

Physical Education

OCR Advanced GCE Unit G454

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Centre Name		
Candidate Name		
ch Performance Activity the log boo	k and authen	tication
		Present? (please tick)
nree month period prior to assessment		.,
ant)		
esults and personal results (where rele	evant)	
(where relevant)		
where relevant)		
s, and that the material in this log book		
er responsible		
	Date	
	Centre Name Candidate Name Chertormance Activity the log book Chertormance Activity th	Candidate Name Ich Performance Activity the log book and authen In ree month period prior to assessment In results and personal results (where relevant) It where relevant) It has fully completed the activity as detailed in this logs, and that the material in this log book is the candidater responsible



Physical Education

OCR Advanced Subsidiary GCE Unit G454

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

	Outdoor and	d Adventurous	Activities	- Can	oeing,	Kayaking
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Please indicate beloauthentication state		or and Adventurou	s Activity the lo	og book	and	
Log book element	-			P	resent?	(please tick)
Evidence of candid	ate's competitive red	cord in the previous	12 months			
Details of the BCU	forma; competitive s	situation for the asse	ssment			
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 any code	of ethics relevant to	the activity				
Details of nutritiona	l planning					
Evaluative commer the assessment wa		formal competitive si	tuation in which			
Assessment Band	d Descriptor whic	ch log conforms t	n			
		log containing all th		ormation	is	
	log containing all th	e prescribed informa	tion is present			
		of the prescribed inf	•	ent		
		rescribed information				
		escribed information				
			,	Mark Aw	arded	
health and safety red	s candidate has fully	/ completed the active the material in this length				
Signature				Date		



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	Centre Name	
Candidate Number	Candidate Name	

Please indicate below to which Outdoor and Adventurous Activity the log book and authentication statement relates.

Present? (please tick)

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 ins	structor/teacher responsible		
Signature		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	
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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	

Accoccmont	Rand	Doccrinta	or which	log con	forme	ta

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 Awardod	

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 instructo	r/teacher responsible		
		_	
Signature		Date	



Physical Education

OCR Advanced Subsidiary GCE Unit G454

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

Centre Number	Centre Name	
Candidate Number	Candidate Name	
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Log book element required	Present? (please tick)
Evidence of previous mountain walking experiences in the last 12 months	
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 expedition	

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.

Signature Date	



Physical Education

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

Centre Number	Centre Name	
Candidate Number	Candidate Name	
Log book alament required		Prosent? (please tick)

Log book element required	Present? (please tick)
Details of personal equipment and the reasons for taking it	
Training diary	
Selection of course maps/route cards	
Details of nutritional planning	
Identification of navigation techniques	
Competitive programme (12 months) with results including assessment race	
Race analysis and evaluation	

Assessment Band	d 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 ins	structor/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

	T		T		
Centre Number		Centre Name			
Candidate Number		Candidate Name			
Log book element	required			Present?	? (please tick)
Evidence of previou	us climbing experience	ces in the last 12	nonths		
Details of route plan	nning for the expediti	on and use of gui	de books		
Details of personal	equipment and the re	easons for taking	it		
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 nutritiona	l planning				
Evaluative commer	nts in relation to the 3	day climbing exp	edition		
Assessment Band					1
present	and comprehensive	log containing all	the prescribed informati	on is	
Band 2: A detailed	log containing all the	e prescribed inforr	nation is present		
Band 3: A detailed	log containing most	of the prescribed	information is present		
Band 4: A log conta	aining some of the pr	rescribed informat	ion is present		
Band 5: A log conta	aining little of the pre	scribed information	n is present		
			Mark	Awarded	
	s candidate has fully		tivity as detailed in this l s log book is the candida		
Name of instruct	tor/teacher respo	nsible			

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Date

Signature



Physical Education

OCR Advanced Subsidiary GCE Unit G454
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)
Evidence of candidate's competitive record in the previous 12 months	
Details of the course undertaken for the assessment with details of the 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 relating to safety principles applied	
Discussion of race tactics	
Details of any 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

