



# PARK HALL ACADEMY

## INDEPENDENT LEARNING

*Supporting development*

**SPRING TERM**

Subject (GCSE/BTEC & subject & KS)

BTEC Public Services

### Unit title and main topics/themes

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

### 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