

FIND YOUR FEET TASK

BTEC PUBLIC SERVICES:

TASKS

Induction assignment for BTEC Public Services -

Click [here](#) to access Task 1

Click [here](#) to access Task 2

RESEARCH

Fitness components i.e. flexibility; strength; muscular endurance; power; aerobic endurance; speed; health related fitness - BMI; Fitness tests - produce a test protocol for each researched component; Training exercises suitable for muscular endurance improvement

News about COVID 19. Produce a written essay explaining and evaluating the Public Services engagement i.e. NHS, Police, Army etc. during the COVID 19 lockdown. Follow the specific information on Task 2.

CONTACT

For any questions about your Find Your Feet task, please e-mail:

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