The EverLearner

Practice Questions

Edexcel GCSE PE - Paper 2

(Revision session on Thursday 12th May 2022, 4.00-5.30pm)

Please read before distributing to students.

Purpose of this document

The questions contained within this document are those being answered live by James Simms during the May 2022 revision series on YouTube. The questions do not form a mock exam or practice paper as a whole. Rather, they are a series of questions that cover a range of content and skills required by the Advance Exam Information (AEI) published by the exam board in February 2022. There has been no attempt to organise the questions so that a mock or practice paper is formed. Instead, the questions are presented in the order of the AEI.

This paper contains:

- Questions in AEI order
- Where possible, examples of extended writing
- No one-mark or multiple-choice questions

How should schools use these papers?

This paper has been constructed specifically for use in preparation for and during the live revision shows provided by James Simms in May 2022. I encourage students to attempt the questions in advance of the revision shows. Students will receive the mark schemes and model answers as part of the revision experience.

Mark schemes and model answers will be published as part of the live revision show.

We have provided students with plenty of writing space in each question, so that they can draft their answers, attempt questions multiple times or write additional information.

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

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

James Simms

1. One physical health benefit when taking part in exercise is reducing the chance of obesity. State **two** other physical benefits.

(2 marks)

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2. One emotional health benefit when taking part in exercise is stress relief.
State **two** other emotional benefits.

(2 marks)

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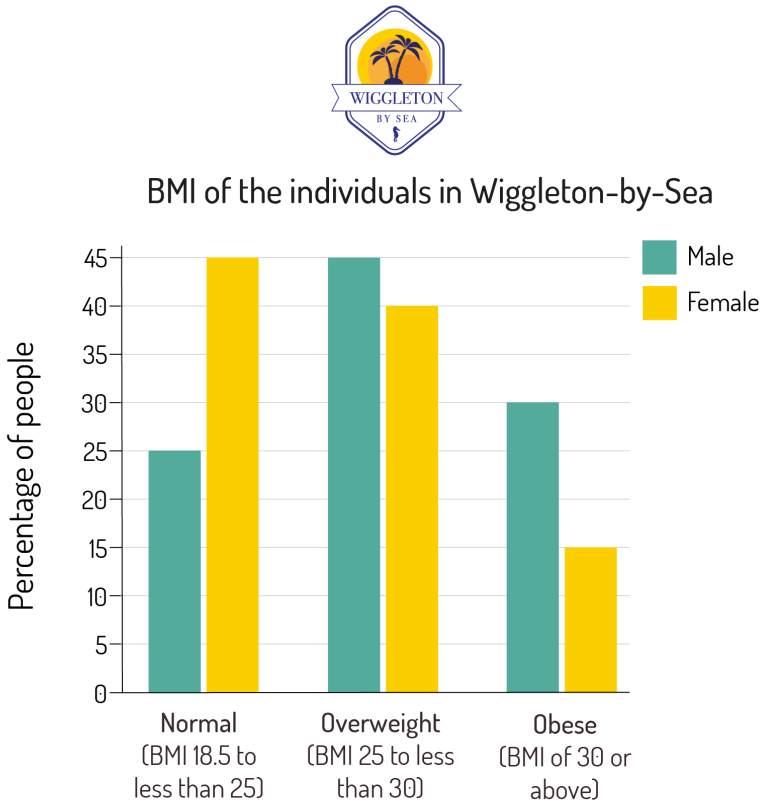
3. The graph shows the Body Mass Index (BMI) of adults in Wiggleton-by-Sea.
Analyse the graph and make comparisons between males and females.

(3 marks)



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4. Osteoporosis is a medical condition that leads to fragile bones.
Suggest one activity that would reduce the risk of osteoporosis and **justify** your choice.

(2 marks)

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5. Using a named mineral in your answer, explain why mineral intake is important for sports performance.

(3 marks)

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6. Exlain why a power athlete must use protein supplementation **at the right time** in their diet.

(3 marks)

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7. Max is a professional weightlifter and is considering his diet for next season's competitions. Evaluate the need for Max to consume a balanced diet.

(9 marks)

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8. This table includes details of the orgnanisational continuum.
Describe high organisation **and** provide **two** different sporting examples of high organisational skills.

(3 marks)

Level of organisation (High/Low)	Description	Sporting examples
Low organisation	Can be broken down into subroutines	• Front crawl stroke • Dance routine
High organisation	?	?

