Session Number	021	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

4.7b

After undertaking and logging this week's training, complete an evaluation

P4

M3

D2

Weekly Evaluation	
<p>Comments</p> <p>(Including comparison of stats vs end goal and any adaptations you have had to make)</p> <p>(50 - 100 words)</p>	
<p>Target (Next Week)</p> <p>(Think SMART and included measurable outcomes)</p> <p>Example: Run 4 miles in 32 minutes</p>	

Week 8 (w/c 24th August)

4.8a Undertake and log three fitness sessions **P3** **M2** **D2**

Session Number	022	Session Title		
Date		Time		Verifiable (Yes/No)
Fitness Component(s)				
Training Method				
RPE				
Details of Session (Stats)				
Evidence Paste images into box (right)				

FITNESS LOG

Session Number	023	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

FITNESS LOG

Session Number	024	Session Title			
Date		Time		Verifiable (Yes/No)	
Fitness Component(s)					
Training Method					
RPE					
Details of Session (Stats)					
Evidence Paste images into box (right)					

4.8b

After undertaking and logging this week's training, complete an evaluation

P4

M3

D2

Weekly Evaluation	
<p style="text-align: center;">Comments</p> <p>(Including comparison of stats vs end goal and any adaptations you have had to make)</p> <p style="text-align: center;">(50 - 100 words)</p>	
<p style="text-align: center;">Target (Next Week)</p> <p>(Think SMART and included measurable outcomes)</p> <p>Example: Run 4 miles in 32 minutes</p>	

Evaluating your Training Programme

5.1

Identify areas of **strength** in relation to your fitness programme for meeting the fitness standards of your chosen UPS. (minimum of 250 Words)

P5

M4

FITNESS LOG

5.2	Identify areas for improvement in relation to your fitness programme for meeting the fitness standards of your chosen UPS. (minimum of 250 Words)	P5	M4
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5.3

Make some **Key Recommendations** to improve your training programme going for Year 13 to improve your chances of meeting the fitness standards for your chosen UPS. (minimum of 200 Words)

D3



Updated Fitness Programme



6.1


Create an adapted training programme on a separate word document. Print it out and bring it with you to your first UPS lesson.


D3


Stat Templates


Below is the minimum stats required for each training method. If you train with equipment which provides additional statistics i.e. heart rate monitor, power metre, include these.


 <small>RUNNING</small>	 <small>WALKING</small>	<p>Time: (mm:hh)</p> <p>Distance: miles/km</p> <p>Avg Pace: min/mile / min/km</p>
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 <small>CYCLING</small>	<p>Time: (mm:hh)</p> <p>Distance: miles/km</p> <p>Avg Speed: mph / kph</p>
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 <small>ROWING MACHINE</small>	<p>Time: (mm:hh)</p> <p>Distance: km</p> <p>Avg Pace/500m: mm:ss</p>
--	---

 <small>CROSS TRAINER</small>	<p>Time: (mm:hh)</p> <p>Distance: miles / km</p> <p>Avg Level:</p>
--	---

 <small>STAIRMASTER</small>	<p>Time: (mm:hh)</p> <p>Steps:</p> <p>Floors:</p> <p>Avg Level:</p>
---	---

 <small>WEIGHT TRAINING</small>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #cccccc;"> <th style="width: 25%;">Exercise</th> <th style="width: 25%;">Reps</th> <th style="width: 25%;">Sets</th> <th style="width: 25%;">Weight</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td><td> </td></tr> </tbody> </table>	Exercise	Reps	Sets	Weight																
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 <small>CIRCUIT TRAINING</small>	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr style="background-color: #cccccc;"> <th style="width: 33%;">Exercise</th> <th style="width: 33%;">Reps</th> <th style="width: 33%;">Sets</th> </tr> </thead> <tbody> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> <tr><td> </td><td> </td><td> </td></tr> </tbody> </table>	Exercise	Reps	Sets												
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