



MILITARY PREPARATION SCHOOL

Welcome

I hope you all had a relaxing, enjoyable and safe Easter period. From Monday this week, our MPS Instructors have been delivering learning to your students as per the pre-existing delivery programme. In conjunction to the active qualification delivery, Instructors have taken the learners and parents through a simulated tour of the Virtual Learning Environment (VLE). The VLE contains diverse and extensive resources for learners to access and utilise. Furthermore, the VLE promotes a 24/7 independent based learning support area, where learners can access and complete their identified learning objectives they receive each week. Following the Easter period, we have conducted our welfare communication actions to ensure learners and parents have opportunity to highlight any concerns and to ensure they feel supported during this difficult time.

Qualification Progression – Overview

All learners this week have continued with their qualification progression through Instructor led delivery and support. Learners receive home contact detailing the identified set qualification progress expected for that day. Instructors guide the learners through a pathway of learning support, detailing the AIR and individual AFL actions to support differentiated learning. ALP questions are discussed and examined through various questioning methods allowing for an understanding of the terminology and the format and structured content required for assessment. Multiple build up activities are implemented with individualised support being applied to all learners. This is particularly evident for learners with ALN and those requiring extension activities allowing stretch and challenge to promote higher order thinking application. Learners and parents are able to contact Instructors at any point with a request for further support or clarification throughout each week. So far, the engagement and progress has been outstanding and all learners are underway on qualification progress to secure attainment.

Physical Training Support – Home Based

As you are aware our programme delivery operates with a split focus, both targeting academic and the physical and personal development of learners. We place a large emphasis on developing the knowledge and understanding of adopting a healthy lifestyle. Learners are taught how to effectively exercise and how to adopt positive behaviors to support positive physical and mental health. With the current Covid-19 situation impacting many aspects of normal routine, physical activity and mental health, it is essential we continue to promote and support learners with the benefits of physical activity during their period. We have established a series of home based physical activity tuition videos that learners can access via the VLE and on our social media platforms. Learners and their families are encouraged to take part each week. All of our qualified instructors have experience and knowledge in supporting learners to positively develop their physical and mental health.



HITT – HIGH INTENSITY INTERVAL TRAINING

Core Circuit

Leg Walks

Rotational Twist

Plank (with Extended Plank)

Sit-ups

Heel Taps

- Green 010 – sets x 45 secs exercise 15 secs rest (1-minute rest between sets)
- Red 010 – 4 sets x 30 seconds exercise 15 secs rest (1-minute rest between sets)
- Blue 010 – 4 sets x 20 seconds exercise 15 secs rest (1-minute rest between sets)

Note: Keep your core tight pulling your belly button towards your back, when doing any activity in the prone position keep your head in contact with the floor. Think about the muscles you are working in your abdomen and make sure you can't see your feet.

