



Public Services at HCFE

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HCFE Sport and Public Services

Meet the Team



Gemma

I have been teaching Public Services for 12 years, since 2008. I have a degree in Sports Coaching, however, my recent experience has been in the Security Industry, working at the 2012 Olympics and currently being deputy chief Steward at Sunderland Football Club. I help students gain employment and experience working alongside Police Officers. I teach units such as Leadership and Teamwork, Citizenship and Security Procedures.

Cat

I have worked at HCFE for 10 years, after coming from a background in the Fitness Industry which I worked in from the age of 16. During this time I also studied for a Sports Management degree, and a Masters in Sports Science. I mainly teach on health, lifestyle and fitness units, as well as some outdoor pursuits and a few Foundation degree units. Additionally I teach on adult courses such as the Gym Instructor and Personal Training courses, as well as tutoring apprentices in the Fitness industry.

Dan

I have worked at HCFE for 7 years, originally working as 'College Sport Maker' where I would organise recreational sport activities for everyone at HCFE. I have a degree in Sports Development from Sheffield Hallam University which gave me amazing experiences such as volunteering in Tanzania and working with the press at London 2012. This will be my fourth year teaching on Public Services and in that time I have taught a wide range of units including: Land Navigation, Developing Physical Fitness, Planning and Management and Law.

Paul

I have been teaching Public services for a total of 9 years and have a degree in sport and health promotion, and leadership and management certificates. My background is in the Royal Marines serving in the Middle East, and private security in war torn countries and Pirate infested waters, as well as within recruiting and selection careers advisor. Further experience as a Police special in Lancashire Constabulary. I am still active in the Royal Marines (Reserves) staying competent and current with recruit training, physical training and landing craft Coxswain. Within HCFE I teach on all levels and cover units such as employment, crime forensics, skills, diversity, health and fitness and war and conflict.

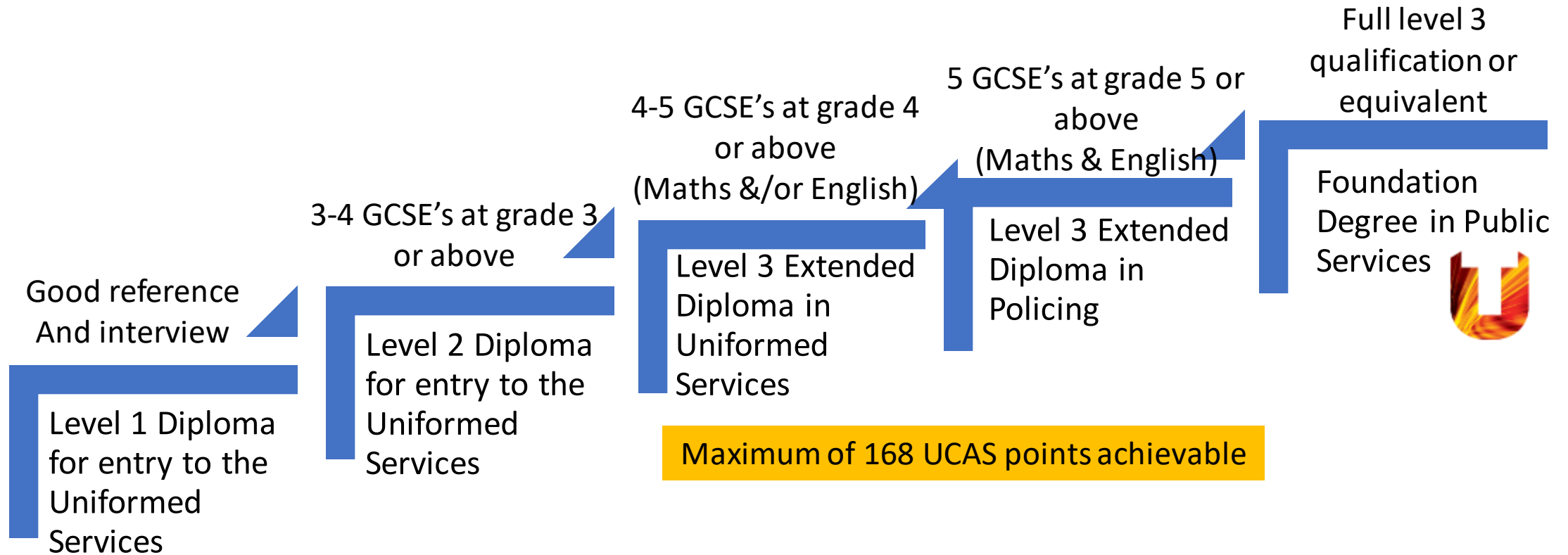
Sean

After serving as a Royal Marines Commando for 15 years, which included multiple tours of both Iraq and Afghanistan, I was medically discharged in 2016 having reached the rank of a Senior Non-Commissioned Officer. I have since retrained and qualified as a Primary School Teacher, working in various schools throughout County Durham. This was before I was offered a role within the Sport and Public Services School at HCFE. I love working with the team who provide care and support to each other when required, as well as supporting students closely throughout their college education. I bring a lot of experience to the table as a whole, having gained a great deal of experience throughout my time in the Royal Marines; across all four corners of the world. It is this experience I wish to use to inspire my students to aim to fulfil their maximum potential, in college and beyond.

