

Stepping Forward: Public Services

Introduction to Uniformed Public Services (UPS)

BISHOP BURTON

College



Public Services

Watch the video and list all the different Public Services we engage with at Bishop Burton College plus identify at least one activity you would like to take part in and why.

https://youtu.be/xuw_b1ugeFI

Can you name the badge to the UPS?



Define each skill and quality (what are they and why are they needed/essential to the UPS)

Skill/Quality	Why needed/essential in UPS
Decisiveness	
delegation	
adaptability	
commitment	
courage	
compassion	
communication	
organisation	
planning & time management	
motivating	
multi-tasking	

Now put on your PE kit and carry out the following warm ups*

- <https://www.youtube.com/watch?v=M0UUXpYXEpE&t=3s>
- <https://www.youtube.com/watch?v=xbS3GITUdMk>

Record your score*

Test	Score achieved
30 second sit up test (instructions attached)	
Continuous press up test (instructions attached)	

Use the Normative data from the following sites to classify your results

Test	Your score	Website	Classification (Excellent, good, average etc.)
30 second sit ups		https://www.brianmac.co.uk/situptst.htm	
Continuous press ups		https://www.brianmac.co.uk/pressuptst.htm	

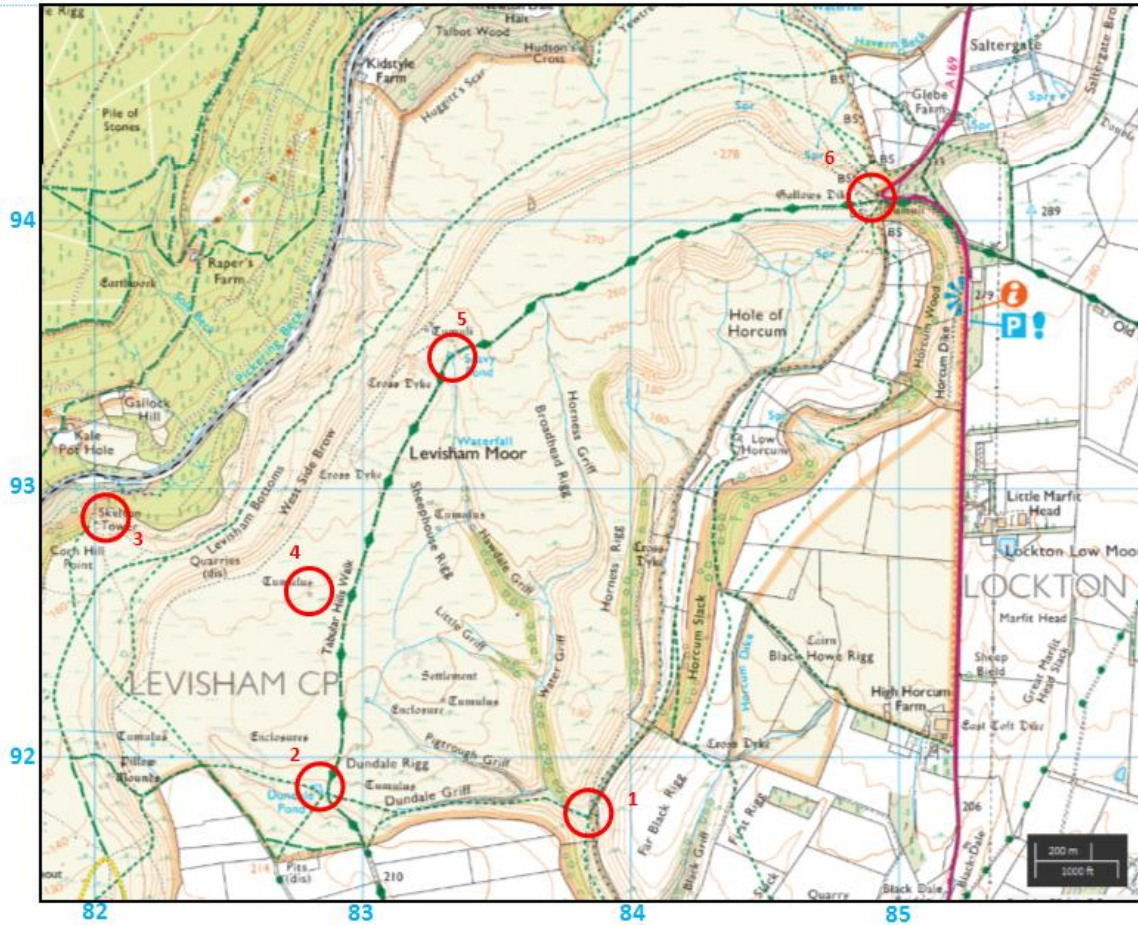
Watch the short videos on Grid references and complete the table
basic route card

- https://www.youtube.com/watch?v=c0du8v4EE_Y
- https://www.youtube.com/watch?v=FXuo_ocVMVU

As an example checkpoint 1 is at 83/91 (4 figure) 838/917 (6 figure)

- <https://www.youtube.com/watch?v=M0UUXpYXEpE&t=3s>
- <https://www.youtube.com/watch?v=xbS3GITUdMk>

Checkpoint	4 figure Grid reference	6 figure grid reference
1 – T junction footpath	83/91	838/917
2		
3		
4		
5		
6		
Point of interest (Your choice)		



THE GROW MODEL

GOAL

Where do you want to see change in your life?

When do you want to have achieved this by?

If you achieved this, what would this mean? What's your ultimate goal?

What's your gut telling you about this?

What do you *really* want, in an ideal world?

REALITY

What's happening right now?

If the ideal situation is a 10, where are you at right now?

What would an outsider perspective be of your current situation?

What will happen if you don't take this step?

What impact is this having on you?

OPTIONS

What are your options?

What's worked for you in the past?

Imagine a friend was in your situation, What advice would you give them?

If achieving this was easy, what would it look like?

Which option do you feel most excited about?

What can you do to overcome obstacles?

WILL

Click to read more at thewellnesssociety.org:

The Step-By-Step Guide to Self-Coaching: How to Use The GROW Model to Achieve Your Goals



THEWELLNESSSOCIETY.ORG

Complete the following GROW activity using your Goal of joining the Public Service of your choice to make it happen...

Goal (which UPS do you want to join)	Reality (where are you now/ how close or far)
Options(<i>what are all the things you could do to make this happen?</i>)	Will (<i>What will you actually do now to make this happen? Be specific... What and when?</i>)