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Band 1: A detailed and comprehensive log containing all the prescribed information is present	
p. see	L
Band 2: A detailed log containing all the prescribed information is present	
Dond 2: A detailed low containing most of the processited information is process	
Band 3: A detailed log containing most of the prescribed information is present	
Donal 4. A log containing come of the processited information is process	
Band 4: A log containing some of the prescribed information is present	
Dond F. A Lou containing little of the governibed information is governed	
Band 5: A log containing little of the prescribed information is present	i
Mark Awarded	
Wark Awarded	i

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 – Skiing, Snowboarding

	Jutdoor and Ad	aventurous	Activities -	SKIING	g, Sno	wboarding
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Please indicate belo		and Adventuro	us Activity the	log book	and	
Log book element r	roquirod				Procent?	' (please tick)
Evidence of candidate	te's competitive recor	d/participation in	the previous 12		Tesent:	(please tick)
months Details of the course	/slope undertaken for	the assessment				
Details of personal e	quipment and the rea	asons for taking i	:			
Details of group equi	pment and the reaso	ns for taking it				
Discussion relating to	o safety principles ap	plied				
Details of the code o	f ethics/conduct relev	ant to the activity	/			
Details of nutritional	planning					
Evaluative comments	s in relation to the co	urse undertaken	for assessment			
Assessment Band	Descriptor which	log conforms	to			
	ind comprehensive lo			formation	is	
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						
	ning some of the pre-					
Band 5: A log containing little of the prescribed information is present						
				Mark Av	varded	
Authentication stall can confirm that this health and safety requ	candidate has fully c					
Name of instructo	or/teacher respons	sible				
		•				
Signature				Date		



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 Nam	е					
Candidate Number		Candidate Name						
Log book element	required						Present ²	? (please tick
Evidence of sub aq	ua diving experience	s over the last	12 n	nonths				
Date, time, location	of each dive							
Depth, duration, Op	en Water Instructor(s	s)						
Planning, safety me	easures, use of Buhln	nann Tables						
Weather, water con	ditions encountered							
Details of personal	equipment and the re	easons for tak	ng it					
Details of group equ	uipment and the reas	ons for taking	it					
Details of the code	of ethics relevant to t	the activity						
Details of nutritiona	l planning							
Evaluative commer	nts in relation to the 3	day challenge	in o	pen wat	er			
						*		
Band 1: A detailed	d Descriptor which and comprehensive				ribed inf	ormation	on is	
present		ما المحانية معانية		-4::- i- w				
	log containing all the	•				cont		
	aining some of the pr	•			•	Sent		
	aining some of the pre-			•				
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	atement s candidate has fully quirements, and that							
Name of instruct	tor/teacher respon	nsible						

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Date

Signature



Physical Education

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

Candidate Number Name		Centre Name	Centre Number

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 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 health and safety requirements, and that the material in this log book is the candidates own work.

Name of ins	structor/teacher responsible		
Signature		Date	



Physical Education

OCR Advanced Subsidiary GCE Unit G454 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)
Evidence of candidate's competitive record in the previous 12 months	
Hand signals required for wakeboarding	
Planning for a single pass, relevant safety measures undertaken for this assessment	
Details of tricks performed	
Details of personal equipment and the reasons for using it	
Discussion relating to safety principles applied	
Details of the code of ethics/conduct relevant to the activity	
Details of nutritional planning	
Coaching points and steps required for progression	
Evaluative comments relating to the Wakeboard UK formal competition used for this assessment	

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 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	ı loa	conforms	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

	00.0					9
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Log book element	required			P	resent?	(please tick)
Evidence of candida months	ate's competitive/par	ticipative record in	the previous 12			
	e undertaken for the	assessment				
Details of personal	equipment and the r	easons for taking i	t			
Details of group equ	uipment and the reas	sons for taking it				
Details of safety pri	or to activity					
Discussion relating	to safety principles a	applied				
Details of any code	of ethics relevant to	the activity				
Details of nutritiona	l planning					
Evaluative commer competition	nts in relation to parti	cipation and perfor	mance in the for	mal		
				·		
Assessment Band Band 1: A detailed	d Descriptor whice and comprehensive			ormation	is	
present	·					
	log containing all the	•	•			
	log containing most	•		sent		
	aining some of the p					
Band 5: A log conta	aining little of the pre	escribed 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				
Ciamatura				Det-	<u> </u>	
Signature				Date	1	



