

SPORT & PUBLIC SERVICES

Bridging work

Courses

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Studying @Franklin Bridging Work

Preparing you for September on: **BTEC Level 3 Extended Certificate & Diploma in Sport**

(If you are studying a double please also complete the Diploma task further down)

We hope you found your Taster Day interesting and enjoyable!

A fantastic opportunity to widen your understanding of sport, prepare for September, and demonstrate your ability to us at enrolment!

Please complete the work and bring a copy either printed or electronically to your enrolment appointment. The work will take you around **4 hours** so plan your time to best suit you.

Submission	<p>Complete the tasks on paper/handwritten or digitally and bring a copy either paper or electronically to your enrolment appointment.</p> <p>Please also take this to your first lesson in September.</p> <p>This is important to complete as these notes will form part of your class notes.</p>
Topic / Context	<p>One part of the BTEC Sport course is applied anatomy and physiology.</p> <p>Within this area of the syllabus there are topics including the cardiovascular, muscular, respiratory, skeletal and energy systems. To prepare you for this we have put together some tasks around the skeletal system.</p>
Task details	<p>Complete the tasks below which will then be used in the first couple of lessons when you start at Franklin on the BTEC Sport course.</p> <ol style="list-style-type: none"> 1. Use the link below to get a diagram of a blank skeleton. Label the bones identified on the skeleton. (The grouped bones down the left hand side of the diagram refer to the different parts of the vertebral column and the grouped bones on the right refer to the different bones in the wrist and the different bones of the ankle). To help with this task type in "labelled diagram of skeleton" into the internet and this will help you to complete your diagram.

https://docs.google.com/document/d/1wP8U9YOxYhBvNetor_eAtnExLjVgbkVZhorTNJBC3c4

2. The bones on your body have many different functions depending on their shape and location. Copy and complete the following table linked to types of bone Use the following website links to help you complete this task and remember to write up in your own words.

<https://www.visiblebody.com/learn/skeleton/types-of-bones>

<https://www.youtube.com/watch?v=e33A3lWrG3g>

<https://www.youtube.com/watch?v=vDjW00S29lQ>

Types of Bone	What They Look Like / Description	Functions (What They Do / What Their Role Is)	Examples of where found in the Body
Long		[Text Wrapping Break]	
Short		[Text Wrapping Break]	
Flat		[Text Wrapping Break]	
Irregular		[Text Wrapping Break]	
Sesamoid		[Text Wrapping Break]	

3. Draw and label a synovial joint (you might do the knee for example). You need to include - joint capsule; bursa; articular cartilage; synovial membrane; synovial fluid; ligaments . Once you have drawn and labelled your diagram you need to explain the function of each of these named features of the synovial joint. The following website links will support this task. Remember you need to write your answers in your own words and not cut and paste from the internet.

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	<p> https://www.teachpe.com/anatomy-physiology/structure-of-a-synovial-joint https://en.wikipedia.org/wiki/Synovial_joint https://open.oregonstate.education/aandp/chapter/9-4-synovial-joints/ https://www.youtube.com/watch?v=pwnYL2JXCVQ </p> <p>4. Complete some research into arthritis and osteoporosis and write up your findings on these common skeletal diseases. The following website links will support this task. Remember you need to write your answers in your own words and not cut and paste from the internet.</p> <p> https://www.mayoclinic.org/diseases-conditions/arthritis/symptoms-causes/syc-20350772 https://www.arthritis.org/health-wellness/about-arthritis/understanding-arthritis/what-is-arthritis https://www.nhs.uk/conditions/osteoporosis/ https://www.mayoclinic.org/diseases-conditions/osteoporosis/symptoms-causes/syc-20351968 </p>
Resources to help you	Resources are linked to each individual task

Presenting your work	Hand write your work or create a google document.
Extension Tasks to stretch and challenge you	<p>If you have completed the above to the best of your ability, feel free to try this extension task (<i>this is optional</i>).</p> <p>Research and write a report on the impacts that exercise can have on the skeletal system and our bone density and why young children should not do heavy weight training.</p>
Massive Open Online Courses	

(MOOCs)	
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Preparing you for September on: **BTEC Level 3 Diploma in Sport**

Please ensure you have completed the tasks for the extended Certificate above in addition to the Diploma tasks.

We hope you found your Taster Day interesting and enjoyable!

A fantastic opportunity to widen your understanding of **sport**, prepare for **September**, and **demonstrate your ability to us at enrolment!**

Please complete the work and bring a copy either printed or electronically to your enrolment appointment. The work will take you around **4 hours** so plan your time suit you.

