

Physical Education

OCR Advanced GCE Unit G454

Cross Country	Log book cover sheet a Dragon Boat Racing, Roa		
Centre Number	Centre Name		
Candidate Number	Candidate Name		
Please indicate below to statement relates.	which Performance Activity the log	book and authent	ication
Log book element requ			Present? (please tick)
Competitive programme	for three month period prior to assessr	nent	
Details of races (where re	elevant)		
Details of results, both te	am results and personal results (where	e relevant)	
Finishing positions, times	etc. (where relevant)		
Evaluation of performance	es (where relevant)		
health and safety requirem	didate has fully completed the activity and that the material in this log between		
Name of instructor/te	acher responsible		
Signature		Date	
			1



Physical Education

OCR Advanced Subsidiary GCE Unit G454

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

			<u> </u>		
Centre Number		Centre Name			
Candidate Number		Candidate Name			
Please indicate belo outhentication state		or and Adventure	ous Activity the I	og book	and
Log book element	required			Р	resent? (please tick)
Evidence of candida	ate's competitive red	cord in the previou	s 12 months		
Details of the BCU	forma; competitive s	ituation for the ass	essment		
Details of personal	equipment and the r	reasons for taking	t		
Details of group equ	uipment and the rea	sons for taking it			
Discussion relating	to safety principles	applied			
Details of any code	of ethics relevant to	the activity			
Details of nutritional	l planning				
Evaluative comment the assessment was		ormal competitive	situation in which	1	
Assessment Band Band 1: A detailed present				ormation	is
Band 2: A detailed	log containing all the	e prescribed inform	nation is present		
Band 3: A detailed	log containing most	of the prescribed	nformation is pre	sent	
Band 4: A log conta			•		
Band 5: A log conta	aining little of the pre	escribed information	n is present	Mark Av	varded
Authentication states can confirm that this nealth and safety rec	s candidate has fully juirements, and that	the material in this			
Name of instruct	or/teacher respo	nsible			
Signature				Date	

GCW341 Revised June 2013

LBCS/G454



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 Candidate Number Please indicate beloauthentication state		Centre Name Candidate Name				
Number Please indicate belo authentication state						
authentication state						
	ment relates.	or and Adventuro	us Activity the lo	g book	and	
Log book element	required			Р	resent	? (please tick)
Evidence of candida	ite's competitive rec	ord in the previous	12 months			
Details of the test/co	<u>'</u>	·				
Details of personal e	equipment and the re	easons for using it				
Details of horse's eq	quipment and the rea	asons for its use				
Discussion relating t	to safety principles a	pplied				
Details of any code of	of ethics/conduct rel	evant to the activit	у			
Details of course/tes	st planning together	with relevant safet	y measures			
Evaluative comment	ts in relation to the c	ourse/test underta	ken for assessme	nt		
Assessment Band	Descriptor which	h log conforms	to			
Band 1: A detailed a present				rmation	is	
Band 2: A detailed le	og containing all the	prescribed inform	ation is present			
Band 3: A detailed le	og containing most	of the prescribed in	nformation is pres	ent		
Band 4: A log conta	ining some of the pr	escribed information	on is present			
Band 5: A log conta	ining little of the pre	scribed information	n is present			
			ı	/lark Aw	varded	
Authentication states can confirm that this nealth and safety requi	candidate has fully					
Name of instructo	or/teacher respor	nsible				
T			Т			
Signature			1	Date		



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

recommend a unit a complete in monitory comments to	
Band 1: A detailed and comprehensive log containing all the prescribed information is	1
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



Physical Education

OCR Advanced Subsidiary GCE Unit G454

Log book cover sheet and authentication statement:

		Outdoor	and Advent	ırous Activit	ies – M	lounta	in Wa	alking
Centre Num	nber		Centre Name					
Candidat Number			Candidate Name					
Log book ele	ement	required			P	resent?	(please	e tick)
Evidence of p	reviou	ıs mountain walkin	g experiences in t	he last 12 months				
Route plannir	ng							
Menu plannin	ıg							
Camp craft								
		aps and compasse	es					
Use of pre-pla	anned	route card						
Understandin	g of th	e need for emerge	ency procedures					
Application of	f First	Aid						
Knowledge a	ccess	arrangements, lan	d ownership, etc.					
Application of	f the C	ountryside code a	nd assoc. convent	ions				
Evaluative co	mmen	ts in relation to the	expedition					
Assassment	Band	d Descriptor wh	ich log conforn	es to				
		and comprehensiv			formation	is		
	tailed	log containing all t	he prescribed info	rmation is present				
		log containing mos	•					
Band 4: A log	g conta	aining some of the	prescribed inform	ation is present				
Band 5: A log	g conta	aining little of the p	rescribed informa	ion is present				
					Mark Av	varded		
	hat this	atement s candidate has ful puirements, and tha						all
Name of ins	struct	or/teacher resp	onsible					
Signature					Date			



