



## Physical Education Bridging Work

Year 10 into 11 for 2023/24



Name: \_\_\_\_\_

Tutor Group: \_\_\_\_\_

Teacher: \_\_\_\_\_

## **Year 10 GCSE PE Summer bridging work.**

Hi Year 10. After the summer break we will be going through your 2 mock papers and seeing where we were successful and also look at common misconceptions.

In the meantime, please work through these two papers to aid with your revision. Use the mark scheme to check your answers. We will be looking at them when we get back in September.

Enjoy your summer break! 😊



# National Mock Exams 2023

POWERED BY ExamSimulator

## AQA GCSE PE – Paper 1

**Please read before distributing to students.**

### Purpose of this document

The questions contained within this document and the associated mark scheme are based on the data analysis performed by The EverLearner Ltd and published within the 2023 infographics. We are confident that:

- We believe this paper has a very strong association with the actual external exam in 2023 in relation to command terms, skills, AO distribution, extended writing requirements and topics.
- However, this is categorically NOT a predicted paper. No-one can accurately predict an exam paper and we make no claim to this end.
- It is vital that you only use this document internally in your school/college. Publishing the document online or sharing it in any other way is strictly prohibited as this will undermine the potentially educational experiences of students in other schools/colleges.
- Finally, please check the publication dates of the mark scheme and model answers for this paper as well as the associated revision sessions in April and May.

### This paper contains:

- Questions in the format of AQA GCSE PE Paper 1 2023
- Multiple-choice questions
- Short answer questions
- Extended writing

### How should schools use these papers?

This paper has been constructed specifically for use as a mock exam but can be used less formally as a practice paper or model paper. The content and skills of the paper will be developed within the free-to-air revision sessions offered by James Simms in April and May 2023.

### Mark schemes and model answers will be published on the following dates:

- Mark scheme: 1st of March
- Model answers: 28th of April
- Revision: 3rd of May, 15:30-17:00

All questions are available on ExamSimulator, where they can be practised multiple times in both online and printable format. ExamSimulator is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer.

*James Simms*





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| Course       | AQA GCSE PE        |
| Time allowed | 1 hour 15 minutes  |

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| Last name  |  |
| Class      |  |
| Teacher    |  |

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| Title | AQA GCSE PE 9-1 Paper 1 National Mock Exam 2023 |
|-------|-------------------------------------------------|

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| Guidance | <ul style="list-style-type: none"><li>• This paper is marked out of 78 marks.</li><li>• You have 75 minutes (plus additional time for those who have Exam Access Arrangements).</li><li>• Answer all questions.</li><li>• A calculator is permitted for this exam.</li><li>• This paper contains a 6-mark question and a 9-mark question.</li><li>• Good luck.</li></ul> |
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|-------------|----|
| Total marks | 78 |
|-------------|----|

1. Which of the following is a function of the skeleton?

- A Protection of vital organs by long bones
- B Protection of vital organs by flat bones
- C Protection of vital organs by short bones
- D Protection of vital organs by large bones

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Marks: [1]

2. Which of the following are an antagonistic pair of muscles in the **legs**?

-  A Gastrocnemius and tibialis anterior
-  B Biceps and triceps
-  C Deltoid and latissimus dorsi
-  D Gastrocnemius and hamstrings

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Marks: [1]

3. Which type of blood vessel tends to have the largest lumen?

- ☒ A Arteries
- ☐ B Capillaries
- ☐ C Left ventricle
- ☐ D Veins

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Marks: [1]



4. Which of the following sports performers relies most heavily on muscular endurance?



100m sprinter



Gymnast performing a vault



10m-platform high diver



Olympic rower

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Marks: [1]

5. Which of the following sporting movements is the best example of anaerobic exercise?

-  A Defensive rebound in basketball
-  B Recovery during a time-out in basketball
-  C Jogging back into position after scoring three points in basketball
-  D Standing whilst an opponent takes a free throw in basketball

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Marks: [1]

6. Define balance. Give a sporting example.

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Marks: [2]

7. Justify the importance of balance to a handball player.

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Marks: [4]

8. This image shows the performance of a deadlift.  
Identify the movement pattern occurring at the knee in position A.



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Marks: [1]

9. This image shows the performance of a deadlift. Identify *both* the **agonist** and the **antagonist** at the knee when the performer moves from position A to position B.

A



B



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Marks: [2]

10.

This image shows the performance of a deadlift. Identify the type of muscle contraction occurring in the **agonist** of the knee when moving from position A to position B. Justify your answer.

A



B



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Marks: [2]

11. Identify **two** elements of an effective cool-down.

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Marks: [2]

12. Explain why a cool-down is beneficial to a badminton player.

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Marks: [3]

13. Calculate the heart-rate training range for the badminton player in the image.



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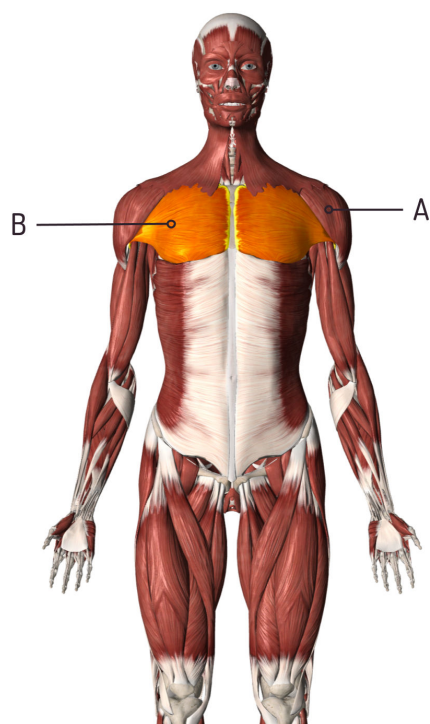
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Marks: [3]



14. Look closely at this image.  
Identify **both** muscle A **and** muscle B.



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Marks: [2]

15. The tibia is one bone that articulates at the ankle.  
Name the other two.

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Marks: [2]

16. Name the type of joint found at the ankle.

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Marks: [1]

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19. Identify **four** short-term effects of exercise that occur up to 36 hours after exercise.

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Marks: [4]

20. Explain how a middle-distance runner could use **time** from FITT to progressively overload weight training.

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Marks: [3]

21. Other than an ice bath, identify **three** recovery methods from vigorous exercise.

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Marks: [3]

22. Discuss the use of an ice bath when recovering from sport.

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Marks: [4]

23. This image shows a discus thrower preparing to throw. Identify **both** the plane of movement **and** the axis of rotation during the spin.