Submission	Complete the tasks on paper/handwritten or print off your digital version and bring your work to your enrolment appointment. Please also take this to your first lesson in September.
Topic / Context	When you're looking to follow a career in Sport or the Active Leisure Industry you will either be working for a business or busy creating your own. So in our 'Investigating Businesses in the Sport and Active Leisure Industry' unit. you will learn about how businesses work, what makes a successful business and understand skills that you can use post college.
Task	<p>Research a local Gym/Leisure facility in your local area you should create a poster/powerpoint covering the following:</p> <p>[Text Wrapping Break]</p> <ul style="list-style-type: none"> • Explain a little bit about the purpose of the facility/organisation • Research what their aims/objectives or vision is • What services and facilities do they offer? • Who do they aim their products/services at? • Suggest 2 improvements to be made at the facility • Explain your reasoning behind this. (Please make sure these are realistic)

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Resources	<p>The Following links are some examples of businesses you could look at and possibly compare to help with your improvement section.</p> <p>https://magnavita.org/venue/meridian-leisure-centre/</p> <p>https://www.lincsinspire.com/sports-leisure/centres/cleethorpes-leisure-centre/</p> <p>https://www.burnfitness.co.uk/</p> <p>https://www.puregym.com/</p>
Presentation	<p>You should look to carry this out on Powerpoint/Google Slides, then bring this to your enrolment interview.</p>
Extension Tasks to stretch and challenge you	<p>If you have completed the above to the best of your ability, feel free to try this extension task (this is optional).</p> <p>You should look at what type of sector your organisations fit into (Private, Public and voluntary) and explain what type of aims they have and why they might differ to the other sectors.</p> <p>You can complete this as extra slides on your Presentation</p>

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Preparing you for September on: **A level Physical Education**

A fantastic opportunity to widen your understanding of Physical Education, prepare for September, and demonstrate your ability to us at enrolment!

Please complete the work and bring a copy either printed or electronically to your enrolment appointment. The work will take you around **4 hours** so plan your time to best suit you.

Submission	<p>Complete the tasks on paper/handwritten or print off your digital version and bring your work to your enrolment appointment.</p> <p>Please also take this to your first lesson in September.</p>
Topic / Context	<p>One part of the A level PE course is applied anatomy and physiology.</p> <p>Within this area of the syllabus there are topics like the cardiovascular, muscular, respiratory and energy systems. To prepare you for this we have prepared a task around the respiratory system and how it is affected by exercise.</p>
Task details	<p>The following tasks help to break down the report you are required to produce on the respiratory system into manageable sections. All the information you need can be found on the google site that is listed below. Watch the videos and use these to help you address each task.</p> <p>[Text Wrapping Break]</p> <ol style="list-style-type: none"> 1. Produce a hand drawn diagram showing the main features of the lungs/respiratory system. 2. For each feature of the respiratory system describe its main characteristics AND functions. E.g. the nose is lined with tiny hairs or cilia and has a network of blood capillaries (structure) these features help to trap dust and bacteria and filter, moisten and heat the air (function)

	<p>Focus on role of the nose, trachea, bronchus, bronchioles, alveoli and pulmonary capillaries.</p> <p>[Text Wrapping Break]</p> <p>3. Describe the mechanics of breathing i.e. how the body breaths in and out. Focus here on the changes in lung volumes and pressures due to the contraction and relaxation of the different breathing muscles.</p> <p>ii) Compare and contrast the process between rest and exercise.</p> <p>[Text Wrapping Break]</p> <p>4. Draw 2 labelled diagrams to show gaseous exchange at</p> <p>[Text Wrapping Break]</p> <p>A) The lungs B) Working muscles.</p>
Resources to help you	<p>Resources to use/where these can be found/how they will help the student</p> <p>Respiratory google site</p> <p>The following video/s will also help with this task</p> <p>https://www.youtube.com/watch?v=VweHwyrX2qs https://www.youtube.com/watch?v=JvXJLgqs0xw</p>
Presenting your work	Hand write your work
Extension Tasks to stretch and challenge you	<p>If you have completed the above to the best of your ability, feel free to try this extension task (this is optional).</p> <p>[Text Wrapping Break]</p> <p>Research impacts that certain lifestyle factors can have on the respiratory mechanism and body as a whole</p> <ul style="list-style-type: none"> -Smoking -COPD (chronic obstructive pulmonary disorder) <p>[Text Wrapping Break]</p>
Massive Open Online Courses (MOOCs)	

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Preparing you for September on: **BTEC Public Services Level 2**

A fantastic opportunity to widen your understanding of BTEC Public Services, prepare for September, and demonstrate your ability to us at enrolment!

Please complete the work and bring a copy either printed or electronically to your enrolment appointment. The work will take you around **2hours** so plan your time to best suit you.