Physical Education

OCR Advanced Subsidiary GCE Unit G454 Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Orienteering

	Centre Name	
Candidate Number	Candidate Name	
Log book element requir	ed	Present? (please tick)
Details of personal equipm	ent and the reasons for taking it	
Training diary		
Selection of course maps/	oute cards	
Details of nutritional planni	ng	
Identification of navigation	techniques	
Competitive programme (1	2 months) with results including assessment race	
Race analysis and evaluat	on	
Assessment Rand Dose	riptor which log conforms to	
	mprehensive log containing all the prescribed inform	mation is
present	The contract of the contract o	
Band 2: A detailed log cor	taining all the prescribed information is present	
Band 3: A detailed log cor	taining most of the prescribed information is preser	nt
Band 4: A log containing s	ome of the prescribed information is present	
Band 5: A log containing l	ttle of the prescribed information is present	
	Ma	ark Awarded
Authentication stateme	n t date has fully completed the activity as detailed in t	hia lan haale maatina -U

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 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 ti
Evidence of previous	ıs climbing experie	nces in the last 12 n	onths	
Details of route plan	nning for the exped	ition and use of guid	e books	
Details of personal	equipment and the	reasons for taking i	1	
Details of group eq	uipment and the rea	asons for taking it		
Discussion relating	to safety principles	applied		
Details of the code	of ethics relevant to	the activity		
Details of nutritiona	l planning			
Evaluative commer	nts in relation to the	3 day climbing expo	edition	
		ch log conforms		::
Band 1: A detailed			to he prescribed informat	ion is
Band 1: A detailed present	and comprehensive		he prescribed informat	ion is
Band 1: A detailed present Band 2: A detailed	and comprehensive log containing all the	e log containing all t ne prescribed inform	he prescribed informat	ion is
Band 1: A detailed present Band 2: A detailed Band 3: A detailed	and comprehensive log containing all the log containing mos	e log containing all t ne prescribed inform	he prescribed informat ation is present nformation is present	ion is
Band 1: A detailed present Band 2: A detailed Band 3: A detailed Band 4: A log cont	and comprehensive log containing all the log containing most aining some of the log containing some of	e log containing all to ne prescribed inform t of the prescribed i	he prescribed informat ation is present nformation is present on is present	ion is
Band 1: A detailed present Band 2: A detailed Band 3: A detailed Band 4: A log cont	and comprehensive log containing all the log containing most aining some of the log containing some of	e log containing all to ne prescribed inform t of the prescribed in prescribed informati	he prescribed informat ation is present nformation is present on is present n is present	ion is Awarded

GCW341 Revised June 2013 LBCS/G454

Date

Signature



Physical Education

OCR Advanced Subsidiary GCE Unit G454

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				
Log book element	required			P	resent?	(please tick)
Evidence of candid	ate's competitive re	cord in the previous	12 months			
Details of the cours and wind conditions	e undertaken for the	e assessment with	details of the wea	ather		
Details of personal	equipment and the	reasons for taking i	t			
Details of boat equi	pment and the reas	ons 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 nutritiona	l and hydration plan	ning				
Evaluative commer	nts in relation to the	course undertaken	for assessment			
				!		
Assessment Band	d Descriptor whice and comprehensive			formation	ic	
present	and comprehensive	ing containing air i	ne prescribed in	ioiiialioii	15	
Band 2: A detailed	log containing all th	e prescribed inform	ation is present			
Band 3: A detailed	log containing most	of the prescribed i	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	escribed informatio	n is present			
				Mark Av	varded	
Authentication st I can confirm that thi health and safety rec	s candidate has fully					
Name of instruct	tor/teacher respo	nsible				
Г					T	
Signature				Date		



Physical Education

OCR Advanced Subsidiary GCE Unit G454

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

Centre Number		Centre Name			
Candidate Number		Candidate Name			
lease indicate belouthentication state	ow to which Outdo ement relates.	oor and Adventure	ous Activity the l	og book	and
Log book element	required			Р	resent? (please tick)
	ate's competitive re	cord/participation i	n the previous 12		<u> </u>
months	e/slope undertaken	for the accessmen	+		
Details of the cours	e/siope undertaken	ioi tile assessifier			
Details of personal	equipment and the	reasons for taking	it		
Details of group equ	uipment and the rea	sons for taking it			
Discussion relating	to safety principles	applied			
Details of the code	of ethics/conduct re	levant to the activit	ïV		
Details of nutritiona	l planning				
Evaluative commer	nts in relation to the	course undertaken	for assessment		
	d Descriptor which and comprehensive			ormation	is
present	and comprehensive	o log containing air	and produing a min		
	log containing all th	•			
	log containing most			sent	
	aining some of the p				
Band 5: A log conta	aining little of the pro	escribed information		Mark Aw	randa d
				IVIAI K AW	arueu
	atement s candidate has fully quirements, and tha				