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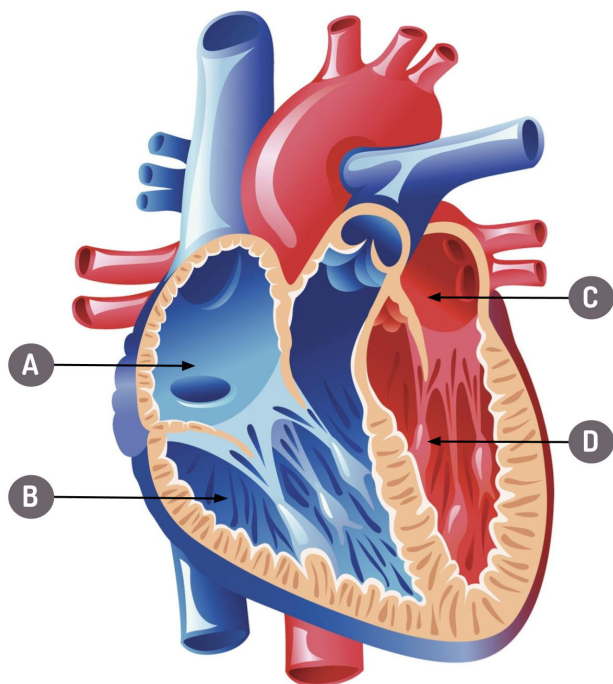
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Marks: [2]

24. Look closely at this image of the heart.  
Identify the heart structures labelled A, B and C.



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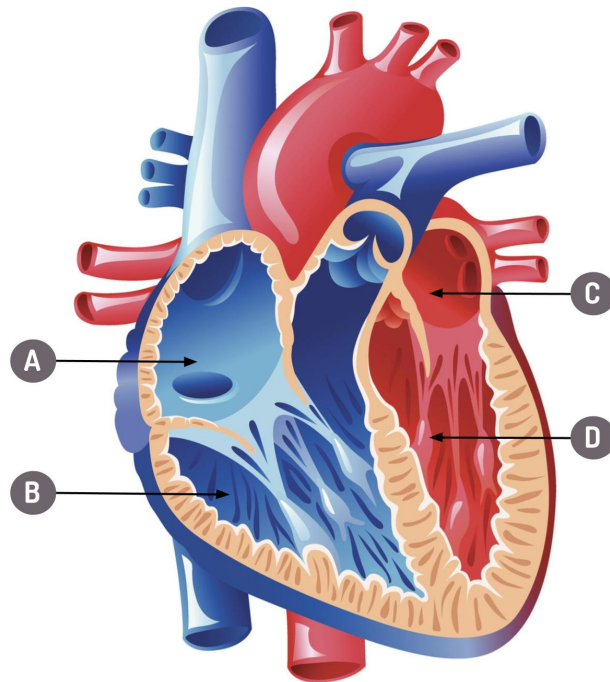
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Marks: [3]



25. Look closely at this image of the heart.  
Describe the role of the heart feature C.



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Marks: [2]

26. Look at the data closely.  
Calculate the runner's exercising stroke volume.  
Include the correct units in your answer.

Exercising cardiac output, stroke volume and heart rate  
for a marathon runner

| Heart rate | Stroke volume | Cardiac output |
|------------|---------------|----------------|
| 160 bpm    | ?             | 24l/min        |



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Marks: [2]

27. State which classification of lever is operating at the ankle during plantar flexion.

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Marks: [1]

28. State **two** different sporting examples using a first-class lever system.

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Marks: [2]

29. This image shows the fitness test results for four GCSE PE students. Analyse the students' performances and the normative data. How many other students share the same flexibility rating as Hannah.

Student performances

|                | MSF test | Sit and reach | Vertical jump |
|----------------|----------|---------------|---------------|
| John (m)       | 11.1     | 12cm          | 37cm          |
| Alfie (m)      | 8.4      | 10cm          | 31cm          |
| Hannah (f)     | 7.6      | 14.5cm        | 35cm          |
| Alessandra (f) | 12.3     | 15cm          | 42cm          |

Normative data

| Gender | Excellent | Above average | Average    | Below average | Poor |
|--------|-----------|---------------|------------|---------------|------|
| Male   | >14       | 14.0 - 11.0   | 10.9 - 7.0 | 6.9 - 4.0     | < 4  |
| Female | >15       | 15.0 - 12.0   | 10.9 - 7.0 | 6.9 - 4.0     | < 4  |

Data from DAVIS, B. et al. (2000) *Physical Education and the study of sport*, 4th ed. London: Harcourt Publishers.

Marks: [2]

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[illegible]

Marks: [6]

31.



Handwriting practice lines consisting of 20 horizontal dashed lines.



[illegible]

Marks: [9]

END OF QUESTIONS



# National Mock Exams 2023

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## AQA GCSE PE – Paper 2

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- Finally, please check the publication dates of the mark scheme and model answers for this paper as well as the associated revision sessions in April and May.

### This paper contains:

- Questions in the format of AQA GCSE PE Paper 2 2023
- Multiple-choice questions
- Short answer questions
- Extended writing

### How should schools use these papers?

This paper has been constructed specifically for use as a mock exam but can be used less formally as a practice paper or model paper. The content and skills of the paper will be developed within the free-to-air revision sessions offered by James Simms in April and May 2023.

