

Year 11 into 12 Bridging the Gap

Summer Work for 2020 Entry



St Philip Howard
SIXTH FORM
Learn, Grow, Achieve

We want you to be really successful and what it takes to be successful at GCSEs is different from being successful at A-Levels. Although you have fewer subjects there are different skills at A-Level and the volume of work is greater because the depth and detail is more demanding.

Bridging the Gap Work will reassure you that the subject you have selected is for you, or allow you time to change your choice of subject at enrolment, as long as there is space and you meet the entry criteria. We want you to study a course that interests you and you are sufficiently qualified to study.

Subject: Level 3 Btec Sport

Head of Subject: Miss Duckers

Aim of Bridging Work:

To answer part of an exam style question and consolidate learning from Unit 3 Btec and GCSE Fitness Components and Training.

Equipment List :

Textbook(s) for September:

N/A

Reading List:

Level 3 Btec Sport Specification on Edexcel website

Tasks

Scenario

Mr Mann is 30 years old and works 9 hours a day in an office. He does not take part in any exercise and often has to do more work when he gets home.

He catches the bus to work each day, a journey of three miles.

He has recently noticed that he is gaining weight. He works with Miss Tibbs who exercises regularly and seems to be fitter, healthier and happier than him. Miss Tibbs suggests that Mr Mann joins her gym and trains for an aerobic endurance event.

Mr Mann decides to join the gym. His sporting goals are to run 5km road race in 6 weeks and improve his lower body flexibility.

Tasks

Week 1	Physical Activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Week 3	Physical Activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Tasks

Week 6	Physical Activity
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	