



# SIR THOMAS BOTELER

## CHURCH OF ENGLAND HIGH SCHOOL

THROUGH GOD, WE CARE

GRAMMAR SCHOOL ROAD  
LATCHFORD, WARRINGTON  
WA4 1JL

01925 636414

01925 417468

INFO@BOTELER.ORG.UK

WWW.BOTELER.ORG.UK

/THOMASBOTELER



Diocese of Liverpool

THE CHURCH  
OF ENGLAND  
Diocese of Chester

Dear Parent / Carer

With Year 10 Mock examinations fast approaching, I wanted to make you aware of the support and revision resources to students studying Cambridge National Sport Science. The final exam for Unit R180 (*Reducing the risk of sports injuries and dealing with common medical conditions*) is scheduled for January 2024, this is a real exam. We will use the 'mock exam' and subsequent assessments to assess students knowledge but more importantly as a tool to establish areas that need to be revised so that outcomes are improved when students sit the final exam. **Starting revision now will ensure higher performance in the written theory paper as students will be able to answer questions more confidently and in much more detail.**

Your child has been provided with the following to help with final preparations for the mock exam, and it is expected students actively revise regularly in the lead up to the exam – this is now!

- **A revision checklist with all the key topic areas covered so far**
- **An exam question workbook** – this is to be used at home to help familiarise with certain types of questions.
- **A knowledge organiser** with the most important aspects for each topic with directed tasks and questions for students to try.

### What can you do to help your child to revise?

- Condense notes for a topic and learning key words and definitions
- Create a mind map of each topic area. Learn the mnemonics or acronyms for each topic.
- Teach someone else the content
- Use knowledge organisers to make revision cards / look, cover, write, repeat key information and facts
- Apply knowledge to exam questions using the workbooks and past papers provided.

Thank you for your continued support to ensure your child is prepared for the up and coming exam and achieves well in Sport Science. If you have any queries or questions please do not hesitate to contact me: [cburbidge@boteler.org.uk](mailto:cburbidge@boteler.org.uk)

**Mr C Burbidge**

*Director of Sport and Performance*



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