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- Model answers: 28th of April
- Revision: 23rd of May, 17:00-18:30

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*James Simms*





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| Course       | AQA GCSE PE        |
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| First name |  |
| Last name  |  |
| Class      |  |
| Teacher    |  |

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| Title | AQA GCSE PE 9-1 Paper 2 National Mock Exam 2023 |
|-------|-------------------------------------------------|

|          |                                                                                                                                                                                                                                                                                                                                                                      |
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|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|             |    |
|-------------|----|
| Total marks | 78 |
|-------------|----|

1. Which body type would you associate with wide hips and narrow shoulders?



Ectomorph



Mesomorph



Endomorph



None of these options

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Marks: [1]

2. Which of the following effects of a sedentary lifestyle most closely relates to mental health and wellbeing?

- ☐ A High blood pressure
- ☐ B Coronary heart disease (CHD)
- ☐ C Unable to work in a team
- ☐ D High stress levels

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Marks: [1]

3. An aggressive act taken out on an object not a person.  
Which type of aggression does this describe?

- A** Indirect aggression
- B** Violent aggression
- C** Direct aggression
- D** Timed aggression

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Marks: [1]

4. Identify the example of a volleyball coach giving feedback as knowledge of performance?

**A** "There were a total of 15 successful digs in that set."

**B** "Five smash shots were successful."

**C** "The opposition blocked 8 smash shots."

**D** "Bend your knees during the dig shot."

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Marks: [1]



5. Which of the following sportspeople is mostly likely to use diuretics to enhance performance?

- ☐ A Sprinter
- ☐ B Jockey
- ☐ C Footballer
- ☐ D Rugby player

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Marks: [1]

6. Outline manual guidance.

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Marks: [1]

7. Give **two** different sporting examples of manual guidance in sport and physical activity.

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Marks: [2]

8. Identify **three** negative features of verbal guidance.

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Marks: [3]

9. Evaluate the use of visual guidance in rock climbing.

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Marks: [4]

10. Explain how rock climbing is able to improve mental health and wellbeing.

[illegible]

Marks: [2]

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12. Television and radio are types of media. State **two** other types of media and explain how they both have a positive impact on a performer in sport.

1. **Introduction**  
 2. **Background**  
 3. **Methodology**  
 4. **Results**  
 5. **Discussion**  
 6. **Conclusion**  
 7. **References**  
 8. **Appendix**  
 9. **Figure 1**  
 10. **Figure 2**  
 11. **Figure 3**  
 12. **Figure 4**  
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 217. **Figure 209**

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13. Give a sporting example of **clothing** sponsorship and justify the importance of this sponsorship to a performer.

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Marks: [3]

14. State **four** consequences of a sedentary lifestyle.

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Marks: [4]

15. This table shows percentages of a balanced diet. Identify the nutrients A, B and C.

A balanced diet

| Nutrient |        |        |
|----------|--------|--------|
| A        | B      | C      |
| 55-60%   | 25-30% | 15-20% |

Marks: [3]



16. Outline **three** consequences of dehydration.

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Marks: [3]

17. A netball player can be motivated extrinsically by rewards. Identify **two tangible** rewards.



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Marks: [2]

18. Define intrinsic motivation.  
Give **two** examples of intrinsic motivation in netball.



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Marks: [3]

19. Give **two** examples of **etiquette** when participating in netball.



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Marks: [2]

20. Being physically active affects how many calories a skier needs to consume per day. Identify **three** other factors that influence the amount of daily calories required.



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Marks: [3]

21. A skier uses positive self-talk before a race to control arousal. Identify **two** other stress management techniques and explain how **one** can be used by the skier.



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Marks: [3]

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Marks: [4]

23.

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Marks: [4]



24. Give a sporting example of an externally paced skill.  
Justify your choice.

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Marks: [3]

25.

Give an example of positive feedback to a beginner in swimming. Justify the importance of positive feedback to the beginner.



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Marks: [4]

26.

Modern athletics stadia provide multiple big screens.  
Evaluate the impact of this technology on the **spectators** in the stadium.

[illegible]

[illegible]

Marks: [6]

[illegible]

Handwriting practice lines consisting of 20 horizontal dashed lines.

[illegible]

Marks: [9]

END OF QUESTIONS



The EverLearner

**National Mock Exams 2023**

POWERED BY **ExamSimulator**

# Model Answers

## AQA GCSE PE – Paper 1

### This document contains:

- Model answers for the National Mock Exam questions
- Model examples of extended writing
- Marking for each of the model answers in order to guide teachers and students to credit-worthy elements of the answers

### How should schools use these papers?

These model answers are written to support PE teachers and students review the National Mock Exam 2023 and to prepare for the live revision sessions delivered by James in May 2023. We strongly recommend that students learn these model answers in preparation for the summer exams 2023. The questions posed and the answers provided are based on significant analysis of past papers.

Please, use these model answers in combination with the National Mock Exam paper, mark scheme and the revision session (Wednesday, 3rd May 3.30pm-5.00pm), available in the AQA GCSE PE Revision page:

<https://pages.theeverlearner.com/2023-aqa-gcse-pe-revision>.

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I hope this helps both students and teachers in their exam preparations.

*James Simms*





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| Course       | AQA GCSE PE        |
| Time allowed | 1 hour 15 minutes  |

|            |                         |
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| Class      | Physical Education GCSE |
| Teacher    |                         |

|       |                                                 |
|-------|-------------------------------------------------|
| Title | AQA GCSE PE 9-1 Paper 1 National Mock Exam 2023 |
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|          |                                                                                                                                                                                                                                                                                                                                                                          |
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|          |                                                                                                                                                                                                                                                                                                                                                                          |

|             |                |
|-------------|----------------|
| Total marks | 78 / 78 (100%) |
|-------------|----------------|

1. Which of the following is a function of the skeleton?

- A** Protection of vital organs by long bones
- B** Protection of vital organs by flat bones
- C** Protection of vital organs by short bones
- D** Protection of vital organs by large bones

1

**B - Protection by flat bones.**

**No comments  
provided.**

**Marks:**[1/1]

2. Which of the following are an antagonistic pair of muscles in the **legs**?

- A** Gastrocnemius and tibialis anterior
- B** Biceps and triceps
- C** Deltoid and latissimus dorsi
- D** Gastrocnemius and hamstrings

1

A - Gastrocnemius and tibialis anterior.

No comments  
provided.

Marks: **[1/1]**

3. Which type of blood vessel tends to have the largest lumen?

- A** Arteries
- B** Capillaries
- C** Left ventricle
- D** Veins

1

D - Veins.

No comments  
provided.

Marks: **[1/1]**

4. Which of the following sports performers relies most heavily on muscular endurance?

- A** 100m sprinter
- B** Gymnast performing a vault
- C** 10m-platform high diver
- D** Olympic rower

1

Rower - option D.

No comments  
provided.

Marks:[1/1]

5. Which of the following sporting movements is the best example of anaerobic exercise?

- A** Defensive rebound in basketball
- B** Recovery during a time-out in basketball
- C** Jogging back into position after scoring three points in basketball
- D** Standing whilst an opponent takes a free throw in basketball

1

Option A.

No comments provided.