Physical Education

OCR Advanced GCE Unit G454

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

Centre Numb	er		Centre	Name				
Candidate Number				lidate me				
Please indicate relates.	belo	ow to which exerc	ise progr	amme th	e log book and	authentic	ation st	atement
Log book elen	nent	required				Р	resent?	(please tick)
Time scale								
Goals of exercise	e prog	gramme						
Rationale for the	desig	n and implementatio	n of progra	ımme				
Identification and	d deta	iled description of ea	ch exercise	e in progra	mme			
Detailed descript	tion of	personal warm up a	nd cool do	wn				
Health and safet	y imp	ications for programr	ne					
Record of impler	nenta	tion with evaluative c	omments;	detail of pr	ogression			
Assessment and	evalu	uation of goals						
Authentication st	ateme	ent from a qualified in	structor					
the design and/o	or imp	reness, understandir lementation of progra d, Regression, Tediur	amme with	reference		ng in		
Assessment E	Band	Descriptor which	ch log co	onforms	to			
Band 1: A comp	rehen	sive, detailed log boo	ok which re	cords the	candidate's particip	oation in sa	afe and	
Band 2: An exte	nsive	detailed log book wh	nich record	s the cand	idate's participatio		nd	
		vities is in evidence. N						
		book which records evidence. Most of th					ssary	
	d log l	book which records the	ne candida	te's partici	pation in safe and	effective ex	xercise	
		e. Some of the evider						
J		records little or no ev	vidence of t	the candid	ate's participation	in safe and		
effective exercise	e activ	<u>vities</u>						
						Mark av	varded	Max 40
Authentication								
		candidate has fully uirements, and that						
	•	or/teacher respo		, i ai iii iiii	s log book is tile	cariuluale	S UVVII W	OIR.
				<u> </u>		D-4		
Signature						Date		



Physical Education

OCR Advanced GCE Unit G454

Log book contents and authentication statement:

						Coaching
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Please indicate beloand authentication		the focus of the	coaching asses	ssment to	o which	this log book
Log book element	required			Р	resent?	(please tick)
Record of coaching	activities over a twel	lve month period				
Scheme of work wit assessments	h minimum 10 sessio	ons including evalu	uations and risk			
Accompanying DVD	D/CD-Rom record as	per the criteria				
Details of health and	d safety issues releva	ant to the activity				
Details of Child Proceed Clearance as appro	tection procedures in priate	operation and evi	dence of DBS			
Evidence of approp	riate first aid qualifica	ation				
present	and comprehensive	log containing all t	he prescribed in	formation	is	
	log containing all the log containing most of	· ·	· · · · · · · · · · · · · · · · · · ·	oont		
	aining some of the pr			Sen		
	aining little of the pres					
				Mark av	varded	Max 40
Authentication stall can confirm that this and safety requirement	s candidate has fully					eeting all health
Name of instruct	or/teacher respor	nsible				
Signature				Date		



Physical Education

OCR Advanced GCE Unit G454

Log book contents and authentication statement: Officiating

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	1		<u> </u>			
Centre Number	Cent	re Name				
Candidate Number		ndidate lame				
	ow which activity is the fo statement relates.	ocus of the	officiating asse	essment t	to which	n this log book
Log book element	required			P	resent?	(please tick)
Record of officiating	g activities over a twelve mo	onth period				
Record of a minimu	ım 10 sessions officiated du	ring the ass	sessment period			
A minimum of four	qualified assessor evaluatio	ns of the m	atches officiated			
Evidence of risk as	sessments undertaken					
Accompanying DVI	D/CD-Rom record as per the	e criteria				
Details of health an	d safety issues relevant to t	the activity				
Details of Child Pro clearance as appro	tection procedures in opera opriate	tion and ev	idence of DBS			
Assessment Band	d Descriptor which log	conforms	to			
	and comprehensive log cor			formation	is	
Band 2: A detailed	log containing all the presc	ribed inform	ation is present			
Band 3: A detailed	log containing most of the p	orescribed i	nformation is pre	esent		
Band 4: A log conta	aining some of the prescribe	ed informati	on is present			
Band 5: A log conta	aining little of the prescribed	d informatio	n is present			
				Mark av	varded	Max 40
	atement s candidate has fully comple quirements, and that the ma					
Name of instruct	tor/teacher responsible					
					ı	
Signature				Date		