

# Welcome to Military and Protective Services

We are looking forward to you joining us in the autumn. You may have studied this subject already or this might be completely new to you. Whatever your starting point, we are ready to support you with your learning.

You will find a range of resources below to help you prepare for your course. Keep notes about what you have found out or learnt to support your learning later on.

## Read

Books | Magazines | Newspapers | Magazines

A key part of your studies at college will be around developing your leadership and teamwork skills, why not use some of your time to read about what makes a great leader, or download these titles as audiobooks and listen as you work out or walk the dog, who said multi-tasking was difficult...

- Leaders Eat Last by Simon Sinek – This one is ideal for any of you looking to build your leadership skills, but it is pretty heavy going.
- Legacy by James Kerr – Short and sweet, 15 lessons in leadership learnt from the All Blacks rugby team.
- Can't Hurt Me by David Goggins – Not so much about leadership, but some interesting ideas about building mental toughness by an ex-US Navy Seal.
- [Army Leadership Code](#): The Army Leadership Code is founded on our Values. To us, Courage, Discipline, Respect for Others, Integrity, Loyalty and Selfless Commitment are much more than words on a page, they are what the British Army stands for, and what sets us apart from society.

### Useful websites:

Army <https://apply.army.mod.uk/>

RAF <https://www.raf.mod.uk/recruitment/find-your-role>

Royal Navy <https://www.royalnavy.mod.uk/>

Royal Marines <https://www.royalnavy.mod.uk/careers/royal-marines>

Devon and Cornwall Police <https://www.devon-cornwall.police.uk/your-right-to-information/our-people/recruitment/>

National Careers website <https://nationalcareers.service.gov.uk/>

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# Watch

TV | Movies | You Tube

Take a look at what British Forces are up to at this time, you can stay up to date through their Twitter and YouTube accounts:

British Army: [British Army 60 Second Update](#)

Royal Navy: [Royal Navy 60 Second Update](#)

It may be the opposite end of the country, but if the Police is something you are considering as a career, have a watch of this BBC3 documentary that looks at policing in County Durham to see what challenges the police face today: [Canny Cops Documentary](#)

Although you might be stuck at home, there's plenty you can be doing to make sure you arrive at college physically ready to hit the ground running, the British Army have put together a weekly programme that can easily be done at home to get you in shape over the next few weeks: [British Army Covid 19 Workout Plans](#)

Looking for some motivation to keep on with your training, hear from current serving Royal Marines on the importance of the PMRC: [PRMC Introduction](#)

Army's You Tube channel: <https://www.youtube.com/user/ARMYjobs>

Royal Navy's You Tube channel: <https://www.youtube.com/user/RoyalNavyRecruitment>

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# Listen

Podcast | Radio | Audible

Whilst you're doing the right thing and staying safe at home, have a listen to these podcasts to inspire your adventures once lockdown is lifted:

[Jason Fox's Wild Tales](#) – Jason Fox chats to explorers and adventures about their travels and experiences

[Food for Fitness](#) – Ideas on training methods and effective nutrition

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# Get Involved

Competitions | Social Media | Webinar | MOOCs

We'd love to see how you're getting ready for college, share your videos, pictures or thoughts with us on Twitter, Facebook and Instagram at the following pages. Using the #MaPSReady

Duchy:

Facebook @Duchycollegemilitaryacademy

Twitter:@MaPSDuchy

Instagram: MAPS DUCHY

Some ideas for competitions...

- 1min press up/sit up
- 5km run – Strava?
- 'Bring sally up' press up – post some videos of staff/current students?

Why not have a go at designing your own 6-week training plan and share your successes with us. Here's a quick example of designing a half-marathon plan, but you can use the same ideas to meet any goal you choose to set.

[1/2 Marathon training plan](#)