Marks:[1/1]

6. Define balance. Give a sporting example.

1

Balance is maintaining the centre of mass over a base of support. It can be both static and dynamic. An example of static balance is holding a Y pose in a dance routine.

2

Very nice example. Could be improved by stating the impact of holding the balance such as it having greater aesthetic quality.

Marks:[2/2]

7. Justify the importance of balance to a handball player.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| <p>3 An attacker needs to be balanced before taking a shot at goal so the shot is accurate and difficult to save. 1 A defender needs to have a strong base of support when defending the ball so no contact is made 2 with the opposition. A goalkeeper requires lots of dynamic balance to remain stable whilst moving quickly to be able stop the ball 4 going into the net. A mid - court player needs to have excellent dynamic balance so that they can move down court and evade challenges.</p> | <p>No comments provided.</p> |
| <p>Marks:[4/4]</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                              |

8. This image shows the performance of a deadlift.  
Identify the movement pattern occurring at the knee in position A.

|                                                                                                                                                                                            |                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| <p>A </p> <p>B </p> |                              |
| <p>1 The knee is in a position of flexion.</p>                                                                                                                                             | <p>No comments provided.</p> |
| <p>Marks:[1/1]</p>                                                                                                                                                                         |                              |

9. This image shows the performance of a deadlift. Identify *both* the **agonist** and the **antagonist** at the knee when the performer moves from position A to position B.



1  
The agonist for flexion of the knee in the deadlift are the  
2  
quadriceps. The antagonist are the hamstrings.

1  
Superb.  
You  
recognised  
that the  
movement  
is an  
eccentric  
contraction  
of the  
quadriceps.

Marks:[2/2]



10.

This image shows the performance of a deadlift. Identify the type of muscle contraction occurring in the **agonist** of the knee when moving from position A to position B. Justify your answer.

A



B



1

The muscle contraction is isotonic concentric. This is because the muscle is under tension and shortening.

2

No comments provided.

Marks:[2/2]

11.

Identify **two** elements of an effective cool-down.

1

1. A light jog to maintain breathing rate. 2. Static stretching.

3

No comments provided.

Marks:[2/2]

12. Explain why a cool-down is beneficial to a badminton player.

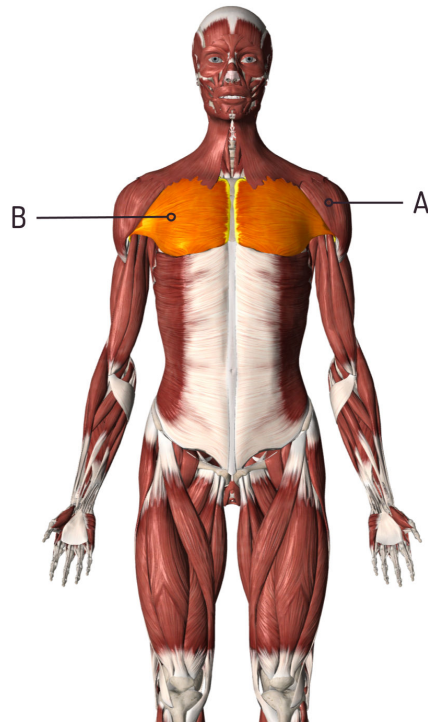
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| <p>The cool - down <sup>3</sup> removes lactic acid more rapidly so the badminton player does not experience too much muscle fatigue. <sup>4</sup> The reduced muscle soreness will <sup>2</sup> ensure the player can train sooner after the match and still be able to complete positions such as a deep lunge to stop the shuttlecock hitting the floor. Finally, the cool - down allows the player to be able to reflect on the game, which will support what needs to be completed in training to prepare for the next match.</p> | <p>No comments provided.</p> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p>Marks:[3/3]</p>           |

13. Calculate the heart-rate training range for the badminton player in the image.



|                                                                                                                                                                                                                                                                                                                                                                                      |                                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------|
| <p>MaxHR is 220 minus age. Therefore, <sup>1</sup> <math>220 - 20 = 200\text{bpm}</math>. The anaerobic training zone is 80 - 90% of MaxHR. 80% is calculated as <math>0.8 \times 200 =</math> <sup>3</sup> <math>160\text{bpm}</math>. 90% is calculated as <math>0.9 \times 200 =</math> <sup>2</sup> <math>180\text{bpm}</math>. <sup>3</sup> The range will be 160 - 180bpm.</p> | <p><sup>3</sup> Excellent summary point.</p> |
|                                                                                                                                                                                                                                                                                                                                                                                      | <p>Marks:[3/3]</p>                           |

14. Look closely at this image.  
Identify **both** muscle A **and** muscle B.



1 A - Deltoid. 2 B - Pectorals.

No comments  
provided.

Marks:[2/2]

15. The tibia is one bone that articulates at the ankle.  
Name the other two.

1 The two other bones in the ankle are the fibula and 2 talus.

No comments  
provided.

Marks:[2/2]

16. Name the type of joint found at the ankle.

1 The ankle joint is a hinge joint.

No comments  
provided.

Marks:[1/1]

17. Describe the role of cartilage in a joint.

|                                                                                                                                                             |                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <p>1 The cartilage covers the end of long bones. The cartilage can 3 absorb shock when landing from a jump and also stops the 2 bones rubbing together.</p> | No comments provided. |
|                                                                                                                                                             | Marks:[2/2]           |

18. Describe the protocol for the wall-throw test of coordination.

|                                                                                                                                                                                                                                                                                       |                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <p>1 An individual starts by facing a wall two metres away. The ball is thrown against the wall with one hand using an 3 underarm action and 4 caught by the other hand. This process repeats and 6 continues for 30 seconds and the 5 number of successful catches are recorded.</p> | No comments provided. |
|                                                                                                                                                                                                                                                                                       | Marks:[4/4]           |

19. Identify **four** short-term effects of exercise that occur up to 36 hours after exercise.

|                                                           |                       |
|-----------------------------------------------------------|-----------------------|
| <p>4 1. DOMS. 2 - 3 Nausea. 3. 5 Cramp. 4. 1 Fatigue.</p> | No comments provided. |
|                                                           | Marks:[4/4]           |

20. Explain how a middle-distance runner could use **time** from FITT to progressively overload weight training.

|                                                                                                                                                                                                                                                           |                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <p>Time from FITT can be used in the following three ways in order to progressively overload weight training. The runner can 2 complete more repetitions. The runner can 1 train for longer. The 3 runner could lower the recovery time between sets.</p> | No comments provided. |
|                                                                                                                                                                                                                                                           | Marks:[3/3]           |