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 i	required			Present?	(please tick)
Evidence of sub aqu	a diving experienc	ces over the last 12	months		
Date, time, location of	of each dive				
Depth, duration, Ope	en Water Instructor	r(s)			
Planning, safety mea	asures, use of Buh	ılmann Tables			
Weather, water cond	ditions encountered	d			
Details of personal e	equipment and the	reasons for taking i	t		
Details of group equi	ipment and the rea	asons for taking it			
Details of the code o	of ethics relevant to	the activity			
Details of nutritional	planning				
Evaluative comment	s in relation to the	3 day challenge in	open water		
Assessment Band					
Band 1: A detailed a present	and comprehensive	e log containing all t	the prescribed inforn	nation is	
Band 2: A detailed lo	og containing all th	ne prescribed inform	nation is present		
Band 3: A detailed lo	<u> </u>	•		nt	
Band 4: A log contain		•	·		
Band 5: A log contain			•		
<u> </u>				ark Awarded	

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 in	structor/teacher responsible		
Signature		Date	



Physical Education

OCR Advanced Subsidiary GCE Unit G454
Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Surfing

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	Centre Number		Centre Name			
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						
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						
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 It can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all	Log book element	required			Present?	(please tick)
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 Authentication statement It can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all	Details and pictures	of personal equip	ment and the reasor	ns for taking it		
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 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	Explanation of quive	er of boards and co	onditions suiting part	icular boards		
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 Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all	Local breaks surfect	l, best times/conditi	ions to surf			
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 p	rinciples				
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	Details of the code	of ethics relevant to	the activity			
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	Details of nutritiona	l planning				
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	Details of 30 surfs (dates, times, condi	tions, tides, selected	d board)		
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			ch of the 30 surfs			
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	Photos of candidate	surfing				
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	Record of results in	a minimum of 2 BS	SA competitions			
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						
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					ion is	
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				p. 000		
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	Band 2: A detailed	log containing all th	ne prescribed inform	ation 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			•			
Mark Awarded Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all	Band 4: A log conta	aining some of the	prescribed informati	on is present		
Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all	Band 5: A log conta	aining little of the pr	rescribed informatio	n is present		
I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all				Mark	Awarded	
	I can confirm that this	s candidate has full				

Name of instructor/teacher responsible				
•		•		
Signature			Date	



Physical Education

OCR Advanced Subsidiary GCE Unit G454 Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Wakeboarding

	Outd	oor and Advent	urous Acti	vities	- Wa	keboarding
Centre Numbe	er	Centre Name				
Candidate Number		Candidate Name				
		-				
Log book elem	ent required			Р	Present?	P (please tick)
Evidence of can	didate's competitive re	ecord in the previous 12	2 months			
Hand signals red	quired for wakeboardir	ng				
Planning for a si assessment	ngle pass, relevant sa	ifety measures underta	ken for this			
Details of tricks	performed					
Details of person	nal equipment and the	reasons for using it				
Discussion relat	ing to safety principles	s applied				
Details of the co	de of ethics/conduct re	elevant to the activity				
Details of nutrition	onal planning					
Coaching points	and steps required fo	or progression				
Evaluative common for this assessm		Vakeboard UK formal c	ompetition use	d		
				•		
		ich log conforms to re log containing all the		ormation	ie	
present	ed and comprehensiv	e log containing all the	prescribed init	Jiiialioii	15	
		he prescribed informati	•			
		st of the prescribed info		sent		
		prescribed information				
Band 5: A log co	ontaining little of the p	rescribed information is	•			
				Mark Av	varded	
	this candidate has ful	lly completed the activit at the material in this lo				
Name of instr	uctor/teacher resp	onsible				
			Ι		1	
Signature				Date		



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	Descrip	tor which	log co	nforms	to

Mark Awarded	-
Band 5: A log containing little of the prescribed information is present	
Band 4: A log containing some 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 G454
Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Windsurfing

