



NCFE UNIFORM SERVICES

Pre-Induction Task 2026



Welcome to Uniform Services, this course will prepare and enhance your skills for application to the uniform service sector.

The programme is designed to develop your transferable skills that will enhance your vocational and written ability.

In order to prepare for the start of the course, below, there are a number of tasks:

Expectations:

All completed work should be typed where possible.

All work should be presented neatly and brought to your first lesson of year 12.

If you would like to ask any questions at all please feel free to contact Miss Crellin via email

Crellin_s@ridgewoodschool.co.uk

Task	Instructions
1. Create a CV	The first unit of the course is to prepare for entry into the uniform services. Create a CV which we can develop in preparation for job, work experience and degree apprenticeship applications. <u>A CV should include the following sections:</u> • Contact information- should include your name, professional job title, and contact details • Personal profile-a brief summary of your skills, experiences, and career goals • Key skills-key skills and abilities relevant to the job you are applying for. • Work experience-previous roles, including dates of employment, job titles, company names, and bullet points describing your duties and achievements • Education-qualifications, including the name of the school and dates attended. • Awards and certifications- any relevant awards or certifications you have received • References-Names and contact information of individuals who can vouch for your work experience and skills
2 .Linked In	Increasingly, employers use the internet to search and vet potential applicants for roles. It is also possible that they will uses these searches to recruit candidates too. A professional platform to do this is called Linked In. On LinkedIN, you can document your achievements and ‘follow/network’ with people who are in sectors that you are interested in. To describe it simply, it is a professional form of social media. It would be very beneficial to create an account to network. TASK: Please have the form below signed by your parent/guardian.

Re: LinkedIn

Dear Parent/Carer,

I am writing to you to seek consent for your young person to create a LinkedIn profile as part of their Uniformed Services course.

LinkedIn is the largest professional network on the internet. You can use LinkedIn to find the right job or internship, connect and strengthen professional relationships.

The purpose of your young person creating a profile is to document academic success, work experience and career related activities. This would be advantageous as they can showcase this to potential employers in the future, as well as reach out for experience. In addition to this, the platform has University Pages that allows students to connect with universities and alumni.

The minimum age to join LinkedIn is 13 years old. Of course, as this is a public profile, potentially anyone can message your young person (similar to Instagram, Facebook and other social networking sites). Whilst we will discuss online safety and appropriate use in school, parents/carers and students will need to accept responsibility for online activity as we cannot monitor this.

In an increasingly tech-based workforce, I hope you can see the utility of this platform to give your young person a head-start in their career preparation. However, if you do not provide consent, they will still complete this important preparation but through a more traditional CV approach.

I would be grateful if you can complete the reply slip below and return this to Mrs Lester in the Sixth Form office. If you have any questions, please do not hesitate to contact me via the 'contact us' facility on the school website.

Yours faithfully,

Sophie Crellin

Subject Leader – Uniformed Services

Student Name: _____

I **do/don't** give consent for the above student to create a linked in account.

Signed: _____

Date: _____

3. Complete the bleep test.

***Please note if you have an injury or reason that you cannot complete the test, please adhere to the guidance of a medical professional.**

In the first and second unit of the course you are required to complete the bleep test.

The beep test allows you to estimate your VO2 capacity and benchmark yourself against the fitness requirements for your sport or can be used for determining eligibility to gain entrance or employment. The police require a level of 5.4 to pass the entry test.

Watch the video to explain in more detail:



TASK: Complete the Bleep test – you will need, 15 meter space, suitable footwear, water/drink, phone to play the bleep test.

The QR code links to the bleep test:



Overview of the bleep test:

- Participants line up at one end of the bleep test course (all participants at the same end).
- Participants must place at least one foot on, or beyond, the end line.
- The audio tone will sound, and the participants must run to the opposite end of the course before the next beep sounds.
- Participants must turn and run back to the starting end before the next beep sounds.
- Participants must reach the end line before or in time with the recording.
- The interval between each successive beep decreases, forcing the athletes to increase their speed over the course of the test until it is impossible to keep in sync with the recording.
- The test is structured into 21 levels, and each level is broken up into a determined number of shuttles, with each level lasting approximately 62 seconds.
- The highest level attained before failing to keep up is recorded as the score for that test.

RECORD YOUR LEVEL:

I achieved a level: _____

4. Leadership

The course has a big emphasis on developing leadership skills.

One way leadership can be practiced and demonstrated is through creating and leading on a team task.

The game or task need not be complex, for example it could be- building the tallest tower from spaghetti and marshmallows.

Your task is to create a team task and create instructions and a plan to direct your team. We will play the game on the first lessons back.

Uniform Services Induction Quiz



**PLEASE COMPLETE THE INDUCTION QUIZ- SCAN THE QR CODE WITH YOUR
PHONE OR TABLET**