



National Mock Exams 2023

POWERED BY ExamSimulator

AQA A-level PE – Paper 2

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 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.

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

- Mark scheme: 1st of March
- Model answers: 28th of April
- Revision: 25th 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 Physiological Factors |
| Time allowed | 2 hours |

| | |
|-------------------|--|
| First name | |
| Last name | |
| Class | |
| Teacher | |

| | |
|--------------|--|
| Title | AQA A-level PE Paper 2 - National Mock Exam 2023 |
|--------------|--|

| | |
|-----------------|--|
| 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 question.• Good luck. |
|-----------------|--|

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| Total marks | 105 |
|--------------------|-----|

Section A : Exercise Physiology and Biomechanical Movement

1. Look at the image closely.
Which of the following is an example of an acute injury in basketball?

- A** A hamstring tear from sprinting up the court
- B** Stress fracture in the tibia from lots of rebounding
- C** Tennis elbow from lots of shooting practice
- D** Achilles tendinitis from impact of landing

Marks: [1]

2. Look at the image closely.
Which of the following is an accurate description of mechanical disadvantage?

A Load arm is shorter than the effort arm.

B Load arm is longer than the effort arm.

C Load arm is the same length as the effort arm.

D Load arm is located near the effort.

Marks: [1]

3. State **two** factors which can affect the stability of a rugby player.



Marks: [2]

4. Define the terms moment of inertia **and** angular velocity.

Marks: [2]

5. Define Newton's first law of angular motion.
Give a sporting example.

Marks: [2]

6. A table tennis ball has been struck with backspin and is rotating at a rate of 120 revolutions per second.
Calculate the total revolutions that the ball will make if it travels through the air for 3 seconds before landing on the table.

Marks: [1]

7. Evaluate the suitability of Fartlek training for a football player.

Marks: [3]

8. Analyse how impulse affects the performance of a 100m sprinter.



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Marks: [8]

A series of 20 horizontal dashed lines for writing.

A series of 25 horizontal dashed lines for writing.

Marks: [15]

Section B : Sport Psychology

10. Look at the image closely.
Which of the following is an example of tangible motivation?



Praise from the coach



Drive from within



Medal from the coach



Sense of accomplishment

Marks: [1]

11. Look at the image closely.
Which of the following is an example of a process goal for a hockey player?



To achieve three clean tackles in the first half



To improve the back lift of the stick when hitting the ball



To convert at least one short corner into a goal



To alter the pass from using the right and left side of the pitch

Marks: [1]

12. Describe the frustration-aggression theory of aggression.

Marks: [4]

13. Explain how social loafing can lead to poor performance in netball.

Marks: [3]

14. Discuss the use of an autocratic leadership style when coaching beginners in rock climbing.

Marks: [3]

15. Evaluate the use of breathing control **and** progressive muscular relaxation to manage stress before a 10m platform dive.

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Marks: [8]

16. A swim relay coach must select four swimmers from a squad of seven to compete at a gala. Analyse the role that Tuckman's model of group formation could have in helping the coach choose the best team.

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Section C : Sport and Society and The Role of Technology

17. Look at the image closely.
Which of the following is the correct description of subjective data?

- A** Feelings and opinions
- B** Numerical data
- C** Factual information
- D** Measurable data

Marks: [1]

18. Look at the image closely.
Which of the following is a side effect of an athlete taking EPO?

- A Increased aggression
- B Increased paranoia
- C Increased testosterone
- D Increased blood viscosity

Marks: [1]

19. National governing bodies (NGBs) invest money into deprived areas to increase participation in sport and physical activity.
State **three** other functions of NGBs.

Marks: [3]

20. Define positive deviance.

Marks: [1]

21. Give **three** examples of positive deviance in relation to a performer in sport.

Marks: [3]

22. A television match official is a common feature of elite rugby.
Evaluate the use of the technology on a **spectator** in rugby.

Marks: [3]

Elite long jumpers are explosive athletes.

23.

Evaluate the use of anabolic steroids to maximise jumping performance. Refer to muscle fibres in your answer.

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Marks: [8]

24. Technology is used to modernise sporting equipment and facilities.
Evaluate the impact of hi-tech equipment **and** facilities on sport **performers**.



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Lined area for writing answers.

Marks: [15]

END OF QUESTIONS