We look forward to meeting you all soon ☺



Our Courses



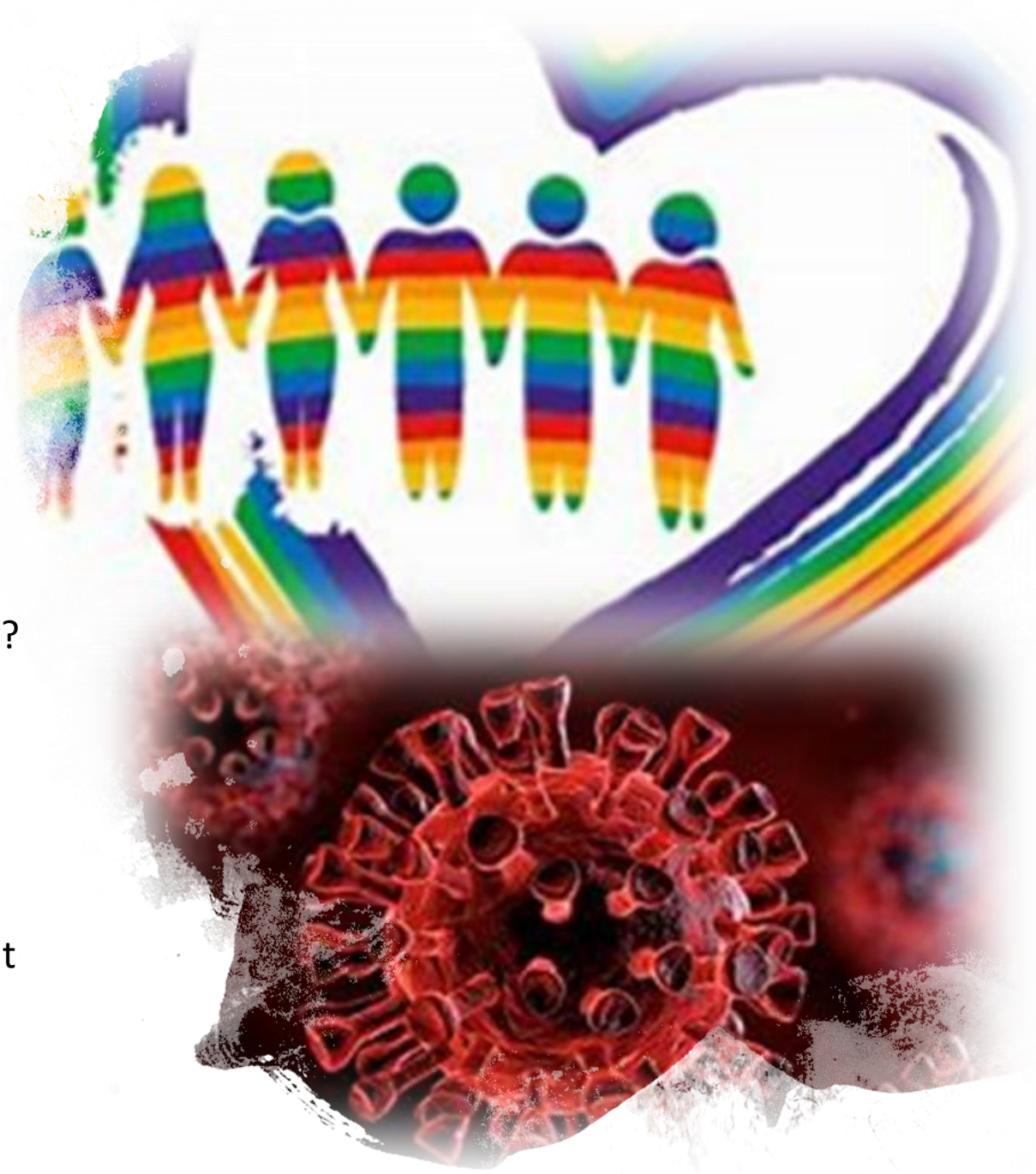
We use a wide range of assessment methods such as: assignments, presentations, observations and practical tasks.
There are no exams within our programmes.

Citizenship

Read about Covid-19; not just what is happening in the daily briefings, but what is happening behind the scenes...