	Out	tdoor and Adv	enturous A	ctiviti	es – V	Vindsurfing
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Log book elemen	t required			Р	resent?	(please tick)
months	late's competitive/pa	•	the previous 12			
Details of the cours	se undertaken for the	e assessment				
Details of personal	equipment and the	reasons for taking i	t			
Details of group ed	uipment and the rea	sons for taking it				
Details of safety pr	ior to activity					
Discussion relating	to safety principles	applied				
Details of any code	e of ethics relevant to	the activity				
Details of nutritions	al planning					
Evaluative comme competition	nts in relation to part	ticipation and perfor	mance in the for	mal		
Assessment Dam	d December whi	-h lowfow	4-			
	d Descriptor which and comprehensive			formation	is	
present						
	l log containing all th	•	•			
	l log containing mos	· · · · · · · · · · · · · · · · · · ·	· ·	sent		
	taining some of the p		•			
Band 5: A log con	taining little of the pr	escribed informatio	n is present	Mante Ass		
				Mark Aw	varded	
	t atement is candidate has full quirements, and tha					
Name of instruc	tor/teacher respo	onsible				
		,				
Signature				Date		



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 belo	ow to which exerc	ise programme the	e log book and a	uthentic	ation st	atement
Log book element	required			Р	resent?	(please tick)
Time scale						
Goals of exercise pro	gramme					
Rationale for the design	Rationale for the design and implementation of programme					
Identification and detailed description of each exercise in programme						
Detailed description o	of personal warm up a	nd cool down				
Health and safety imp	lications for programr	me				
Record of implementa	ation with evaluative c	omments; detail of pr	ogression			
Assessment and eval	uation of goals					
Authentication statem	ent from a qualified in	structor				
	areness, understandir			in		
the design and/or implementation of programme with reference to: Specificity, Progression, Overload, Regression, Tedium, Adaptation						
Assessment Band	d Descriptor which	ch log conforms	to			
Band 1: A compreher	nsive, detailed log boo	ok which records the	candidate's participa	ition in sa	afe and	
effective exercise acti Band 2: An extensive				in safe a	nd	
effective exercise acti	ivities is in evidence. N	Most of the evidence i	required is present			
Band 3: A detailed log						
exercise activities is in detail	i evidence. Most of th	le evidence required i	s present but lacks	ne neces	ssary	
Band 4: A limited log						
activities is in evidence						
Band 5: The log book effective exercise acti		ridence of the candida	ate's participation in	sare and		
				Mark av	varded	Max 40
Authentication sta	atement				L	
I can confirm that this		v completed the act	ivity as detailed in	this log	book, m	neeting all
health and safety red						
Name of instruct	or/teacher respo	onsible				
Signature				Date		



Physical Education

OCR Advanced GCE Unit G454

Log book contents and authentication statement: Coaching

						Coaching
Centre Number	С	entre Name				
Candidate Number		Candidate Name				
Please indicate belo and authentication s	w which activity is th statement relates.	e focus of the	coaching asses	ssment to	o which	this log book
Log book element	required			P	resent?	' (please tick)
Record of coaching activities over a twelve month period						
Scheme of work with assessments	n minimum 10 sessions	s including evalu	ations and risk			
Accompanying DVD	/CD-Rom record as pe	r the criteria				
Details of health and	I safety issues relevant	to the activity				
Details of Child Prote clearance as approp	ection procedures in op oriate	peration and evi	dence of DBS			
Evidence of appropr	iate first aid qualificatio	on				
Band 1: A detailed a present	Descriptor which lo and comprehensive log	containing all t	ne prescribed in	formation	is	
	og containing all the pr		•			
	og containing most of t ining some of the preso			sent		
	ining little of the prescr					
Dana Criting conta	ming male of the process		i lo procent	Mark av	varded	Max 40
	tement candidate has fully con nts, and that the materi					eeting all health
Name of instructo	or/teacher responsi	ble				
Signature				Date		



Physical Education

OCR Advanced GCE Unit G454

Log book contents and authentication statement: Officiating

						Officiating	
Centre Number		Centre Name					
Candidate Number		Candidate Name					
Please indicate belo		the focus of the	officiating asse	essment t	o which	this log book	
Log book element	required			P	Present? (please tick)		
Record of officiating	activities over a twel	ve month period					
Record of a minimur	m 10 sessions officia	ted during the ass	essment period				
A minimum of four q	ualified assessor eva	aluations of the m	atches officiated				
Evidence of risk ass	essments undertake	n					
Accompanying DVD	/CD-Rom record as p	per the criteria					
Details of health and	d safety issues releva	nt to the activity					
Details of Child Prot clearance as approp	ection procedures in oriate	operation and evi	dence of DBS				
Assessment Band	Descriptor which	log conforms	to				
	and comprehensive lo			formation	is		
Band 2: A detailed I	og containing all the	prescribed inform	ation is present				
Band 3: A detailed I	og containing most o	f the prescribed in	nformation is pre	sent			
Band 4: A log conta	ining some of the pre	escribed informati	on is present				
Band 5: A log conta	ining little of the pres	cribed information	n is present				
				Mark aw	arded	Max 40	
Authentication states can confirm that this nealth and safety req	candidate has fully o						
Name of instructo	or/teacher respon	sible					
Signature				Date			
Signature				Date			