



National Mock Exams 2023

POWERED BY ExamSimulator

AQA A-level 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 A-level 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: 10th of May, 17:00-18:30

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.



Subject	Physical Education
Course	AQA Linear GCE PE
Time allowed	2 hours

First name	
Last name	
Class	
Teacher	

Title	AQA A-level PE Paper 1 - National Mock Exam 2023
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Guidance	<ul style="list-style-type: none">• This paper is marked out of 105 marks.• You have 2 hours (plus additional time for those who have Exam Access Arrangements).• Answer all questions.• A calculator is permitted for this exam.• This paper contains three 8-mark and three 15-mark questions.• Good luck.
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Total marks	105
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Section A : Applied Anatomy and Physiology

1. Look closely at this image.
Which of the following occurs during cardiovascular drift?

A Increased venous return

B Decreased viscosity of the blood

C Decreased venous return

D Increased stroke volume

Marks: [1]

2. During proprioceptive neuromuscular facilitation (PNF) training, the level of muscular tension is detected by a specialised cell. Which specialised cell?

A Golgi tendon organ

B Acetylcholine

C Motor neurone

D Synapse

Marks: [1]

3. Describe Starling's law of the heart during a warm-up.

Marks: [3]

5. Analyse the role of EPOC following a 400m sprint race.

Marks: [3]

A series of 20 horizontal dashed lines for writing.

Section B : Skill Acquisition

8. Which of the following is an accurate example of **bilateral** transfer in football?

A Jumping for a header

B Playing in two positions

C Throw-in from both sides of the pitch

D Passing with both feet

Marks: [1]

9. Which of the following is an example of knowledge of results feedback in netball.



The centre pass led to a goal 12 times in the quarter.



The distribution of the pass from the centre was accurate and with good pace.



We did not convert enough of our interceptions.



The interceptions showed really good elevation and timing.

Marks: [1]

10. Describe insight learning.

Marks: [3]

11. Define manual guidance.
Give a sporting example of the use of manual guidance.

Marks: [2]

12. Explain how chunking can be used to improve information processing by a handball player.

Marks: [2]

13. Evaluate the use of progressive part practice for a rock climber.

Marks: [3]

A series of 20 horizontal dashed lines for writing.

Section C : Sport and Society

16. Look closely at this image.
Which of the following is a **social** benefit of increasing participation in regular exercise?



Catharsis



Hypertrophy of the heart



Reduced anxiety



Collaboration with others

Marks: [1]

17. Look closely at this image.
Which of the following led to the emergence of more elite female football performers?



Increased proportion of UK society are female



Increased media coverage of women's football



Increased popularity of men's football



Decreased funding in men's football

Marks: [1]

18. State **three** characteristics of real tennis.

Marks: [3]

19. Explain how secondary socialisation can **lower** participation levels in female sport.

Marks: [3]

20. Define discrimination.

Marks: [1]

A series of 20 horizontal dashed lines for writing.

