



PARK HALL ACADEMY

INDEPENDENT LEARNING

Supporting development

SPRING TERM

Subject (GCSE/BTEC & subject & KS)

BTEC Public Services

Unit title and main topics/themes

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| Unit 1 | Public Service Skills <ul style="list-style-type: none">• Skills used in the Public Services• The purpose and importance of public service skills using actual examples• Contributing to teambuilding activities & the qualities of a good instructor• Effectiveness of methods of interpersonal communication skills• Public service terminology & communicating using interpersonal skills |
| Unit 5 | Improving Health & Fitness for entry into the Public Services <ul style="list-style-type: none">• Define a healthy lifestyle & describe the effects of exercise on the body systems• The benefits of exercise & keep a personal food and lifestyle diary• Describe the effect of basic nutrition and lifestyle factors on fitness• Identify component of and testing methods for fitness & perform fitness tests• Plan a personal health improvement programme |
| Unit 21 | Creative & Therapeutic Activities <ul style="list-style-type: none">• Ways public services use ICT & the legal & security issues surrounding it• Describe the impact of ICT on public service provision• Demonstrate the use of 2 IT applications• Demonstrate the use of the Internet to research a public service• Demonstrate the use of email to receive and exchange information |

Basic/general description of homework set

Completing coursework tasks set

Keeping a personal food and lifestyle diary

Course details – exam board, website, other useful resources, dates/months of exams

Edexcel BTEC Level 2 Extended Certificate in Public Services