21. Other than an ice bath, identify **three** recovery methods from vigorous exercise.

|                                                                          |                              |
|--------------------------------------------------------------------------|------------------------------|
| <p>5 1. <b>Massage</b>. 2. <b>Stretching</b>. 3. <b>Rehydration</b>.</p> | <p>No comments provided.</p> |
|                                                                          | <p>Marks:[3/3]</p>           |

22. Discuss the use of an ice bath when recovering from sport.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                         |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| <p>Ice baths can be beneficial due to the extreme cold <sup>2</sup> <b>reducing swelling</b> and inflammation, leading to a performer being able to train sooner from a <sup>3</sup> <b>quicker recovery</b> process. <sup>5</sup> <b>However, ice baths</b> <sup>6</sup> <b>are extremely uncomfortable</b> and, <b>if used too frequently or for too long, can lead to nerve damage</b> resulting in weaker muscle performance when next competing.</p> | <p><sup>6</sup> <b>Fantastic point especially because you wrote "...if used too frequently or for too long...".</b></p> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                           | <p>Marks:[4/4]</p>                                                                                                      |

23.

This image shows a discus thrower preparing to throw. Identify **both** the plane of movement **and** the axis of rotation during the spin.



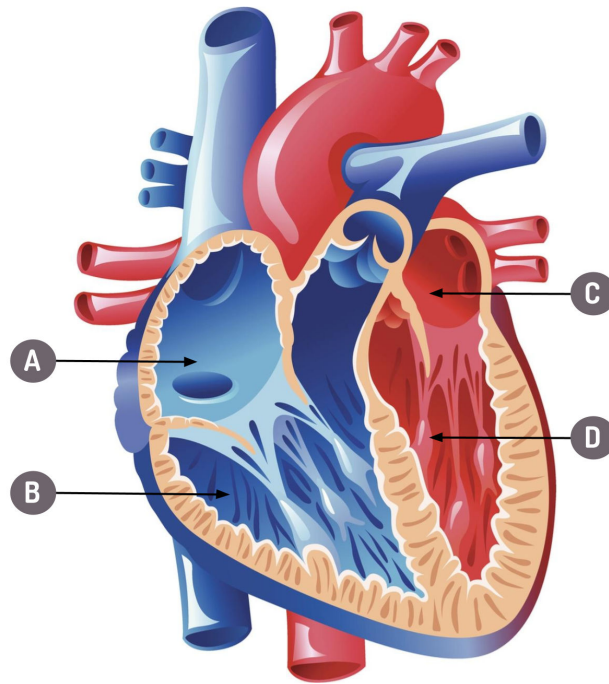
1 Transverse plane and 2 longitudinal axis.

No comments provided.

Marks:[2/2]

24.

Look closely at this image of the heart.  
Identify the heart structures labelled A, B and C.



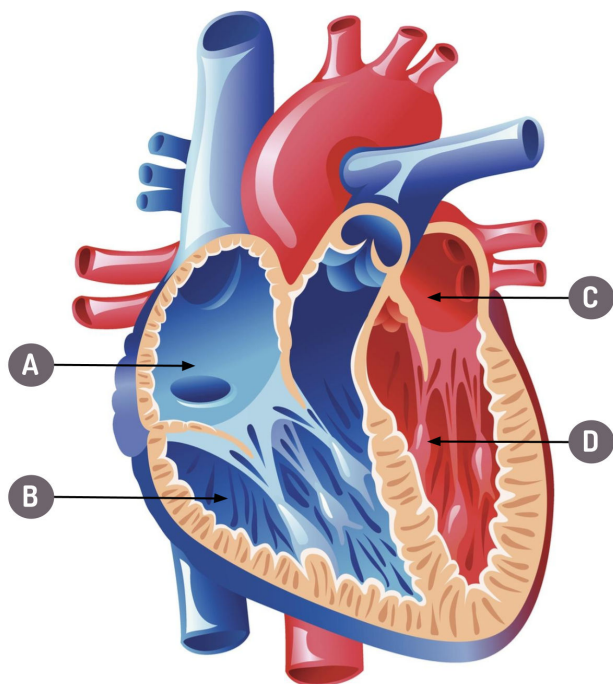
1 A. Right atrium. 2 B. Right ventricle. 3 C. Left atrium.

No comments  
provided.

Marks: 3/3

25.

Look closely at this image of the heart.  
Describe the role of the heart feature C.



<sup>1</sup> The left atrium is the chamber of the heart which receives <sup>2</sup> oxygenated blood from the pulmonary vein and pushes it <sup>3</sup> through the bicuspid valve to the left ventricle.

No comments  
provided.

Marks:[2/2]



26.

Look at the data closely.  
Calculate the runner's exercising stroke volume.  
Include the correct units in your answer.

Exercising cardiac output, stroke volume and heart rate  
for a marathon runner

| Heart rate | Stroke volume | Cardiac output |
|------------|---------------|----------------|
| 160 bpm    | ?             | 24l/min        |



<sup>1</sup>  $Q = HR \times SV$ . Therefore  $SV = Q \text{ divided by } HR$ . The calculation is  
<sup>2</sup> 24000ml divided by 160bpm. The stroke volume is 150ml.

No comments  
provided.

Marks:[2/2]

27.

State which classification of lever is operating at the ankle during plantar flexion.

<sup>1</sup> The ankle is a second - class lever.

No comments  
provided.

Marks:[1/1]

28.

State **two** different sporting examples using a first-class lever system.

<sup>1</sup> A first - class lever can be seen at the elbow when <sup>2</sup> throwing the ball in during a rugby line - out and a set shot in basketball when extending the arm to push the ball in the air.

No comments  
provided.

Marks:[2/2]

29. This image shows the fitness test results for four GCSE PE students. Analyse the students' performances and the normative data. How many other students share the same flexibility rating as Hannah?

