

Physical Education

OCR Advanced Subsidiary GCE Unit G452

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)
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 any code of ethics relevant to the activity	
Details of nutritional planning	
Evaluative comments in relation participation and performance in the activity	

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 G452

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.

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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 any code of ethics relevant to the activity	
Details of course planning together with relevant safety measures	
Evaluative comments in relation participation and performance in the activity	

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 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 any 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 participation and performance in the activity	

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 G452

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)
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 participation and performance in the activity	

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 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 participation and performance in the activity	

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 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 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 any code of ethics relevant to the activity	
Details of route planning and use of guide books	
Details of nutritional planning	
Evaluative comments in relation participation and performance in the activity	

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 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)
Details of the route/expedition undertaken for the assessment	
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	
Details of any code of ethics relevant to the activity	
Details of nutritional planning	
Evaluative comments in relation participation and performance in the activity	

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 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 any code of ethics relevant to the activity	
Details of nutritional planning	
Evaluative comments in relation participation and performance in the activity	

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 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 any code of ethics relevant to the activity	
Details of nutritional planning	
Evaluative comments in relation participation and performance in the activity	

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 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	
Local breaks surfed, best times/conditions to surf	
Health and safety principles	
Details of any 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 participation and performance in the activity	

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 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 any code of ethics relevant to the activity	
Details of nutritional planning	
Evaluative comments in relation participation and performance in the activity	

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 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 event, performance	
Details of event being performed and assoc. skills, techniques, considerations	
Date(s) of performance	
Details of safety considerations – participant and equipment	
Discussion relating to safety principles applied	
Evaluative comments in relation participation and performance in the activity	

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 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 any code of ethics relevant to the activity	
Details of nutritional planning	
Evaluative comments in relation participation and performance in the activity	

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 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.

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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	
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Signature		Date	
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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 CRB clearance	
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	
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Signature		Date	
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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 CRB clearance	

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	
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Signature		Date	
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