## How to use this book

This *Workbook* helps you to check what you already know, practise what you've learned and challenge yourself to fly higher!

You can work through all of the activities in order or you can dip in and out to brush up your skills or explore in more depth. Use the progress chart opposite to record which skills you've checked and practised. Aim higher by having a go at the questions in the *Skills Test Papers*.

You can check the answers at the back of the book.

to help you answer the questions.

What you should be able to do after you complete the skills check and practice questions. You can tick off each one as you can do it.

The title of the topic.

