



Oxford Cambridge and RSA

**OCR Level 1/Level 2 Cambridge National in Sport Studies**  
**Qualification J829**  
**Unit R187**  
**Unit Recording Sheet**

Please read the instructions printed at the end of this form. A Unit Recording Sheet must be completed for each candidate and unit.											
<b>Unit Title</b>	<b>Increasing awareness of Outdoor and Adventurous Activities</b>				<b>Unit Code</b>	<b>R187</b>	<b>Session</b>		<b>Year</b>	<b>2</b>	<b>0</b>
<b>Centre Name</b>							<b>Centre Number</b>				
<b>Candidate Name</b>							<b>Candidate Number</b>				
<b>Marking Criteria</b>							<b>Teacher Comments</b>		<b>Mark</b>	<b>Page No.</b>	
<b>Task 1 – Topic Area 1: Provision for different types of outdoor and adventurous activities in the UK</b>											
<b>MB1: 1 - 2 marks</b>		<b>MB2: 3 - 4 marks</b>		<b>MB3: 5 - 6 marks</b>							
The outdoor and adventurous activity areas are <b>briefly</b> outlined. May give examples regarding regional provision.		The outdoor activity areas are described with <b>some</b> relevant examples given, regarding regional provision.		The outdoor activity areas are described with <b>clear</b> and relevant examples given, regarding regional provision.							
The outdoor and adventurous activity areas are <b>briefly</b> outlined. They may give examples regarding national provision.		The outdoor activity areas are described with <b>some</b> relevant examples given, regarding national provision.		The outdoor activity areas are described with <b>clear</b> and relevant examples given, regarding national provision.							
<b>[1 2]</b>		<b>[3 4]</b>		<b>[5 6]</b>							
									<b>/6</b>		

Marking Criteria			Teacher Comments	Mark	Page No.
<b>Task 2 – Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities</b>					
<b>MB1: 1 - 4 marks</b>	<b>MB2: 5 - 8 marks</b>	<b>MB3: 9 - 12 marks</b>			
<p>Identifies a <b>limited range</b> of appropriate equipment and clothing required for each outdoor activity. May contain reasons why this clothing is required.</p> <p>Produces a <b>basic</b> list of safety aspects and technology for safe and effective outdoor and adventurous activities.</p> <p>Shows a <b>limited</b> awareness of the impact of terrain, environment <b>or</b> climate on the outdoor and adventurous activities.</p> <p style="text-align: right;"><b>[1 2 3 4]</b></p>	<p>Identifies an <b>adequate range</b> of appropriate equipment and clothing required for each outdoor activity. Contains <b>some</b> reasons why this clothing is required.</p> <p>Produces an <b>adequate</b> list of safety aspects and technology for safe and effective outdoor and adventurous activities.</p> <p>Shows <b>some</b> understanding of the impact of terrain, environment <b>and/or</b> climate on the outdoor and adventurous activities.</p> <p style="text-align: right;"><b>[5 6 7 8]</b></p>	<p>Identifies a <b>wide range</b> of appropriate equipment and clothing required for each outdoor activity. Contains <b>clear and detailed</b> reasons why this clothing is required.</p> <p>Produces a <b>comprehensive</b> list of safety aspects and technology for safe and effective outdoor and adventurous activities.</p> <p>Shows <b>clear</b> understanding of the impact of terrain, environment <b>and</b> climate on the outdoor and adventurous activities.</p> <p style="text-align: right;"><b>[9 10 11 12]</b></p>			
				<b>/12</b>	

