

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Canoeing, Kayaking

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|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

Please indicate below to which Outdoor and Adventurous Activity the log book and authentication statement relates.

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|--|

| Log book element required | Present? (please tick) |
|---|-------------------------------|
| Details of the course/expedition undertaken for the assessment | |
| Details of personal equipment and the reasons for taking it | |
| Details of group equipment and the reasons for taking it | |
| Discussion relating to safety principles applied | |
| Details of the code of ethics relevant to the activity | |
| Details of nutritional planning | |
| Evaluative comments in relation to the course/expedition undertaken for assessment. | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

**Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Equestrian – Cross Country, Dressage,
Eventing, Show Jumping**

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|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

Please indicate below to which Outdoor and Adventurous Activity the log book and authentication statement relates.

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| Log book element required | Present? (please tick) |
|--|-------------------------------|
| Details of the test/course undertaken for the assessment | |
| Details of personal equipment and the reasons for using it | |
| Details of horse's equipment and the reasons for its use | |
| Discussion relating to safety principles applied | |
| Details of the code of ethics relevant to the activity | |
| Details of course planning together with relevant safety measures | |
| Evaluative comments in relation to the test/course undertaken for assessment | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Mountain Biking

| | | | |
|------------------|--|----------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

| Log book element required | Present? (please tick) |
|--|------------------------|
| Details of the course/expedition undertaken for the assessment | |
| Details of personal equipment and the reasons for taking it | |
| Details of group equipment and the reasons for taking it | |
| Discussion relating to safety principles applied | |
| Details of the code of ethics relevant to the activity | |
| Details of route planning together with relevant safety measures | |
| Route card | |
| Details of nutritional planning | |
| Evaluative comments in relation to the test/course undertaken for assessment | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|--|--|
| Name of instructor/teacher responsible | |
|--|--|

| | | | |
|-----------|--|------|--|
| Signature | | Date | |
|-----------|--|------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Mountain Walking

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|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

| Log book element required | Present? (please tick) |
|--|-------------------------------|
| Route planning | |
| Menu planning | |
| Camp craft | |
| Navigation using maps and compasses | |
| Use of pre-planned route card | |
| Understanding of the need for emergency procedures | |
| Application of First Aid | |
| Knowledge access arrangements, land ownership, etc. | |
| Application of the Countryside code and assoc. conventions | |
| Evaluative comments in relation to the challenge | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Orienteering

| | | | |
|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

| Log book element required | Present? (please tick) |
|--|-------------------------------|
| Details of the route/course undertaken for the assessment | |
| Details of the type of training | |
| Details of personal equipment and the reasons for taking it | |
| Discussion relating to safety principles applied | |
| Details of route planning | |
| Evaluative comments in relation to the orienteering course undertaken for assessment | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Rock Climbing

| | | | |
|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

| Log book element required | Present? (please tick) |
|---|-------------------------------|
| Details of the climb(s) undertaken for the assessment (HS level, working towards HVS/5A/5B) | |
| Details of personal equipment and the reasons for taking it | |
| Details of group equipment and the reasons for taking it | |
| Discussion relating to safety principles applied | |
| Details of the code of ethics relevant to the activity | |
| Details of route planning and use of guide books | |
| Details of nutritional planning | |
| Evaluative comments in relation to the day's climbing | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Sailing

| | | | |
|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

| Log book element required | Present? (please tick) |
|---|-------------------------------|
| A diary of sailing activities undertaken | |
| Details of the course undertaken for the assessment including weather and wind conditions | |
| Details of personal equipment and the reasons for taking it | |
| Details of boat equipment and the reasons for taking it | |
| Discussion of the safety principles applied | |
| Details of the code of ethics relevant to the activity | |
| Details of nutritional and hydration planning | |
| Evaluative comments in relation to the course undertaken for assessment | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Skiing, Snowboarding

| | | | |
|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

Please indicate below to which Outdoor and Adventurous Activity the log book and authentication statement relates.

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| Log book element required | Present? (please tick) |
|---|-------------------------------|
| Details of the course/slope undertaken for the assessment | |
| Details of personal equipment and the reasons for taking it | |
| Details of group equipment and the reasons for taking it | |
| Discussion relating to safety principles applied | |
| Details of the code of ethics relevant to the activity | |
| Details of nutritional planning | |
| Evaluative comments in relation to the course/slope undertaken for assessment | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

**Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Sub Aqua Diving**

| | | | |
|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

| Log book element required | Present? (please tick) |
|--|-------------------------------|
| Date, time, location of each dive | |
| Depth, duration, Open Water Instructor(s) | |
| Planning, safety measures, use of Buhlmann Tables | |
| Weather, water conditions | |
| Details of personal equipment and the reasons for taking it | |
| Details of group equipment and the reasons for taking it | |
| Discussion relating to safety principles applied | |
| Details of the code of ethics relevant to the activity | |
| Details of nutritional planning | |
| Evaluative comments in relation to dives undertaken for assessment | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Surfing

| | | | |
|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

| Log book element required | Present? (please tick) |
|---|-------------------------------|
| Details and pictures of personal equipment and the reasons for taking it | |
| Explanation of quiver of boards and conditions suiting particular boards | |
| Identification of local breaks surfed, best times/conditions to surf | |
| Health and safety principles | |
| Details of the code of ethics relevant to the activity | |
| Details of nutritional planning | |
| Details of 15 surfs (dates, times, conditions, tides, selected board) | |
| Evaluative comments in relation to of each the 15 surfs undertaken for assessment | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Wakeboarding

