



Summary

Our Army Preparation course is run in conjunction with the Army and the Leeds Armed Forces Careers Office. It is designed to increase the fitness, confidence and literacy and numeracy skills of young people through a wide range of activities and qualifications. All students receive free Fitness First gym membership and all kit and uniform is provided by Nacro. Students who complete the course and meet the Army's eligibility criteria *will* be offered a range of careers in the Army; so far these have included Infantry, Combat Medic, Ammunition Technician, Driver and Military Administrator.

Training

All training on the Army Preparation course is designed to support young people through the Army Development and Selection Centre (ADSC) selection process enhancing their chances of progressing into their chosen career. The programme focuses on three areas: Health and Fitness, Army 'Look at Life' activities and Literacy, Numeracy and ICT. Most training is delivered in small groups to promote team working and command task completion. A normal week is made up of two gym sessions, two external fitness sessions, an away day with the Army at one of the Yorkshire Regiment's locations, Literacy and Numeracy sessions and other teamwork-based activities.

Vocational Experience

Whilst on the Army Preparation course students will take part in a wide range of activities designed to give them a real taste of Army life; both in combat and peace time. At two points during the course students will be taken away by the Army on week-long residentials where they will take part in Map Reading and Survival, Battlefield First Aid, Firing Ranges and Weapon Demonstrations, Night-time Tracking and Ambush, Adventure Training and assault courses as well as marching and drill. Here students get an honest look at life in the Army and are able to look into the wide range of careers available to them.

