

# **Physical Education**

OCR Advanced Subsidiary GCE Unit G452

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

Out	door and Adventurous	Activities –	Canoein	g, Kayaking
Centre Number	Centre Name			
Candidate Number	Candidate Name			
Please indicate below to wl authentication statement re	nich Outdoor and Adventurou elates.	s Activity the log l	oook and	
Log book element require			Present	? (please tick)
Details of the course/expedi	tion undertaken for the assessr	nent		
Details of personal equipme	nt 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 plannin	g			
Evaluative comments in rela assessment.	ation to the course/expedition ur	ndertaken for		
Assessment Rand Descr	iptor which log conforms t	0		
	prehensive log containing all th		ation is	
Band 2: A detailed log conta	aining all the prescribed informa	tion is present		
Band 3: A detailed log conta	aining most of the prescribed in	formation is present	•	
Band 4: A log containing so	me of the prescribed informatio	n is present		
Band 5: A log containing litt	le of the prescribed information	is present		
		Ma	rk Awarded	
	t ate has fully completed the active ts, and that the material in this			
Name of instructor/teac	her responsible			
Signature		Da	te	



# **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

			Ev	enting	ı, Sho	w Jumping
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Please indicate beloauthentication state	ow to which Outdoo ement relates.	r and Adventuro	us Activity the	log book	and	
Log book element	required			Р	Present?	? (please tick)
	ourse undertaken for	the assessment				,
Details of personal	equipment and the re	easons for using it				
Details of horse's e	quipment and the rea	sons for its use				
Discussion relating	to safety principles a	pplied				
Details of the code	of ethics relevant to the	he activity				
Details of course pl	anning together with	relevant safety me	easures			
Evaluative commer	nts in relation to the te	st/course underta	ken for assessm	ent		
Assessment Band	d Descriptor which	n log conforms	to			
Band 1: A detailed present	and comprehensive I	og containing all t	he prescribed in	formation	is	
	log containing all the	•				
	log containing most of			sent		
	aining some of the pro		· ·			
Band 5: A log conta	aining little of the pres	scribed information	n is present			
	atement s candidate has fully q quirements, and that t				book, n	
Name of instruct	tor/teacher respon	sible				
Signatura				Doto		
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	