Student performances

|                | MSF test | Sit and reach | Vertical jump |
|----------------|----------|---------------|---------------|
| John (m)       | 11.1     | 12cm          | 37cm          |
| Alfie (m)      | 8.4      | 10cm          | 31cm          |
| Hannah (f)     | 7.6      | 14.5cm        | 35cm          |
| Alessandra (f) | 12.3     | 15cm          | 42cm          |

Normative data

| Gender | Excellent | Above average | Average    | Below average | Poor |
|--------|-----------|---------------|------------|---------------|------|
| Male   | >14       | 14.0 - 11.0   | 10.9 - 7.0 | 6.9 - 4.0     | < 4  |
| Female | >15       | 15.0 - 12.0   | 10.9 - 7.0 | 6.9 - 4.0     | < 4  |

Data from DAVIS, B. et al. (2000) *Physical Education and the study of sport*, 4th ed. London: Harcourt Publishers.

1 The data shows Hannah is above average. 2 John and Alessandra are also in this rating.

No comments provided.

Marks:[2/2]

30.

Andre is a 17-year-old tennis player competing at county level. Justify the importance of taping and bracing and hydration as injury prevention methods for Andre.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| <p>Taping and bracing is often placed <sup>1</sup> around a joint to protect a <sup>3</sup> weakness in that joint. The <sup>2</sup> knee and ankle joints are used frequently in tennis, as the player has to be agile and turn multiple times to be able to move onto and return the ball.</p> <p>Therefore, the taping or bracing is important, as it leads to <sup>4</sup> increased joint stability, which prevents further injury. It becomes <sup>5</sup> far less likely that the joints would dislocate or receive a soft tissue sprain, even during the full range of movement needed to be able to twist and turn to stay in a rally. This will mean the tennis player is also able to <sup>6</sup> play with the confidence that the joint is protected as fully as possible, which compliments an effective warm - up routine. <sup>8</sup> Hydration is the maintenance of fluid <sup>9</sup> levels before, during and after <sup>10</sup> exercise. Tennis games take place over a long period of time and the player sweats to regulate body temperature. Therefore, good rehydration is vital to prevent any consequences of dehydration occurring, such as increased blood viscosity and slow blood flow, which will lead to a <sup>11</sup> deterioration in <sup>13</sup> cardiovascular endurance. If dehydrated, the player will fatigue sooner and not be able to reach shots or last the set to their full potential. Likewise, <sup>12</sup> the reaction times are likely to be increased (longer), which means shots can be missed and points lost.</p> | <p>No comments provided.</p> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>Marks:[6/6]</p>           |

31.

A rugby league team use fitness tests to identify strengths and weaknesses. Discuss the suitability of the sit-and-reach test **and** the sit-up bleep test to assess the fitness levels of the team.



The sit - and - reach test is a <sup>1</sup>test of flexibility<sup>2</sup>. Flexibility is the range of movement at a joint. The procedure for the test <sup>1</sup>typically involves the use of a sit - and - reach box<sup>1</sup>. When stretching, the player sits on the floor and must keep their knees fully extended as they reach forward as far as they can with their arms. The point at which they reach is <sup>3</sup>measured in centimetres<sup>3</sup>. A rugby player requires <sup>4</sup>flexibility in the hip joint when sprinting<sup>4</sup> and driving past players with the ball. They also need a <sup>5</sup>flexible lower back when evading tackles<sup>5</sup>. The sit - and - reach test is only a measure of the flexibility at the lower back and hamstrings and the flexibility which exists at the hip joint. Therefore, this test is useful to work out some of the <sup>6</sup>baseline levels<sup>6</sup> of the lower - back flexibility stated. However, <sup>11</sup>rugby league players require flexibility<sup>11</sup> in other areas of the body too<sup>8</sup>. For example, <sup>8</sup>their shoulders need to be flexible in order to reach around another player when making a tackle<sup>12</sup>. This would suggest that the sit - and - reach test is not a valid test for overall flexibility required in rugby league<sup>13</sup>. The reliability of the test can also be low. If a rugby player were to perform a warm - up and stretch before the test, they would be likely to reach further and the quantitative results may be inaccurate. The sit - up bleep test is a <sup>14</sup>test of muscular

<sup>26</sup> Excellent equivalent synoptic link.

<sup>1</sup> Excellent description of a the S&R test but doesn't receive credit in this discussion.

31.

A rugby league team use fitness tests to identify strengths and weaknesses. Discuss the suitability of the sit-and-reach test **and** the sit-up bleep test to assess the fitness levels of the team.

**endurance**. It targets the abdominal muscles. An individual completes the sit - up movement and maintains the pace of bleeps on **an audio recording**. Rugby league players require overall muscle endurance to **keep running during the many phases of open play**. This would suggest the test is **useful but not specific enough to the muscles in the legs and arms as well as the abdominal muscles**. Additionally, the **abdominals and the sit - up movement are used when getting up quickly** from the ground after a tackle. However, the **abdominals are used in other movements such as passing and kicking, which are very different from the sit - up technique**. It can also be argued that other fitness components and tests such as **strength and the one - rep max are more suitable to rugby league**, as the one - rep max can be completed with multiple and specific muscles in the body. This also links to the importance of diet. To power a fitness test such as the sit - up bleep test, **consumption of the right types of carbohydrates is important for energy release**. Carbohydrates contain sugars (glucose) and these are the energy source of both **the aerobic and anaerobic energy systems**, both of which will be required for the test.

Marks:[9/9]

END OF QUESTIONS



The EverLearner

**National Mock Exams 2023**

POWERED BY **ExamSimulator**

# Model Answers

## AQA GCSE PE – Paper 2

### This document contains:

- Model answers for the National Mock Exam questions
- Model examples of extended writing
- Marking for each of the model answers in order to guide teachers and students to credit-worthy elements of the answers

### How should schools use these papers?

These model answers are written to support PE teachers and students review the National Mock Exam 2023 and to prepare for the live revision sessions delivered by James in May 2023. We strongly recommend that students learn these model answers in preparation for the summer exams 2023. The questions posed and the answers provided are based on significant analysis of past papers.

Please, use these model answers in combination with the National Mock Exam paper, mark scheme and the revision session (Tuesday, 23rd May 5.00pm–6.30pm), available in the AQA GCSE PE Revision page:

<https://pages.theeverlearner.com/2023-aqa-gcse-pe-revision>.

All questions are taken from ExamSimulator. Please note, there are hundreds of additional questions on ExamSimulator covering all topics and skills. ExamSimulator is a premium resource available via TheEverLearner.com.

I hope this helps both students and teachers in their exam preparations.

