



## 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 2 in Sport

#### OVERVIEW OF SUBJECT

If you are interested in a career in sport or want to progress to the Level 3 Extended Diploma (BTEC) in Sport, this course will give you an insight into the various vocational aspects of the subject both from a theoretical and practical based approach.

Challenge yourself with this active course, which aims to further your interest in sport and prepare you for a future in health and fitness.

You will gain insight into the various vocational aspects of the sport industry. Lessons will include use of the college's 3G pitch, and your learning will take the form of practical assessments, case studies, projects and presentations and include two examinations.

#### ENTRY CRITERIA

If you didn't quite achieve that grade 4 (C) in GCSE English and Maths you will study these alongside your BTEC qualification.

#### 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 –

Silvia is a 56-year-old woman who would like to work out her heart rate training zones

Aerobic – 60-70% of max heart rate (HR)

Anaerobic – 70-80% of max heart rate (HR)

Please work out Silvia's aerobic and anaerobic training zones

### **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](mailto:apb@wilberforce.ac.uk)  
I will aim to respond before your enrolment appointment.