



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.

Public Services Level 3 Extended Diploma

OVERVIEW OF SUBJECT

This course is for you if you have a genuine interest in furthering your knowledge of Public Services and you are considering a career path that enables you to use this knowledge. This course will prepare you for the world of work as well as giving you the opportunity to progress to further study. As part of your programme you will be studying subjects such as Citizenship to develop your academic skills to prepare you for the next level of study, practical fitness subjects where you train and take assessments for a range of public services and outward bound units where you take part in practical activities such as bouldering, go-karting and kayaking.

ENTRY CRITERIA

Uniformed Protective Services: – Level 3

You must have a minimum of four GCSEs at grades 9-4 in three or more subjects. You should also have a grade 4 or higher in GCSE English Language.

LITERACY AND SUBJECT TASK

For your chosen Uniformed Public Service (UPS) role write a beginner's guide for a student in school looking to join. You must use researched information from the website of your chosen UPS e.g. <https://www.army.mod.uk/>.

You must cover training advice for

- fitness
- diet
- qualifications
- skills

Also think about what advice you would give them to get ready think references, discipline etc. Finally justify why they should come on a course at Wilberforce college to prepare them (what would they get from it and how would it help them to join).

You must ensure that all work in the beginner's guide is your own words, if using any quotes from the public service you must provide a reference to the source you have used and explain them in your own words.

NUMERACY AND SUBJECT TASK

Carry out a 30 second sit up test safely using the instructions attached... <https://www.brianmac.co.uk/situptst.htm>
don't worry about your score just do your best.

Compare yourself to normative data in the assessment section and answer the following questions:

- 1) What classification are you?
- 2) How many do you have to improve by to move up a category?
- 3) How many do you have to drop by to move down a category?
- 4) What % increase would be required to move you into the 'excellent' category for your gender?
- 5) If you were to complete a 2-minute test and the drop off was 10% every 30 seconds what would be your predicted score for 2 mins? Good luck with this one!

PROGRESSION OPPORTUNITIES

Below we have listed four careers linked to Public Services

Police Service

Fire and Rescue Services

Prison Service

Military (Army/RAF/Navy)

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.

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.