*James Simms*





|              |                    |
|--------------|--------------------|
| Subject      | Physical Education |
| Course       | AQA GCSE PE        |
| Time allowed | 1 hour 15 minutes  |

|            |                         |
|------------|-------------------------|
| First name |                         |
| Last name  |                         |
| Class      | Physical Education GCSE |
| Teacher    |                         |

|       |                                                 |
|-------|-------------------------------------------------|
| Title | AQA GCSE PE 9-1 Paper 2 National Mock Exam 2023 |
|       |                                                 |

|          |                                                                                                                                                                                                                                                                                                                                                                      |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Guidance | <ul style="list-style-type: none"><li>• This paper is marked out of 78 marks.</li><li>• You have 75 minutes (plus additional time for those who have Exam Access Arrangements).</li><li>• Answer all questions.</li><li>• A calculator is permitted for this exam.</li><li>• This paper contains both a 6-mark and a 9-mark question.</li><li>• Good luck.</li></ul> |
|          |                                                                                                                                                                                                                                                                                                                                                                      |

|             |                |
|-------------|----------------|
| Total marks | 78 / 78 (100%) |
|-------------|----------------|



1. Which body type would you associate with wide hips and narrow shoulders?

- A** Ectomorph
- B** Mesomorph
- C** Endomorph
- D** None of these options

**1**  
C - Endomorph.

No comments  
provided.

Marks:[1/1]

2.

Which of the following effects of a sedentary lifestyle most closely relates to mental health and wellbeing?

- A** High blood pressure
- B** Coronary heart disease (CHD)
- C** Unable to work in a team
- D** High stress levels

**1**

D - High stress levels.

No comments  
provided.

Marks:[1/1]

3.

An aggressive act taken out on an object not a person.  
Which type of aggression does this describe?

- A** Indirect aggression
- B** Violent aggression
- C** Direct aggression
- D** Timed aggression

1

Indirect aggression.

No comments  
provided.

Marks:[1/1]

4. Identify the example of a volleyball coach giving feedback as knowledge of performance?

- A** "There were a total of 15 successful digs in that set."
- B** "Five smash shots were successful."
- C** "The opposition blocked 8 smash shots."
- D** "Bend your knees during the dig shot."

1

Option D.

No comments  
provided.

Marks:[1/1]

5. Which of the following sportspeople is mostly likely to use diuretics to enhance performance?

- A** Sprinter
- B** Jockey
- C** Footballer
- D** Rugby player

**1**  
B - Jockey.

No comments  
provided.

Marks:[1/1]

6. Outline manual guidance.

Manual guidance is moving an individual in a position with  
**1**  
physical touch.

No comments  
provided.

Marks:[1/1]

7. Give **two** different sporting examples of manual guidance in sport and physical activity.

**1**  
Holding the hand of a trampolinist to guide them through a  
**4**  
forward rotation. Holding the upper body of a swimmer to keep  
them afloat in the water.

**4** Excellent  
equivalent.

Marks:[2/2]

8. Identify **three** negative features of verbal guidance.

|                                                                                                                                                               |                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <p>1. Verbal guidance does not provide a mental image of a skill. 2. It is also time consuming. 3. Verbal guidance can also lead to information overload.</p> | No comments provided. |
|                                                                                                                                                               | Marks:[3/3]           |

9. Evaluate the use of visual guidance in rock climbing.

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                       |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <p>Visual guidance leads to individuals being able to copy and follow an instructor so they know the route. This can be done by individuals and groups. It can allow them to create a mental image of the skills needed to be able to climb the wall. However, it would be better combined with verbal guidance so the individuals have instruction as well as a visual picture. If the quality of the demonstration is poor, this can lead to a poor replication of the climb technique.</p> | No comments provided. |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Marks:[4/4]           |

10. Explain how rock climbing is able to improve mental health and wellbeing.

|                                                                |                       |
|----------------------------------------------------------------|-----------------------|
| <p>It can lead to catharsis and an improved self - esteem.</p> | No comments provided. |
|                                                                | Marks:[2/2]           |

11. Define commercialisation in sport.

|                                                                                                                                    |                       |
|------------------------------------------------------------------------------------------------------------------------------------|-----------------------|
| <p>Commercialisation is the relationship between elite sport, sponsorship and the media in order for all three to make profit.</p> | No comments provided. |
|                                                                                                                                    | Marks:[1/1]           |

12. Television and radio are types of media.  
State **two** other types of media and explain how they both have a positive impact on a performer in sport.

|                                                                                                                                                                                                                                                                                                                                                              |                              |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| <p>Google is a type of <sup>5</sup> <b>internet media</b>. This allows performers to <sup>6</sup> <b>search accurately for clubs and activities in the local area</b> to be able to participate in. <sup>8</sup> <b>Twitter is a type of social media</b>. A <sup>9</sup> performer can <b>connect with their fans directly as a</b> positive influence.</p> | <p>No comments provided.</p> |
|                                                                                                                                                                                                                                                                                                                                                              | <p>Marks:[4/4]</p>           |

13. Give a sporting example of **clothing** sponsorship and justify the importance of this sponsorship to a performer.

|                                                                                                                                                                                                                                                                                         |                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| <p>Netball teams can wear the same <sup>1</sup> <b>branded netball dress</b>, such as Kukri. This provides a <sup>4</sup> <b>sense of belonging</b> as a team and means the individuals <sup>5</sup> <b>do not have to worry about what to wear and their image when competing</b>.</p> | <p>No comments provided.</p> |
|                                                                                                                                                                                                                                                                                         | <p>Marks:[3/3]</p>           |

14. State **four** consequences of a sedentary lifestyle.

|                                                                                                                                                         |                              |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| <p><sup>5</sup> 1. <b>Insomnia</b>. <sup>6</sup> 2. <b>Depression</b>. <sup>7</sup> 3. <b>Lethargy</b>. <sup>3</sup> 4. <b>High blood pressure</b>.</p> | <p>No comments provided.</p> |
|                                                                                                                                                         | <p>Marks:[4/4]</p>           |

15. This table shows percentages of a balanced diet. Identify the nutrients A, B and C.

A balanced diet

| Nutrient |        |        |
|----------|--------|--------|
| A        | B      | C      |
| 55-60%   | 25-30% | 15-20% |

1 A - Carbohydrates. 2 B - Fats. 3 C - Protein.

No comments provided.

Marks:3/3

16. Outline **three** consequences of dehydration.

3 1. Slower reaction times. 1 2. Increased blood viscosity. 3. 5 Increased heart rate.

