



SUMMER BRIDGING WORK 2026

Summer Bridging Work is an important part of your transition to Wilberforce Sixth Form College. This piece of work will count towards your effort grade. Please complete your summer bridging work in time for the start of term.

You are required to bring evidence in paper format and hand this into your subject teacher during your first lesson.

BTEC Level 3 in Sport

OVERVIEW OF SUBJECT

The BTEC National in Sport is an interesting and varied course that has a mix of theory and practical elements and assessments. These will help to develop your knowledge and understanding of lots of different aspects including human anatomy and physiology, health, training and the effects of lifestyle but also develop your skills in coaching and leading sports sessions, analysing athlete performance and organising sporting events. The Extended Diploma course is the equivalent to three A levels and is a full-time course. The Extended Certificate is a one A-level equivalent and will be studied alongside other subjects the college offers. The course is assessed through a mixture of coursework, practical work and four exams (two for the Extended Certificate).

ENTRY CRITERIA

To enrol onto the Extended Certificate, you will need to have achieved at least four GCSE grades 9-4 (or equivalent) across three different subjects and **have an average GCSE score of at least 5.**

To enrol onto the Extended Diploma, you will need to have achieved four GCSE grades 9-4 (or equivalent) across three different subjects.

You do not have to have studied sport as an option at school although this is an advantage if you have.

LITERACY AND SUBJECT TASK

Please complete a 500-word essay on **one** of the following subjects:

- The impact of technology on a chosen sport or sports
- Produce a match report on a recent game/event you have watched
- The impact of poor lifestyle choices on health and fitness
- The historical development of your chosen sport
- The impact that the media has on professional sport
- A sporting hero, why, and what influence have they had on your chosen sport to date

Please also remember that you need to reference your sources, so if you research from the internet, please provide a list of websites that you have used to collect your data.

NUMERACY AND SUBJECT TASK – As part of the Business exam unit, you will be required to work out profit increase and decrease. Below is an example of financial records from a business. Write next to each bit of information if the profit has gone up or down from 2018/19 to 2019/20 and what the percentage difference is for each.

Basic financial records of Primal Instinct

	2018/19	2019/20
Income		
Ticket sales	£125,000	£80,000
Sale of merchandise	£3000	£3000
Total	£128,000	£83,000
Operational costs		
Staff salaries	£70,000	£65,000
Legal costs (fixed cost) e.g. insurances	£1800	£1800
Emergency services	£5000	£5000
Course builds	£6500	£7000
Venue hire	£3000	£3500
First aid training (marshals)	£500	£500
Marketing	£4000	£2000
T-shirts and medals *	£3500	£2300
Total	£94,300	£87,100
Profit	£33,700	£-4100

PROGRESSION OPPORTUNITIES

Below we have listed four careers linked to Sport and Physical Activity. You are tasked to research the four careers, choose one that most appeals to you and write a 200-word essay as to why you feel this career would be most suited to you.

- PE Teacher
- Sports Coach
- Performance analyst
- Strength and conditioning coach

Kind regards

Adam Bolder

Faculty Head for Sport and Public Services

If you have any queries regarding your Summer Bridging Work, please contact me via email apb@wilberforce.ac.uk I will aim to respond before your enrolment appointment.