

# Unit 11 Expedition skills Summer Independent Learning

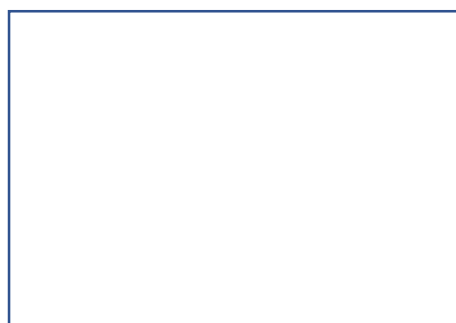
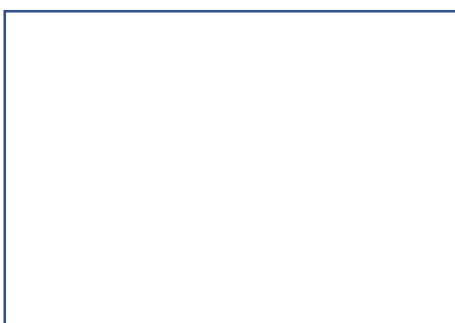
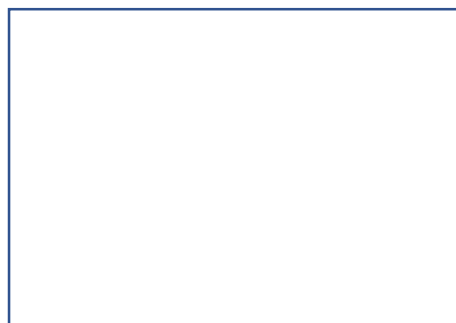
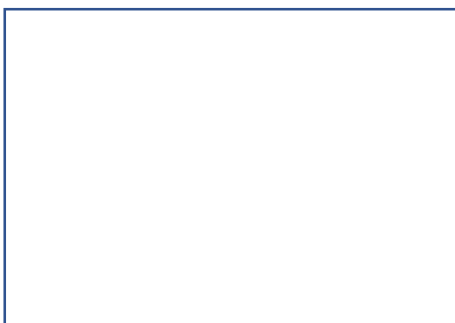
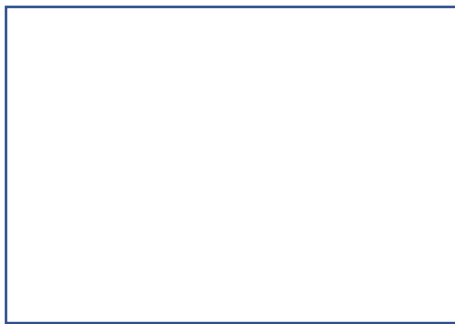
**Skills for Outdoor Activities and the  
Uniformed Protective Services**



# Expeditions - Research and find 1 picture for each of the different types below

- Individual.
- Groups and teams.
- Corporate.
- Educational.
- Military and protective services, e.g. uniformed services sponsored expeditions.
- Clubs, youth organisations and award programmes

Add your pictures below



# Skills rating 1-10

Skills	How do you rate yourself? Add a comment below why
Walking	
Shelter building	
Cooking outdoors	
Organisation	
Map reading	
Verbal communication	
Tent building	
Resilience	
Punctuality	

# Historical expeditions

Research the below expeditions and provide a brief overview of it including the following factors. Who, what, where, when for each historical expedition.

- Shackleton's polar exploration
- Hillary and Everest
- Amundsen
- Northwest Passage
- Earhart flying over the Atlantic.

# Research Tasks

- What does the term countryside code mean?
- Now Create a poster on the countryside code include pictures and key messages

# Research and provide a definition of the below key terms

- Tog
- Hydro Static Head (HH)
- BIVVIE
- Pucoted
- Tape seams
- Venting
- Goretex lined
- Ergonomic
- Wicking
- Base Layer
- Middle Layer
- Outer Layer

# Leadership styles research Task

- Research and add in detailed definitions of the below leadership styles

- Authoritarian

- Democratic

- laissez-faire

- bureaucratic



- people-orientated
- task-orientated
- situational
- transactional
- transformational

- Communication
- Add in 10 pictures of 10 communication methods below
- E.g Verbal

# Unit 5 Teamwork

- Explain the characteristics and benefits of effective team working in the uniformed protective services?
- In 500 words answer the above question

- Can you describe 4 team-building techniques that are used in the uniformed protective services.
- Write your answer below

# Types of teams

- In the space below research 3 given types of teams in UPS.
- Provide the following information on each team -
  - Size,
  - Structure,
  - formal or informal,
  - Aims of team,
  - permanent temporary.

- Team 1 – West Yorkshire counter terrorism Unit (CTU)
- Team 2 - Royal Artillery(British Army)
- Team 3 - West Yorkshire police Mounted section

# Final task

- READ A BOOK
- How often do you read a book for pleasure?
- What stops you from choosing to read a book?
- Why read? Clark and Rumbold (2006) identify several main areas of the benefits to reading for pleasure:
  - Reading attainment and writing ability
  - Text comprehension and grammar
  - Breadth of vocabulary
  - Positive reading attitudes
  - Greater self-confidence as a reader
  - Pleasure in reading in later life
  - General knowledge
  - A better understanding of other cultures
  - Community participation
  - A greater insight into human nature and decision-making
- Over the summer, we would like you to read at least one book (this can be fiction / non-fiction and does not have to be related to Health and Social Care). Be prepared to give feedback to the rest of your class in September; you might want to prepare a flashcard to help.
- We have books available in college (see your teacher) or you can borrow books from your local library, for free, once you have registered. You can also buy books from charities shops, often for under a pound.  
<https://www.wakefield.gov.uk/libraries-and-local-history/your-local-library/>  
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