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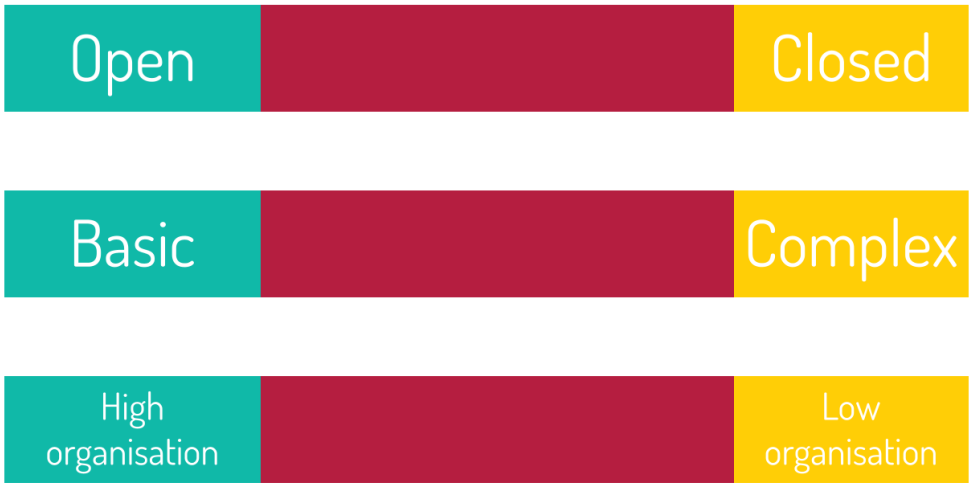
9. This image shows all three skill continua.
Justify the position of a javelin throw on **two** of the continua.

(4 marks)



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10. This table includes details of the orgnanisational continuum.
State the terms that should replace **A and B** in the image.

(2 marks)

Level of organisation (High/Low)	Description	Sporting examples
A	Can be broken down into subroutines	• Front crawl stroke • Dance routine
B	Cannot be broken down into subroutines	• Long jump • Golf swing

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11. A badminton player and his coach aim to improve his shots by 5%.
Explain how they could use the SMART principle to improve his goal.

(4 marks)

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12. A junior shot-putter decides she wants to set a goal of throwing an additional 2m on average. Explain how she could use the SMART principle to improve her goal.

(4 marks)

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13. This image shows a player performing a volleyball spike.
Explain why concurrent feedback is not suitable for this performance.

(2 marks)

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14. Justify the following statement.
Extrinsic is the most important type of feedback for beginners in sport.

(4 marks)

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15. Gender and age are two factors that affect engagement patterns in physical activity. Identify three others.

(3 marks)

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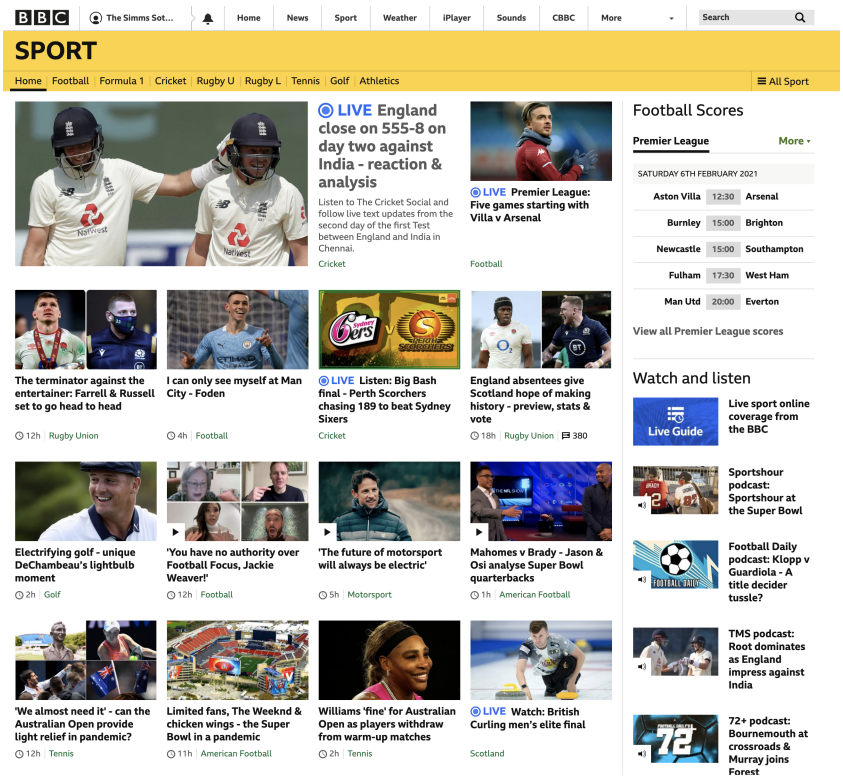
16. According to a study in 2021, the BBC Sport homepage featured images of male performers 17 times more frequently than female performers.
Explain how media coverage might affect female participation in sport and physical activity.

(4 marks)



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17. Explain how a company benefits from sponsoring a sport.

(4 marks)

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18. Using an example of deviant behaviour in your answer, describe the consequences of an elite performer displaying deviance.

(4 marks)

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