

Physical Education

OCR Advanced GCE Unit G454

Log book cover sheet and authentication statement: Cross Country, Dragon Boat Racing, Road Cycling, Baseball, Rounders

Centre Number		Centre Name	
Candidate Number		Candidate Name	

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

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Log book element required	Present? (please tick)
Competitive programme for three month period prior to assessment	
Details of races (where relevant)	
Details of results, both team results and personal results (where relevant)	
Finishing positions, times etc. (where relevant)	
Evaluation of performances (where relevant)	

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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

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

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)
Evidence of candidate's competitive record in the previous 12 months	
Details of the BCU forma; competitive situation 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 any code of ethics relevant to the activity	
Details of nutritional planning	
Evaluative comments in relation to the formal competitive situation in which the assessment was undertaken	

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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

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

Centre Number		Centre Name	
Candidate Number		Candidate Name	

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

Log book element required	Present? (please tick)
Evidence of candidate's competitive record in the previous 12 months	
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 any code of ethics/conduct relevant to the activity	
Details of course/test planning together with relevant safety measures	
Evaluative comments in relation to the course/test 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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

**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)
Evidence of previous mountain biking experiences in the last 12 months	
Details of personal equipment for the expedition 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/conduct 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 expedition	

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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

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

Centre Number		Centre Name	
Candidate Number		Candidate Name	

Log book element required	Present? (please tick)
Evidence of previous mountain walking experiences in the last 12 months	
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 expedition	

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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

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 personal equipment and the reasons for taking it	
Training diary	
Selection of course maps/route cards	
Details of nutritional planning	
Identification of navigation techniques	
Competitive programme (12 months) with results including assessment race	
Race analysis and evaluation	

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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

**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)
Evidence of previous climbing experiences in the last 12 months	
Details of route planning for the expedition and use of guide books	
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 3 day climbing expedition	

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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

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)
Evidence of candidate's competitive record in the previous 12 months	
Details of the course undertaken for the assessment with details of the 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 relating to safety principles applied	
Discussion of race tactics	
Details of any 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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

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)
Evidence of candidate's competitive record/participation in the previous 12 months	
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/conduct 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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

**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)
Evidence of sub aqua diving experiences over the last 12 months	
Date, time, location of each dive	
Depth, duration, Open Water Instructor(s)	
Planning, safety measures, use of Buhlmann Tables	
Weather, water conditions encountered	
Details of personal equipment and the reasons for taking it	
Details of group equipment and the reasons for taking it	
Details of the code of ethics relevant to the activity	
Details of nutritional planning	
Evaluative comments in relation to the 3 day challenge in open water	

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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

**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	
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 30 surfs (dates, times, conditions, tides, selected board)	
Evaluative comments in relation to each of the 30 surfs	
Photos of candidate surfing	
Record of results in a minimum of 2 BSA competitions	

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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

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)
Evidence of candidate's competitive record in the previous 12 months	
Hand signals required for wakeboarding	
Planning for a single pass, relevant safety measures undertaken for this assessment	
Details of tricks performed	
Details of personal equipment and the reasons for using it	
Discussion relating to safety principles applied	
Details of the code of ethics/conduct relevant to the activity	
Details of nutritional planning	
Coaching points and steps required for progression	
Evaluative comments relating to the Wakeboard UK formal competition used for this 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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

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)
Evidence of candidate's competitive record in the previous 12 months	
Planning for slalom, trick or jump event to level 3	
Details of event being performed and assoc. skills, techniques, considerations	
Dates and periods of training	
Date(s) of competition(s)	
Details of safety considerations – participant and equipment (wind, speed and direction and boat type, power, personal safety equipment)	
Discussion relating to safety principles applied	
Evaluative comments in relation to their performance in formal competition in their chosen event	
Detail about warm up and tactical preparation prior to competitive performance	

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	
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Signature		Date	
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Physical Education

OCR Advanced Subsidiary GCE Unit G454

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)
Evidence of candidate's competitive/participative record in the previous 12 months	
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 any code of ethics relevant to the activity	
Details of nutritional planning	
Evaluative comments in relation to participation and performance in the formal competition	

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	
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Signature		Date	
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Physical Education

OCR Advanced GCE Unit G454

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

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	
Authentication statement from a qualified instructor	
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 safe and effective exercise activities is in evidence. All the evidence required is present	
Band 2: An extensive, detailed log book which records the candidate's participation in safe and effective exercise activities is in evidence. Most of the evidence required is present	
Band 3: A detailed log book which records the candidate's participation in safe and effective exercise activities is in evidence. Most of the evidence required is present but lacks the necessary detail	
Band 4: A limited log book which records the candidate's participation in safe and effective exercise activities is in evidence. Some of the evidence required is present but lacks the necessary detail	
Band 5: The log book records little or no evidence of the candidate's participation in safe and effective exercise activities	
Mark awarded	Max 40

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 GCE Unit G454

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 twelve 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 40

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	
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Signature		Date	
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Physical Education

OCR Advanced GCE Unit G454

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 to 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 twelve month period	
Record of a minimum 10 sessions officiated during the assessment period	
A minimum of four qualified assessor evaluations of the matches officiated	
Evidence of risk assessments undertaken	
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	

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 40

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	
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Signature		Date	
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