

Physical Education

OCR Advanced Subsidiary GCE Unit G452

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

	Outdoor and	I Adventurou	s Activities	s – Can	oeing	, Kayaking
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Please indicate beloauthentication state		or and Adventuro	us Activity the	log book	and	
Log book element	required			Р	resent?	P (please tick)
	e/expedition underta	ken for the assess	ment	-		(produce trott)
Details of personal	equipment and the r	easons for taking i	t			
Details of group equ	uipment and the reas	sons for taking it				
Discussion relating	to safety principles a	applied				
Details of the code	of ethics relevant to	the activity				
Details of nutritional	l planning					
Evaluative commen assessment.	its in relation to the c	course/expedition ι	ındertaken for			
Assessment Band						Г
present	and comprehensive	log containing all t	ne prescribed in	formation	IS	
Band 2: A detailed	log containing all the	e prescribed inform	ation is present			
Band 3: A detailed	log containing most	of the prescribed in	nformation is pre	sent		
Band 4: A log conta	aining some of the p	rescribed informati	on is present			
Band 5: A log conta	aining little of the pre	scribed information	n is present			
				Mark Aw	varded	
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 instruct	or/teacher respo	nsible				
			Т	1		
Signature				Date		



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

		Eventing	, Sho	w Jumping		
Centre Number	Centre Name					
Candidate Number	Candidate Name					
Please indicate below to w authentication statement re	hich Outdoor and Adventurous Activity the elates.	he log book	and			
Log book element require	ed	Pi	resent?	(please tick)		
Details of the test/course ur	ndertaken for the assessment					
Details of personal equipme	ent and the reasons for using it					
Details of horse's equipmen	nt and the reasons for its use					
Discussion relating to safety	y principles applied					
Details of the code of ethics	Details of the code of ethics relevant to the activity					
Details of course planning to	ogether with relevant safety measures					
Evaluative comments in rela	ation to the test/course undertaken for asses	ssment				
	riptor which log conforms to nprehensive log containing all the prescribed	l information	is			
Band 2: A detailed log cont	taining all the prescribed information is prese	ent				
	aining most of the prescribed information is	present				
<u>-</u>	ome of the prescribed information is present					
Band 5: A log containing lit	tle of the prescribed information is present					
	at late has fully completed the activity as detailents, and that the material in this log book is the		book, m			
Name of instructor/teac	her responsible					
<u> </u>						
Signature						



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OCR Advanced Subsidiary GCE Unit G452

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

	Outdoo	r and Adventu	irous Activi	ties –	woun	tain Biking
Centre Number		Centre Name				
Candidate Number		Candidate Name				
		,				
Log book elemen	-			F	resent	? (please tick)
Details of the cour	se/expedition undert	aken for the assess	ment			
Details of persona	l equipment and the	reasons for taking i				
Details of group ed	quipment and the rea	asons for taking it				
Discussion relating	g to safety principles	applied				
Details of the code	e of ethics relevant to	the activity				
Details of route pla	anning together with	relevant safety mea	sures			
Route card						
Details of nutrition	al planning					
Evaluative comme	ents in relation to the	test/course underta	ken for assessm	ent		
				•		
	nd Descriptor which and comprehensive			ormation	is	
present	·		•			
	d log containing all the log containing mos			sent		
	taining some of the p		•			
	taining little of the pr					
3 3 3	<u> </u>			Mark Av	varded	
health and safety re	is candidate has full equirements, and tha	t the material in this				
Name of instruc	ctor/teacher respo	onsible				
0: 1				D 1		
Signature				Date		



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		Candi	date						
Number		Nan	ne						
Log book element required							Present? (please tick)		
Route planning	Route planning								
Menu planning									
Camp craft									
Navigation using m	aps and compasses								
Use of pre-planned	route card								
Understanding of th	ne need for emergency	y proced	ures						
Application of First	Aid								
Knowledge access arrangements, land ownership, etc.									
Application of the Countryside code and assoc. conventions									
Evaluative commer	its in relation to the ch	nallenge							
A	d December			4 -					
	d Descriptor which and comprehensive lo				rihad int	formation	n ie	1	
present	and comprehensive it	og coma	iiiiig ali t	ie presci	iibeu iiii	ioimatioi	1 13		
Band 2: A detailed	log containing all the	prescribe	ed inform	ation is p	resent				
	log containing most o	•				sent			
	aining some of the pre			•					
Band 5: A log conta	aining little of the pres	scribed in	formation	is prese	ent				
	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 instruct	or/teacher respon	sible							
<u> </u>					-		_		
Signature						Date			