<b>Assessment Band</b>	Descriptor	which log	conforms to	0

<b>Band 1:</b> 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

-	(please tick)
Candidate Number Candidate Name  Log book element required Present?	(please tick)
Number Name  Log book element required Present?	(please tick)
	(please tick)
	(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	
<b>Band 1:</b> 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	
<b>Authentication statement</b> I can confirm that this candidate has fully completed the activity as detailed in this log book, me health and safety requirements, and that the material in this log book is the candidates own wo	
Name of instructor/teacher responsible	
<u> </u>	
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	•			P	resent?	(please tick
Details of the route/	course undertaken f	or the assessment	İ			
Details of the type of	of training					
Details of personal	equipment and the re	easons for taking i	t			
Discussion relating	to safety principles a	applied				
Details of route plar	nning					
Evaluative commen assessment	ts in relation to the c	rienteering course	undertaken for			
	ts in relation to the c	orienteering course	undertaken for			
assessment Assessment Band	d Descriptor whic	h log conforms	to			
Assessment Band Band 1: A detailed		h log conforms	to	formation	is	
Assessment Band Band 1: A detailed present	d Descriptor whic and comprehensive	h log conforms log containing all	to the prescribed inf	ormation	is	
Assessment Band Band 1: A detailed present Band 2: A detailed	d Descriptor whic	h log conforms log containing all	to the prescribed infination is present		is	
Assessment Band Band 1: A detailed present Band 2: A detailed Band 3: A detailed	d Descriptor whice and comprehensive log containing all the	h log conforms log containing all the prescribed inform of the prescribed in	to the prescribed infination is present		is	
Assessment Band Band 1: A detailed present Band 2: A detailed Band 3: A detailed Band 4: A log conta	d Descriptor whice and comprehensive log containing all the log containing most	h log conforms log containing all to prescribed inform of the prescribed informations.	to the prescribed information is present on is present		is	
Assessment Band Band 1: A detailed present Band 2: A detailed Band 3: A detailed Band 4: A log conta	d Descriptor whice and comprehensive log containing all the log containing most aining some of the present the present the second secon	h log conforms log containing all to prescribed inform of the prescribed informations.	to the prescribed information is present on is present			
Assessment Band Band 1: A detailed present Band 2: A detailed Band 3: A detailed Band 4: A log conta Band 5: A log conta Authentication stacan confirm that this	d Descriptor whice and comprehensive log containing all the log containing most aining some of the president	h log conforms log containing all to prescribed inform of the prescribed information scribed information completed the action of the prescribed information completed the action of the prescribed information of the pr	to the prescribed information is present on is present in is present the present is present the present is present is present	sent  Mark Av  n this log	varded book, m	
Assessment Band Band 1: A detailed present Band 2: A detailed Band 3: A detailed Band 4: A log contailed Band 5: A log contailed Authentication state can confirm that this health and safety reconstruction	d Descriptor whice and comprehensive log containing all the log containing most aining some of the president little of the president scandidate has fully	h log conforms log containing all to prescribed inform of the prescribed information scribed information completed the act the material in this	to the prescribed information is present on is present in is present the present is present the present is present is present	sent  Mark Av  n this log	varded book, m	
Assessment Band Band 1: A detailed present Band 2: A detailed Band 3: A detailed Band 4: A log contailed Band 5: A log contailed Authentication state can confirm that this health and safety reconstruction	d Descriptor which and comprehensive log containing all the log containing most aining some of the premium little of the premium little of the premium atement as candidate has fully juirements, and that	h log conforms log containing all to prescribed inform of the prescribed information scribed information completed the act the material in this	to the prescribed information is present on is present in is present the present is present the present is present is present	sent  Mark Av  n this log	varded book, m	



### **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	Candidate	
Number	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 Descr	iptor which I	oa conforms to
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<b>Band 1:</b> 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	Candidate	
Number	Name	
Log book element required	Present? (please tick)	
A diary of sailing activities und	dertaken	

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

#### **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:

Outdo	oor and Adventurous Activities –	Skiing	, Snowboarding
Centre Number	Centre Name		
Candidate Number	Candidate Name		
Please indicate below to who outhentication statement re	hich Outdoor and Adventurous Activity the I elates.	og book a	and
Log book element required		Pr	esent? (please tick)
Details of the course/slope u	undertaken for the assessment		
Details of personal equipme	ent and the reasons for taking it		
Details of group equipment a	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	9		
	ation to the course/slope undertaken for		
assessment			
Assessment Band Descr	iptor which log conforms to		
<b>Band 1:</b> A detailed and compresent	prehensive log containing all the prescribed inf	formation is	s
·	aining all the prescribed information is present		
	aining most of the prescribed information is pre-	sent	
	me of the prescribed information is present		
	le of the prescribed information is present		
<u> </u>	·	Mark Awa	arded
	<b>t</b> ate has fully completed the activity as detailed i its, and that the material in this log book is the o		
Name of instructor/teac	her 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 rec	wired	Present? (nlease tick)

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	1
Band 2: A detailed log containing all the prescribed information is present	1
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	
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### **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	Candidate	
Number	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	

<b>Assessment</b>	Rand	Descript	or which	loa	conforme	to
Assessment	Dano	Describi	or willcin	10)(1	COMOTHIS	1()