Submitting you	<p>Complete the tasks on paper/handwritten or digitally and bring a copy either paper or electronically to your enrolment appointment.</p> <p>Please also take this to your first lesson in September.</p>
Topic / Context	<p>One part of the Public Services course is looking at the Role and Work of the Public Services.</p> <p>This gives you an understanding of how the Public Services work within society and some of the key roles that they play.</p>
Task details	<p>The following tasks help to develop an understand of different public services in preparation for college. Use the links beneath the task to help you with completing it.</p> <p>For each Public Service listed below you need to research and write a description about what types of jobs they will do on a day-to-day basis as well as find out some of the different job roles available within that service.</p> <p>Police Army NHS RAF</p>
Resources to help you	<p>Resources to use/where these can be found/how they will help the student.</p> <p>https://www.army.mod.uk/careers/</p>

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	https://recruitment.raf.mod.uk/find-your-role https://www.met.police.uk/car/careers/met/police-officer-roles/police-constable/overview/life-as-a-pc/ [Text Wrapping Break] https://www.england.nhs.uk/about/what-we-do/
Presenting your work	Preferably present your work on a word or google document. Alternatively, you can hand write it.
Extension Tasks to stretch and challenge you	<p>If you have completed the above to the best of your ability, feel free to try this extension task (<i>this is optional</i>).</p> <p>Research what employability skills are needed for each of the public service roles above.</p>
Massive Open Online Courses (MOOCs)	<p>MOOCs are Massive Open Online Courses.</p> <p>You might enrol and complete the following to push you a little further you will find these on your part 3 – Preparing you for studying @Franklin.</p>

Studying @Franklin Bridging Work Preparing you for September on: **BTEC Diploma Uniformed Protective Services (Single & Double Award)**

A fantastic opportunity to widen your understanding of Uniformed Protective Services, prepare for September, and demonstrate your ability to us at enrolment!

Please complete the work and bring a copy either printed or electronically to your enrolment appointment. The work will take you around **4 hours** so plan your time to best suit you.

Submission	<p>Complete the tasks on paper/hand written or print off your digital version and bring your work to your enrolment appointment.</p> <p>Please also take this to your first lesson in September.</p>
Topic / Context	This Topic relates to Physical Preparation Health and Wellbeing.
Task	<p>Following on from task 1 - For a range of uniformed protective services explain in relation to the fitness test requirements of each would you meet the physical criteria (for example level 5.4 on the bleep test for the police) . Justify your points with your own personal characteristics in terms of lifestyle and fitness levels. (pick 1 uniformed protective service you could be potentially interested in to complete the task)</p> <p>Think about key physical characteristics you might have in relation to fitness levels and how having good or bad levels of fitness in these areas could impact on you achieving the minimum requirement or not –</p> <ul style="list-style-type: none"> Cardio- vascular endurance Speed Muscular endurance Muscular strength Power Flexibility <p>Potential lifestyle factors to discuss also to justify your points –</p>

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	<p>Diet Smoking Alcohol Sleep Previous or current injuries</p> <p>Max 1000 words</p>
Resources	<p>Watch the following video or appropriate video for your public service. Examples of some are below -</p> <p>How to prepare for the Met Police Fitness Test - YouTube Joining the British Army How To get fit for Basic Training - YouTube</p> <p>Public Service websites where information can be found (or other appropriate website –</p> <p>https://www.raf.mod.uk/ https://www.fireservice.co.uk/ https://www.royalnavy.mod.uk/ www.verywellhealth.com www.brianmac.co.uk</p>
Presentation	Please complete this on google docs
Extension Tasks to stretch and challenge you	As an extension task have a go at one of the fitness requirements for a public service of your choice and see if you meet the physical demands. If not it will give you a good idea of where you are at in terms of fitness for the public service you might want to join in the future.

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Preparing you for September on: **BTEC** **Level 3 Grimsby Town Football** **Shadow Scholarship**

A fantastic opportunity to widen your understanding of the Grimsby Town Football Shadow Scholarship, prepare for September, and demonstrate your ability to us at enrolment!

Please complete the work and bring a copy either printed or electronically to your enrolment appointment. The work will take you around **4 hours** so plan your time to best suit you.

Submitting your work	<p>Complete the tasks on paper/handwritten or digitally and bring a copy either paper or electronically to your enrolment appointment.</p> <p>Please also take this to your first lesson in September.</p>
Topic / Context	<p>During the first few lessons in September, you will be looking into the organisation and structure of sport in the UK. You will look at the different levels of the sports development model and how funding is distributed.</p>
Task details	<p>In preparation for this you should research how sport is structured in the UK.</p> <ol style="list-style-type: none"> 1. Explain the role of the Department of Culture, Media and Sport. 2. Explain the involvement of councils 'Sport England' and 'UK Sport' in the running of sport in the UK. 3. Explain governing bodies (for example the F.A) roles in increasing participation in their sports and how this benefits individuals as well as local communities.
Resources to help you	<p>Resources to use/where these can be found/how they will help the student.</p> <p>https://www.gov.uk/government/organisations/department-for-digital-culture-media-sport</p> <p>https://www.sportengland.org/</p>

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	https://www.thefa.com/
Presenting your work	You could do this written word document or a PowerPoint presentation.
Extension Tasks to stretch and challenge you	<p>If you have completed the above to the best of your ability, feel free to try this extension task (<i>this is optional</i>).</p> <p>Research 2 sporting initiatives that are used in the UK. Explain their aims/ targets and how they plan to meet those aims.</p> <p>MOOCs are Massive Open Online Courses.</p> <p>You might enrol and complete the following to push you a little further you will find these on your part 3 – Preparing you for studying @Franklin.</p> <p><u>“Health Across the Gender Spectrum”</u></p>