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OCR Advanced Subsidiary GCE Unit G452

		loor and Adv	et and auth enturous Ac			
	Outo	ioor and Adv	ontarous Ac	, ci v i ci c	,5 0	
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Log book element	required			P	resent?	(please tick)
Details of the route	/course undertaken f	or the assessment				
Details of the type of	of training					
Details of personal	equipment and the re	easons for taking i	<u> </u>			
Discussion relating	to safety principles a	applied				
Details of route plan	nning					
Evaluative commer assessment	nts in relation to the o	rienteering course	undertaken for			
Accessment Ban	d Dogorintor whic	h lag aanfarma	40	•		
Band 1: A detailed	d Descriptor whic and comprehensive			ormation	is	
present Band 2: A detailed	log containing all the	e prescribed inform	ation is present			
	log containing most	•	•	ent		
	aining some of the pr					
Band 5: A log cont	aining little of the pre	scribed informatio	n is present			
			1	Mark Av	varded	
			ļ	main Av		
can confirm that thi	atement s candidate has fully quirements, and that	•	ivity as detailed ir	n this log	book, m	•
can confirm that thi nealth and safety red	s candidate has fully	the material in this	ivity as detailed ir	n this log	book, m	•
health and safety red	s candidate has fully quirements, and that	the material in this	ivity as detailed ir log book is the c	n this log	book, m	•



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OCR Advanced Subsidiary GCE Unit G452
Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Rock Climbing

	Outdoor and	d Adver	iturous Act	ivities	– Roc	k Climbing
Centre Number	Centr	e Name				
Candidate Number		didate ame				
Log book element	required			P	resent?	(please tick)
towards HVS/5A/58	•					
Details of personal	equipment and the reasons	for taking i	t			
Details of group eq	uipment and the reasons for	taking it				
Discussion relating	to safety principles applied					
Details of the code	of ethics relevant to the activ	vity				
Details of route pla	nning and use of guide book	S				
Details of nutritiona	l planning					
Evaluative commer	nts in relation to the day's clir	mbing				
Accessment Dan	d Decementar which less o	f	4.0			
Band 1: A detailed	d Descriptor which log contains and comprehensive log contains.			formation	is	
present Band 2: A detailed	log containing all the prescri	bed inform	nation is present			
	log containing most of the pr		•			
Band 4: A log cont	aining some of the prescribe	d informati	on is present			
Band 5: A log cont	aining little of the prescribed	informatio	n is present			
				Mark Av	varded	
	atement s candidate has fully comple quirements, and that the mat					
Name of instruc	tor/teacher responsible					
Т				T .	I	
Signature				Date		



Physical Education

OCR Advanced Subsidiary GCE Unit G452
Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Sailing

		Outdoor an	d Adventur	ous Ac	tivitie	es – Sailing
Centre Number		Centre Name				
Candidate Number		Candidate Name				
	1					
Log book element	•			Р	resent?	(please tick)
A diary of sailing ac	ctivities undertaken					
Details of the cours wind conditions	e undertaken for the	e assessment inclu	ding weather and	1		
Details of personal	equipment and the	reasons for taking i	†			
Details of boat equi	ipment and the reas	ons for taking it				
Discussion of the s	afety principles app	lied				
Details of the code	of ethics relevant to	the activity				
Details of nutritiona	l and hydration plar	nning				
Evaluative commer	nts in relation to the	course undertaken	for assessment			
present Band 2: A detailed Band 3: A detailed Band 4: A log cont	d Descriptor which and comprehensive log containing all the log containing most aining some of the particular aining little of the present and comprehensive logical containing little of the present and comprehensive logical containing little of the present containing little c	e log containing all to be prescribed information of the prescribed in prescribed information	he prescribed in ation is present of a present on is present on is present		is	
				Mark Av	varded	
Authentication st I can confirm that thi health and safety red Name of instruct	s candidate has full	t the material in this				
		· · · · · · · · · · · · · · · · · · ·	1		1	
Signature				Date		