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

	Outdoo	or and Adve	nturous Activ	vities	- Wal	keboarding
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Log book element	required			Р	resent?	? (please tick)
Details of the cours	e undertaken for the	assessment				
Planning for a singl	e pass, relevant safe	ty measures				
Details of tricks per	formed					
Details of personal	equipment and the re	easons for taking	t			
Details of safety pri	or to activity (inc. cab	le low lines)				
Discussion relating	to safety principles a	pplied				
Details of the code	of ethics relevant to t	he activity				
Details of nutritiona	l planning					
Evaluative commer	nts in relation to the c	ourse undertaken	for assessment			
	d Descriptor whic				_	
<b>Band 1:</b> A detailed present	and comprehensive	log containing all	the prescribed info	rmation	is	
	log containing all the	prescribed inforn	nation is present			
Band 3: A detailed	log containing most	of the prescribed	nformation is pres	ent		
Band 4: A log conta	aining some of the pr	escribed informat	ion is present			
Band 5: A log conta	aining little of the pre	scribed information	n is present			
			N	Mark Aw	varded	
	atement s candidate has fully quirements, and that					
Name of instruct	tor/teacher respor	nsible				
			<u> </u>		Ī	
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	
<b>Band 4</b> : A log containing some 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.

Band 5: A log containing little of the prescribed information is present

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	Candidate	
Number	Name	
-		
Log book element required		Present? (please tick)
Details of the source underto	kan for the accomment	

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	

_				_	
<b>Assessment</b>	Rand	Descripto	r which la	an conforms	tΩ

<b>Band 1:</b> 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

Centre Number	Centre Name	
Candidate Number	Candidate Name	

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

Present? (please tick)

Assessment Band Descriptor which log conforms to

<b>Band 1:</b> A comprehensive, detailed log book which records the candidate's participation in	
and understanding of safe and effective exercise activities is in evidence	
<b>Band 2:</b> 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
	ı 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	
GCW340 Revised June 2013		LBCC/G452



# **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.						
Log book element	required			P	Present?	) (please tick)
Record of coaching	activities over a three	e month period				
Scheme of work wit assessments	th minimum 10 sessio	ns including evalu	uations and risk			
Accompanying DVE	D/CD-Rom record as	per the criteria				
Details of health and	d safety issues releva	ant to the activity				
Details of Child Pro- clearance as appro	tection procedures in priate	operation and evi	dence of DBS			
Evidence of approp	Evidence of appropriate first aid qualification					
Accesses to Dans	d Dagawintan wakish		4-	l		
	d Descriptor which and comprehensive I			formation	is	
•	log containing all the	prescribed inform	ation is present			
Band 3: A detailed	log containing most of	of the prescribed in	nformation is pre	sent		
	aining some of the pre		•			
Band 5: A log conta	aining little of the pres	scribed information	n is present			
				Mark av	varded	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 instruct	or/teacher respon	sible				
Signature				Date		



# **Physical Education**

OCR Advanced Subsidiary GCE Unit G452

Log book contents and authentication statement:

Officiating

						Officiating
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Please indicate beloand authentication	ow which activity is statement relates.	the focus of the	e officiating asse	essment v	which tl	nis log book
Log book element	required			Р	resent?	? (please tick)
Record of officiating	g activities over a thre	e month period				
Record of a minimu	m 10 sessions officiat	ted during the as	sessment period			
Accompanying DVI	D/CD-Rom record as p	per the criteria				
A minimum of four of	qualified assessor eva	aluations of the n	natches officiated			
Evidence of risk ass	sessments undertaker	n				
Details of health an	d safety issues releva	nt to the activity				
Details of Child Proclearance as appro	tection procedures in priate	operation and e	vidence of DBS			
Band 1: A detailed	d Descriptor which and comprehensive lo			formation	is	
present  Band 2: A detailed	log containing all the	prescribed inforr	nation is present			
	log containing most o	•	•	esent		
	aining some of the pre		· · · · · · · · · · · · · · · · · · ·			
Band 5: A log conta	aining little of the pres	cribed information	on is present			
				Mark aw	varded	Max 30
	atement s candidate has fully o quirements, and that th					
Name of instruct	or/teacher respon	sible				
Signature				Date		
Signature				Date		