



October 2025

Dear Parent

As part of your child's OCR level two Sport Science course they are currently studying a unit called R181 – "Applying the Principles of Training: Fitness and how it affects skill performance".

This unit will contribute to 40% of your child's overall Sport grade and is therefore crucial your child achieves the highest possible grade for this unit.

Part of this unit includes your child taking part in practical assessments. These assessments have been planned for **Thursday 9 October 2025**.

Your child must attend the Skegness Academy in full, correct Skegness Academy PE kit. They will not need their normal school uniform.

It is imperative that your child attends the Academy on that day and takes the practical assessments seriously as this will contribute to their overall GCSE grade.

I hope we can continue to work with you in order for your child to achieve their maximum potential.

If you have any questions regarding any aspect of your child's OCR sport course, please do not hesitate to contact me at the Academy on 01754 879122 or [jmaycock@skegnessacademy.org](mailto:jmaycock@skegnessacademy.org).

Yours sincerely

*J Maycock*

Mr J Maycock  
**Assistant Principal**  
**Sport and Social Science Faculty**



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