Physical Education

OCR Advanced Subsidiary GCE Unit G452

Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Skiing, Snowboarding

		Outdoor and	Adventur	ous	Activities	– Skiin	g, Sno	wboarding
Centre Num	ber		Centre Na	me				
Candidate Number)		Candida Name	te				
Please indicat authentication		ow to which Outdo ement relates.	or and Adve	enturo	us Activity th	e log boo	k and	
Log book ele	ment	required					Present?	? (please tick)
Details of the	cours	e/slope undertaken	for the asses	sment	•			
Details of pers	sonal	equipment and the	reasons for ta	aking i	t			
Details of grou	ıp eqı	uipment and the rea	sons for takir	ng it				
Discussion rel	Discussion relating to safety principles applied							
Details of the	code	of ethics relevant to	the activity					
Details of nutr	itiona	l planning						
Evaluative cor assessment	mmen	ts in relation to the	course/slope	under	taken for			
		d Descriptor which and comprehensive				informatio	n is	
	ailed	log containing all th	e prescribed	inform	ation is preser	nt		
Band 3: A det	ailed	log containing most	of the prescr	ibed ii	nformation is p	resent		
Band 4: A log	conta	aining some of the p	rescribed info	ormati	on is present			
Band 5: A log	conta	aining little of the pre	escribed infor	matio	n is present			
						Mark A	warded	
	at this	atement s candidate has fully puirements, and that						
Name of ins	truct	or/teacher respo	nsible					
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	required		Present	? (please tick
Date, time, location	of each dive			
Depth, duration, Ope	en Water Instructor	(s)		
Planning, safety mea	asures, use of Buhl	mann Tables		
Weather, water cond	ditions			
Details of personal e	· ·			
Details of group equ	ipment and the rea	sons for taking it		
Discussion relating t	o safety principles	applied		
Details of the code of	of ethics relevant to	the activity		
Details of nutritional	planning			
Evaluative comment	s in relation to dive	s undertaken for assessme	ent	
seesement Rand	Descriptor which	ch log conforms to		
		e log containing all the prese	cribed information is	
Band 2: A detailed l	og containing all th	e prescribed information is	present	
		of the prescribed informati		
		rescribed information is pre		
Band 5: A log conta	ining little of the pre	escribed information is pres		
			Mark Awarded	
	candidate has fully	completed the activity as called the material in this log boo		

GCW340 Revised June 2013

Signature

LBCC/G452

Date



Physical Education

Date

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	s of personal equipm	ent and the reasor	ns for taking it		
Explanation of quive	er of boards and cor	nditions suiting part	icular boards		
Identification of loca	al breaks surfed, bes	t times/conditions	to surf		
Health and safety p	rinciples				
Details of the code	of ethics relevant to	the activity			
Details of nutritiona	l planning				
Details of 15 surfs (dates, times, conditi	ons, tides, selected	d board)		
Evaluative commer assessment	nts in relation to of ea	ach the 15 surfs un	dertaken for		
Assessment Band			to he prescribed informat	ion io	Ī
present	and comprehensive	log containing all t	ne prescribed informat	IOH IS	
Band 2: A detailed	log containing all the	e prescribed inform	ation is present		
Band 3: A detailed	log containing most	of the prescribed in	nformation is present		
Band 4: A log conta	aining some of the p	rescribed informati	on is present		
Band 5: A log conta	aining little of the pre	escribed information	n is present		
			Mark	Awarded	
	s candidate has fully		ivity as detailed in this log book is the candid		
Name of instruct	tor/teacher respo	nsible			

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Signature



Physical Education

OCR Advanced Subsidiary GCE Unit G452 Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Wakeboarding

	Outdo	or and Adver	nturous Act	ivities	- 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 single	e pass, relevant safe	ety measures				
Details of tricks per	formed					
Details of personal	equipment and the r	reasons for taking i	t			
Details of safety price	or to activity (inc. ca	ble low lines)				
Discussion relating	to safety principles	applied				
Details of the code	of ethics relevant to	the activity				
Details of nutritional	l planning					
Evaluative commen	ts in relation to the	course undertaken	for assessment			
				<u>"</u>		
Assessment Band Band 1: A detailed				formation	ic	
present	and comprehensive	log containing an t	ne prescribed in	ioiiiialioii	15	
Band 2: A detailed	log containing all the	e prescribed inform	ation is present			
Band 3: A detailed	log containing most	of the prescribed in	nformation is pre	esent		
Band 4: A log conta	aining some of the p	rescribed informati	on is present			
Band 5: A log conta	aining little of the pre	escribed information	n is present			
				Mark Aw	varded	
Authentication stall can confirm that this health and safety rec	s candidate has fully					
Name of instruct	or/teacher respo	nsible				
Signature				Date		



Physical Education

OCR Advanced Subsidiary GCE Unit G452 Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Waterskiing

Control Normalian	Comtro Name	
Centre Number	Centre Name	
Candidate	Candidate	
Number	Name	
Log book element required	Present? (please tick)	
Planning for their event and p	performance	
Details of event being perform	med and accordicable techniques conside	erations

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	
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 – Windsurfing