No comments provided.

Marks:3/3



17. A netball player can be motivated extrinsically by rewards.  
Identify **two tangible** rewards.



2 Trophy and 4 money.

No comments  
provided.

Marks:[2/2]

18.

Define intrinsic motivation.  
Give **two** examples of intrinsic motivation in netball.



1 Intrinsic motivation is a drive that comes from within. In netball, a player could be 2 happy to attend training or be 3 proud to be playing for their school team.

No comments provided.

Marks:[3/3]

19. Give **two** examples of **etiquette** when participating in netball.



4

1 - Three cheers at the end of the game. 2. Saying "thank you" to the umpires and table officials.

No comments provided.

Marks:[2/2]

20.

Being physically active affects how many calories a skier needs to consume per day. Identify **three** other factors that influence the amount of daily calories required.



1. Gender. 2. Age. 3. Height.

No comments  
provided.

Marks:[3/3]

21.

A skier uses positive self-talk before a race to control arousal. Identify **two** other stress management techniques and explain how **one** can be used by the skier.



Two stress management techniques are <sup>4</sup>deep breathing and <sup>1</sup>mental rehearsal. At the start of a race, a <sup>2</sup>skier can rehearse in their head the perfect race without making any mistakes. This <sup>3</sup>will hopefully keep them in their optimal zone of arousal.

No comments provided.

Marks:[3/3]

22. Explain the importance of protein **and** vitamins and minerals to a skier.



Protein promotes <sup>1</sup>muscle repair. A skier's muscles <sup>2</sup>renair more quickly to offset muscle soreness for a race but also <sup>2</sup>increase the amount of force the skier can apply to the poles when they push <sup>3</sup>off in future runs. Vitamins support an <sup>4</sup>efficient immune system. A skier, therefore, <sup>4</sup>should be able train with optimal health.

<sup>2</sup> This is brilliant as it clearly stresses the impact of that muscle repair and increased strength.

Marks:[4/4]

23. Outline the difference between a gross and a fine skill. Use sporting examples in your answer.

A gross skill, such as <sup>2</sup>pushing off the blocks in a 100m sprint, <sup>1</sup>uses large muscle groups. A fine skill, such as a <sup>4</sup>net shot in <sup>3</sup>badminton, involves lots of precision and accuracy.

No comments provided.

Marks:[4/4]



24. Give a sporting example of an externally paced skill.  
Justify your choice.

|                                                                                                                                                                                                                   |                              |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| <p>1 Taking a catch in the slips in cricket is an externally paced skill</p> <p>2 because the timing of the skill is controlled by the speed and</p> <p>3 direction of the ball as it leaves the cricket bat.</p> | <p>No comments provided.</p> |
|                                                                                                                                                                                                                   | <p>Marks:[3/3]</p>           |

25. Give an example of positive feedback to a beginner in swimming.  
Justify the importance of positive feedback to the beginner.



|                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| <p>A swim instructor can use positive feedback and 1 praise a swimmer when the arm action for the breaststroke is completed correctly. This is good, as the beginner will continue to work</p> <p>4 hard. It also provides as sense of achievement in the beginner</p> <p>5 and they will be motivated to continue learning. Additionally, the</p> <p>2 beginner will achieve a feel for the correct technique. This supports further learning.</p> | <p>No comments provided.</p> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                     | <p>Marks:[4/4]</p>           |

26.

Modern athletics stadia provide multiple big screens.  
Evaluate the impact of this technology on the **spectators** in the stadium.

A screen displays <sup>12</sup>replays for spectators. For example, the <sup>2</sup>spectator will <sup>2</sup>be able to see if a long jump athlete has placed their foot over the take off - board. This is valuable for the <sup>3</sup>spectator, as they are able to <sup>3</sup>see why the official has raised the no - jump flag. As a result, they feel more informed and involved. However, the outcome <sup>4</sup>could lead to disagreements amongst the <sup>8</sup>fans. <sup>8</sup>Screens also display adverts and sponsorship. During periods of no activity, spectators <sup>9</sup>can learn about new brands and this may <sup>10</sup>lead to them making a purchase, which in turn increases <sup>11</sup>the business profit. However, spectators may find adverts and <sup>11</sup>sponsors irritating, as they may not have attended the athletics event to be sold to. Finally, screens provide <sup>5</sup>instant and up - to - <sup>6</sup>date information about the events. For example, <sup>6</sup>the sprint race times, positions and any personal bests are displayed immediately after the race. The spectator, therefore, achieves a full experience as they are <sup>7</sup>informed accurately of the race <sup>4</sup>outcome, which avoids any confusion. The <sup>4</sup>drawback could be that the spectator misses live action by studying the results on the screen.

<sup>4</sup> Excellent alternative.

Marks:[6/6]



27. Analyse the impact of personality **and** arousal on the performance of a tackle in rugby union.

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| <p>Personality can be divided into <b>introvert and extrovert</b>. Introverts are largely characterised as <b>shy</b> and <b>enjoy their own company</b>. In comparison, extroverts tend to be more <b>talkative and enjoy interactions with others</b>. Rugby is a <b>team sport</b> and may <b>attract extroverts who may be more suited to tackling as it involves physical contact with others</b>. Moreover, in tackling drills the players are <b>often expected to communicate and work closely with each other</b>, and an <b>introvert may not feel comfortable with this</b>. Tackling is also an open skill. An introvert may not react well to the consistent environment changes and unpredictable nature of a tackle. Arousal is the <b>level of readiness</b> experienced by a performer. <b>The inverted U theory states that performance quality improves as arousal increases up to an optimum point</b>. Beyond this point, performance is hindered as arousal levels are too high. Tackling is a <b>gross skill</b> and involves <b>many muscle groups</b>. Arguably, it requires <b>a higher lever of arousal</b> than a fine motor skill. The <b>inverted U</b> is therefore moveable depending on the nature of the skill. If arousal was too low, a tackle may be missed. If arousal was too high the tackle could be executed with too much direct aggression causing an injury or breaking of the rules. To maintain the optimal level of arousal, <b>a player can use mental preparation techniques such as deep breathing</b>. This may be suitable for an extrovert to maintain focus. For an introvert, they may use <b>visualisation to access the right zone needed to execute the tackle well</b>.</p> | <p>13 Good equivalent.</p> <p>20 Excellent equivalent.</p> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Marks:[9/9]                                                |

END OF QUESTIONS