Marking Criteria			Teacher Comments	Mark	Page No.
<b>Task 3 – Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity</b>					
<b>MB1: 1 - 4 marks</b>	<b>MB2: 5 - 8 marks</b>	<b>MB3: 9 - 12 marks</b>			
<p>Produces a <b>basic</b> plan, including a risk assessment, which considers <b>limited</b> requirements for an effective and safe outdoor and adventurous activity session.</p> <p>Demonstrates a <b>limited</b> range of relevant skills and knowledge during an outdoor and adventurous activity.</p> <p>Cares for and uses equipment in a <b>limited</b> way and is <b>dependent</b> on the activity leader to follow safe practice.</p> <p style="text-align: right;"><b>[1 2 3 4]</b></p>	<p>Produces an appropriate and <b>sound</b> plan, including a risk assessment, which considers <b>some</b> of the requirements for an effective and safe outdoor and adventurous activity session.</p> <p>Demonstrates an <b>adequate range</b> of relevant skills and knowledge during an outdoor and adventurous activity.</p> <p>Cares for and uses equipment in an <b>adequate</b> way and is <b>assisted</b> by the activity leader when necessary to follow safe practice.</p> <p style="text-align: right;"><b>[5 6 7 8]</b></p>	<p>Produces an appropriate and <b>comprehensive</b> plan, including a risk assessment, which considers <b>most</b> of the requirements for an effective and safe outdoor and adventurous activity session.</p> <p><b>Confidently</b> demonstrates a <b>wide range of well developed</b>, relevant skills and knowledge during an outdoor and adventurous activity.</p> <p>Cares for and uses equipment in an <b>effective</b> way and follows safe practice <b>independently</b>.</p> <p style="text-align: right;"><b>[9 10 11 12]</b></p>			
				<b>/12</b>	

Marking Criteria			Teacher Comments	Mark	Page No.
<b>Task 4 – Topic Area 4: Evaluate participation in an outdoor and adventurous activity</b>					
<b>MB1: 1 - 3 marks</b>	<b>MB2: 4 - 7 marks</b>	<b>MB3: 8 - 10 marks</b>			
<p>Outlines a <b>few</b> areas that went well <b>and/or</b> not so well in the outdoor and adventurous activity.</p> <p>Outlines <b>few</b> benefits from participation in the outdoor and adventurous activity they undertook.</p> <p>Outlines how benefits can encourage participation, providing <b>limited</b> reasons as to why they are of value to an individual.</p> <p style="text-align: right;"><b>[1 2 3]</b></p>	<p>Discusses <b>some</b> areas that went well and not so well in the outdoor and adventurous activity.</p> <p>Describes <b>some</b> of the benefits from participation in the outdoor and adventurous activity they undertook.</p> <p>Describes how the benefits can encourage participation, providing a <b>range</b> of reasons as to why they are of value to an individual.</p> <p style="text-align: right;"><b>[4 5 6 7]</b></p>	<p><b>Comprehensively</b> discusses the areas that went well and not so well in the outdoor and adventurous activity.</p> <p>Describes <b>most</b> of the benefits from participation in the outdoor activity they undertook.</p> <p>Explains how the benefits can encourage participation, whilst providing a <b>wide range</b> of reasons as to why they are of value to an individual.</p> <p style="text-align: right;"><b>[8 9 10]</b></p>			
<b>Total</b>					

Please tick to confirm this work has been standardised internally	
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Please note: This form may be updated on an annual basis. The current version of this form will be available on the OCR website ([www.ocr.org.uk](http://www.ocr.org.uk)).

A Centre Authentication form (CCS160) **must** be completed for each submission to the moderator. This **must** be held in your centre to be available on request at centre inspection.

#### Guidance on Completion of this Form

- 1 One form should be used for every candidate.
- 2 Please make sure that all parts of the form are completed.
- 3 Please enter specific page numbers where evidence can be found in the portfolio, and where possible, indicate to which part of the text in the mark band the evidence relates.
- 4 Circle/highlight the mark awarded for each strand of the marking criteria in the appropriate box.
- 5 Enter the circled/highlighted mark in the 'Mark' column.
- 6 Add the marks for the strands together to give a total out of 40. Enter this total in the relevant box.
- 7 For Paper-based submissions, one of these sheets, suitably completed, should be attached to the assessed work of each candidate.
- 8 For Electronic Internal submissions, prior to submitting 'candidate evidence' to OCR (via the Repository/SfA or via a USB), the Centre should add a separate folder containing the Unit Recording Sheets.