	Out	door and Adv	enturous A	ctiviti	es – V	Vindsurfing
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Log book element	<u> </u>			P	resent?	? (please tick)
Details of the cours	e undertaken for the	assessment				
Details of personal	equipment and the r	easons for taking i	1			
Details of group equ	uipment and the reas	sons for taking it				
Details of safety pri						
Discussion relating	to safety principles a	applied				
Details of the code	of ethics relevant to	the activity				
Details of nutritiona	l planning					
Evaluative commer	nts in relation to the c	course undertaken	for assessment			
Accessment Dans	d Dagarintanlaia	b low cou f ours	4-			
Assessment Band Band 1: A detailed present	and comprehensive			formation	is	
- ·	log containing all the	e prescribed inform	ation is present			
	log containing most		•	sent		
Band 4: A log conta	aining some of the p	rescribed informati	on is present			
Band 5: A log conta	aining little of the pre	scribed information	n is present			
				Mark Av	varded	
Authentication stall can confirm that this health and safety rec	s candidate has fully					
Name of instruct	tor/teacher respo	nsible				
					1	
Signature				Date		



Physical Education

OCR Advanced Subsidiary GCE Unit G452

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

	T						
Centre Number	C	entre Name					
Candidate Number		Candidate Name					
Please indicate belinelates.	Please indicate below to which exercise programme the log book and authentication statement relates.						
Log book element	required			P	Present? (please tick)		
Time scale							
Goals of exercise p	rogramme						
Rationale for the de	esign and implementation	n of programme	9				
Identification and de	etailed description of eac	ch exercise in p	rogramme				
Detailed description	n of personal warm up a	nd cool down					
Health and safety in	mplications for programn	ne					
Record of implement	ntation with evaluative co	omments; detai	I of progression				
Assessment and ev	aluation of goals						
training in the design	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	d Descriptor which lo	og conforms	to	·			
Band 1: A compreh	nensive, detailed log boo	ok which record	s the candidate'	s participa	ation in		
	of safe and effective exervive, detailed log book wh			rticipation	in and		
	afe and effective exercise			· .			
	log book which records afe and effective exercise			and			
Band 4: A limited lo	og book, which records t	he candidate's	participation in a	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 Av	varded	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				LB	CC/G452	

Oxford Cambridge and RSA Examinations



Physical Education

OCR Advanced Subsidiary GCE Unit G452 Log book contents and authentication statement: Coaching

						Ocaciiiig
Centre Number	Centre	Name				
Candidate Number		lidate me				
Please indicate beland authentication	ow which activity is the foc statement relates.	us of the	coaching asse	ssment	to which	this log book
Log book element	required				Present?	' (please tick)
Record of coaching	activities over a three month	period				
Scheme of work wit	th minimum 10 sessions inclu	ding eval	uations and risk			
Accompanying DVI	D/CD-Rom record as per the o	criteria				
Details of health an	d safety issues relevant to the	e activity				
Details of Child Pro clearance as appro	tection procedures in operation priate	on and ev	dence of DBS			
Evidence of approp	riate first aid qualification					
_		_				
	d Descriptor which log co and comprehensive log conta			formatio	on is	
•	Band 2: A detailed log containing all the prescribed information is present					
	log containing most of the pre			esent		
Band 4: A log containing some of the prescribed information is present						
Band 5: A log conta	aining little of the prescribed in	nformatio	n is present			
				Mark a	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 instruct	tor/teacher responsible					
Signature				Date		
- 3						



Physical Education

OCR Advanced Subsidiary GCE Unit G452
Log book contents and authentication statement:
Officiating

	- 3					Officiating
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Please indicate beloand authentication		the focus of the	officiating assess	ment w	hich th	iis log book
Log book element	required			Pı	resent?	(please tick)
Record of officiating	g activities over a thre	ee month period				
Record of a minimu	m 10 sessions officia	ated during the ass	sessment period			
Accompanying DVI	D/CD-Rom record as	per the criteria				
A minimum of four	qualified assessor ev	aluations of the m	atches officiated			
Evidence of risk ass	sessments undertake	en				
Details of health an	d safety issues relev	ant to the activity				
Details of Child Pro clearance as appro	tection procedures in priate	n operation and ev	dence of DBS			
	d Descriptor whice and comprehensive			mation i	is	
	log containing all the	•	•			
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						
	aining some of the pre aining little of the pre		· · · · · · · · · · · · · · · · · · ·			
	aning mas or and pro		•	ark aw	arded	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 instruct	or/teacher respor	nsible				
Signature				ate		
- 3						