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

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

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| **Task 2 – Topic Area 2: Equipment, clothing and safety aspects of participating in outdoor and adventurous activities** | | |  |  |  |
| **MB1: 1 - 4 marks** | **MB2: 5 - 8 marks** | **MB3: 9 - 12 marks** |
| Identifies a **limited range** of appropriate equipment and clothing required for each outdoor activity. May contain reasons why this clothing is required.  Produces a **basic** list of safety aspects and technology for safe and effective outdoor and adventurous activities.  Shows a **limited** awareness of the impact of terrain, environment **or** climate on the outdoor and adventurous activities.  **[1 2 3 4]** | Identifies an **adequate range** of appropriateequipment and clothing required for each outdoor activity. Contains **some** reasons why this clothing is required.  Produces an **adequate** list of safety aspects and technology for safe and effective outdoor and adventurous activities.  Shows **some** understanding of the impact of terrain, environment **and/or** climate on the outdoor and adventurous activities.  **[5 6 7 8]** | Identifies a **wide range** of appropriate equipment and clothing required for each outdoor activity. Contains **clear and detailed** reasons why this clothing is required.  Produces a **comprehensive** list of safety aspects and technology for safe and effective outdoor and adventurous activities.  Shows **clear** understanding of the impact of terrain, environment **and** climate on the outdoor and adventurous activities.  **[9 10 11 12]** |
| **/12** |

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| **Task 3 – Topic Area 3: Plan for and be able to participate in an outdoor and adventurous activity** | | |  |  |  |
| **MB1: 1 - 4 marks** | **MB2: 5 - 8 marks** | **MB3: 9 - 12 marks** |
| Produces a **basic** plan, including a risk assessment, which considers **limited** requirements for an effective and safe outdoor and adventurous activity session.  Demonstrates a **limited** range of relevant skills and knowledge during an outdoor and adventurous activity.  Cares for and uses equipment in a **limited** way and is **dependent** on the activity leader to follow safe practice.  **[1 2 3 4]** | Produces an appropriateand **sound** plan, including a risk assessment, which considers **some** of therequirements for an effective and safe outdoor and adventurous activity session.  Demonstrates an **adequate range** of relevant skills and knowledge during an outdoor and adventurous activity.  Cares for and uses equipment in an **adequate** way and is **assisted** by the activity leader when necessary to follow safe practice.  **[5 6 7 8]** | Produces an appropriateand **comprehensive** plan, including a risk assessment, which considers **most** of therequirements for an effective and safe outdoor and adventurous activity session.  **Confidently** demonstrates a **wide range** of **well developed,** relevant skills and knowledge during an outdoor and adventurous activity.  Cares for and uses equipment in an **effective** way and follows safe practice **independently**.  **[9 10 11 12]** |
| **/12** |

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| **Task 4 – Topic Area 4: Evaluate participation in an outdoor and adventurous activity** | | |  |  |  |
| **MB1: 1 - 3 marks** | **MB2: 4 - 7 marks** | **MB3: 8 - 10 marks** |
| Outlines a **few** areas that went well **and/or** not so well in the outdoor and adventurous activity.  Outlines **few** benefits from participation in the outdoor and adventurous activity they undertook.  Outlines how benefits can encourage participation, providing **limited** reasons as to why they are of value to an individual.  **[1 2 3]** | Discusses **some** areas that went well and not so well in the outdoor and adventurous activity.  Describes **some** of the benefits from participation in the outdoor and adventurous activity they undertook.  Describes how the benefits can encourage participation, providing a **range** of reasons as to why they are of value to an individual.  **[4 5 6 7]** | **Comprehensively** discusses the areas that went well and not so well in the outdoor and adventurous activity.  Describes **most** of the benefits from participation in the outdoor activity they undertook.  Explains how the benefits can encourage participation, whilst providing a **wide range** of reasons as to why they are of value to an individual.  **[8 9 10]** |
| **/10** |
| **Total** | | | | /**40** |  |

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| Please tick to confirm this work has been standardised internally |  |

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.