- Think about what impact it has had on the public services?
- How is it having an impact on people who already live in poverty?
- How is it impacting those who suffer from mental health?
- What impact is there with schools being closed and to who?

In citizenship we look at different people in society and how current affairs (such as Covid-19) have a major effect on people who are most vulnerable in our society.



PLANNING & MANAGEMENT OF MAJOR INCIDENTS

This unit we will be looking at how the uniformed public services plan for, and respond to, 'major' incidents. You will learn the exact roles that each public service carry out at the scenes of these 'major' incidents and apply your knowledge in a simulated environment so you can see the decisions that need to be made in these high pressure situations.

'Major' incidents are events that usually endanger the lives of the public and require special arrangements to be made by one or more public service to deal with them.

For example..... Grenfell Tower fire on 14th June 2017. Flick through this documentary to see the work carried out by the emergency services at this major incident....

<https://www.youtube.com/watch?v=-h4Eu-Ynysk&t=1963s>



Over the past five years how many 'major' incidents can you think of? You can use examples both in the UK and also international 'major' incidents.

For each incident what effects were there on the public and people working in the public services?

Fitness Testing

Click on the links below to learn about the different fitness tests performed in each Public Service

[Fail to prepare?... Prepare to fail!](#)

[Army Fitness Testing](#)

[RAF Fitness Tests](#)

[Police Fitness Tests](#)

[Firefighter Fitness Tests](#)

[Royal Navy Fitness Tests](#)

[Royal Marines Fitness Tests](#)



Research Task:

Search official websites and find out what exercises/training you could be doing in order to improve your fitness levels

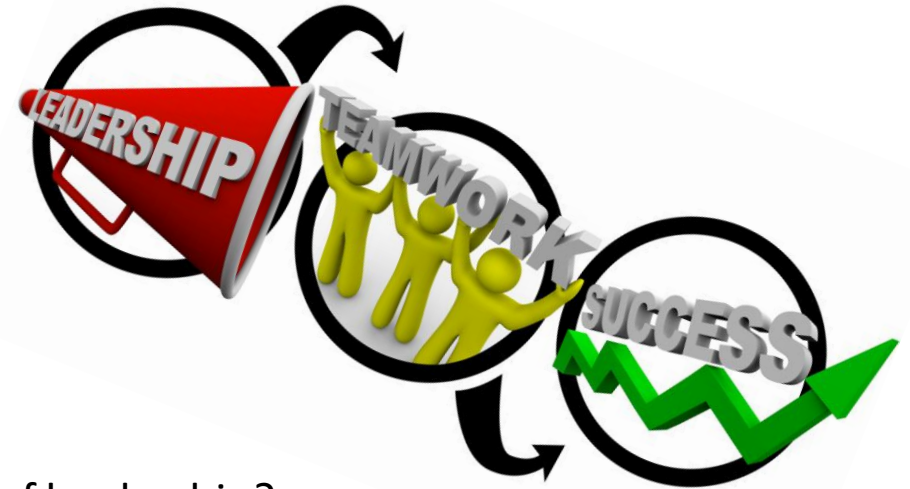
Leadership and Teamwork

Watch the video link and answer the following questions

[Video link: Sandhurst - Preparing for the challenge](#)

How do the British Army develop leadership?

- What is Exercise Self Reliance?
- What leadership skills would be developed on Exercise Long Reach?
- Exercise Crychan's Challenge is designed to test what two things?
- How does the Intermediate Term differ from the Junior Term in terms of leadership?
- Why is it critical that Officer Cadets are able to analyse a problem and implement a workable plan?
- What would test you as a person on Exercise First Encounter?
- Exercise Druids Ridge would test your communication skills, why?
- In the Senior Term Exercise Broadsword forces cadets to make what kind of decisions?
- To complete Exercise Dynamic Victory you would need to be able to think clearly and confidently, why?



UNDERSTANDING DISCIPLINE

Discipline plays a crucial role within all of the uniformed public services. No matter which public service you work in senior officers will expect you to be disciplined and respect their authority at all times.

Here's some questions to get you thinking about this unit...

How would you describe what is meant by 'discipline'?



What is the name of the organisational structure that is found in all of the uniformed services?

Can you find two examples from different uniformed services?



Why is being disciplined and following orders so important in the uniformed services?

What could be the consequences if a uniformed services team/squad showed a lack of discipline and order?

One way to enforce discipline is through punishments and rewards..... Can you think of the types of rewards and punishments you might find in the uniformed services?

Debates

- Consider the following statements. Do you agree or disagree with them?
- Cannabis use should be legalised
- The age of criminal responsibility should be higher than 10 in the UK
- The rise in obesity is becoming a burden on the NHS
- The death penalty should be brought back
- Bedroom tax should be abolished
- Euthanasia should be legalised

Research into one of these topics which you feel strongly about. Gather information and facts ready to argue your case in a debate.