| | | | |
|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

| Log book element required | Present? (please tick) |
|---|-------------------------------|
| Details of the course undertaken for the assessment | |
| Planning for a single pass, relevant safety measures | |
| Details of tricks performed | |
| Details of personal equipment and the reasons for taking it | |
| Details of safety prior to activity (inc. cable low lines) | |
| Discussion relating to safety principles applied | |
| Details of the code of ethics relevant to the activity | |
| Details of nutritional planning | |
| Evaluative comments in relation to the course undertaken for assessment | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Waterskiing

| | | | |
|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

| Log book element required | Present? (please tick) |
|--|-------------------------------|
| Planning for their event and performance | |
| Details of event being performed and assoc. skills, techniques, considerations | |
| Date(s) and periods of training | |
| Date(s) of performance | |
| Details of safety considerations – participant and equipment | |
| Discussion relating to safety principles applied | |
| Evaluative comments in relation to their performance in their chosen event | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Windsurfing

| | | | |
|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

| Log book element required | Present? (please tick) |
|---|-------------------------------|
| Details of the course undertaken for the assessment | |
| Details of personal equipment and the reasons for taking it | |
| Details of group equipment and the reasons for taking it | |
| Details of safety prior to activity | |
| Discussion relating to safety principles applied | |
| Details of the code of ethics relevant to the activity | |
| Details of nutritional planning | |
| Evaluative comments in relation to the course undertaken for assessment | |

Assessment Band Descriptor which log conforms to

| | |
|--|--|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark Awarded | |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement: Safe and Effective Exercise Activities – Circuit Training

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|------------------|--|----------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

Please indicate below to which exercise programme the log book and authentication statement relates.

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| Log book element required | Present? (please tick) |
|--|------------------------|
| Time scale | |
| Goals of exercise programme | |
| Rationale for the design and implementation of programme | |
| Identification and detailed description of each exercise in programme | |
| Detailed description of personal warm up and cool down | |
| Health and safety implications for programme | |
| Record of implementation with evaluative comments; detail of progression | |
| Assessment and evaluation of goals | |
| Demonstration of awareness, understanding and application of principles of training in the design and/or implementation of programme with reference to: Specificity, Progression, Overload, Regression, Tedium, Adaptation | |

Assessment Band Descriptor which log conforms to

| | |
|---|--------|
| Band 1: A comprehensive, detailed log book which records the candidate's participation in and understanding of safe and effective exercise activities is in evidence | |
| Band 2: An extensive, detailed log book which records the candidate's participation in and understanding of safe and effective exercise activities is in evidence | |
| Band 3: A detailed log book which records the candidate's participation in and understanding of safe and effective exercise activities is in evidence | |
| Band 4: A limited log book, which records the candidate's participation in and understanding of safe and effective exercise activities is in evidence | |
| Band 5: The log book provides little or no evidence of the candidate's participation in and understanding of safe and effective exercise activities | |
| Mark Awarded | Max 30 |

Authentication statement

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

**Log book contents and authentication statement:
Coaching**

| | | | |
|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

Please indicate below which activity is the focus of the coaching assessment to which this log book and authentication statement relates.

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| Log book element required | Present? (please tick) |
|--|-------------------------------|
| Record of coaching activities over a three month period | |
| Scheme of work with minimum 10 sessions including evaluations and risk assessments | |
| Accompanying DVD/CD-Rom record as per the criteria | |
| Details of health and safety issues relevant to the activity | |
| Details of Child Protection procedures in operation and evidence of DBS clearance as appropriate | |
| Evidence of appropriate first aid qualification | |

Assessment Band Descriptor which log conforms to

| | |
|--|--------|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark awarded | Max 30 |

Authentication statement

I can confirm that this candidate has fully completed the coaching detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|

Physical Education

OCR Advanced Subsidiary GCE Unit G452

**Log book contents and authentication statement:
Officiating**

| | | | |
|-------------------------|--|-----------------------|--|
| Centre Number | | Centre Name | |
| Candidate Number | | Candidate Name | |

Please indicate below which activity is the focus of the officiating assessment which this log book and authentication statement relates.

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| Log book element required | Present? (please tick) |
|--|-------------------------------|
| Record of officiating activities over a three month period | |
| Record of a minimum 10 sessions officiated during the assessment period | |
| Accompanying DVD/CD-Rom record as per the criteria | |
| A minimum of four qualified assessor evaluations of the matches officiated | |
| Evidence of risk assessments undertaken | |
| Details of health and safety issues relevant to the activity | |
| Details of Child Protection procedures in operation and evidence of DBS clearance as appropriate | |

Assessment Band Descriptor which log conforms to

| | |
|--|--------|
| Band 1: A detailed and comprehensive log containing all the prescribed information is present | |
| Band 2: A detailed log containing all the prescribed information is present | |
| Band 3: A detailed log containing most of the prescribed information is present | |
| Band 4: A log containing some of the prescribed information is present | |
| Band 5: A log containing little of the prescribed information is present | |
| Mark awarded | Max 30 |

Authentication statement

I can confirm that this candidate has fully completed the officiating detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

| | |
|---|--|
| Name of instructor/teacher responsible | |
|---|--|

| | | | |
|------------------|--|-------------|--|
| Signature | | Date | |
|------------------|--|-------------|--|