# 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*

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

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

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

| | • This paper is marked out of 78 marks. |
| --- | --- |
| | • You have 75 minutes (plus additional time for those who have Exam Access Arrangements). |
| | • Answer all questions. |
| Guidance | • A calculator is permitted for this exam. |
| | • This paper contains a 6-mark question and a 9-mark question. |
| | • Good luck. |
| | |

| 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?

**A** 100m sprinter

**B** Gymnast performing a vault

**C** 10m-platform high diver

**D** 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 occuring at the knee in position A.



A



B

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Marks: [1]

This image shows the performance of a deadlift.

9. Identify *both* the **agonist** and the **antagonist** at the knee when the performer moves from position A to position B.



A



B

Marks: [2]

10. This image shows the performance of a deadlift.
Identify the type of muscle contraction occuring 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.



Name: Janice
Age: 20
Training zone: Anaerobic

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Marks: [3]

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



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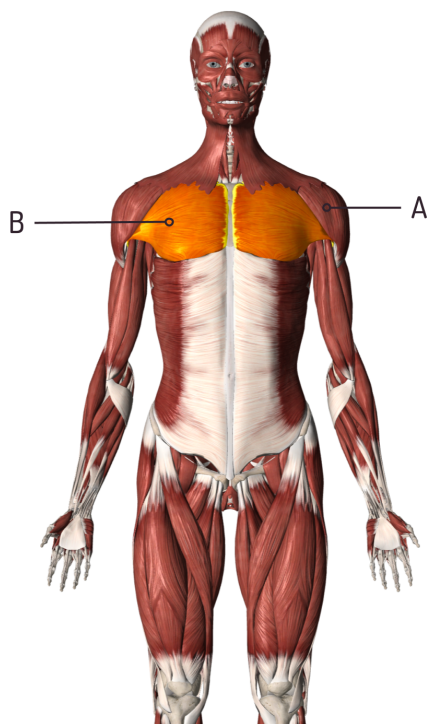
Marks: [2]

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]

17. Describe the role of cartilage in a joint.

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Marks: [2]

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

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Marks: [4]

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]

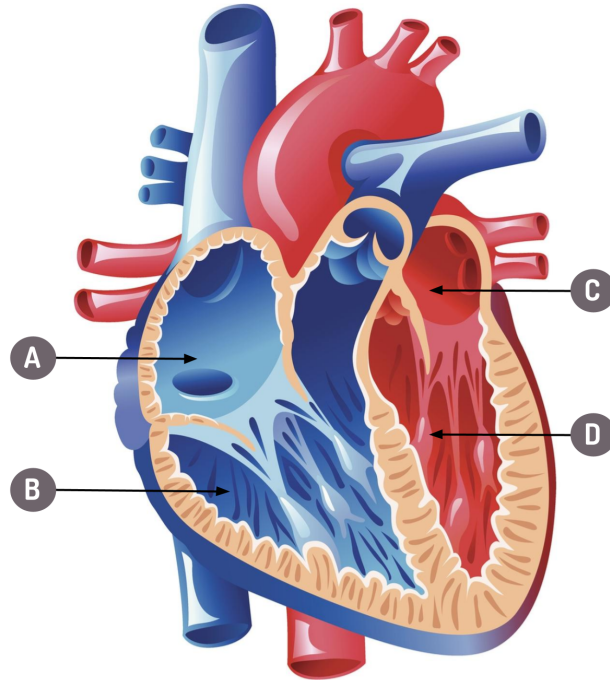22. Discuss the use of an ice bath when recovering from sport.

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.
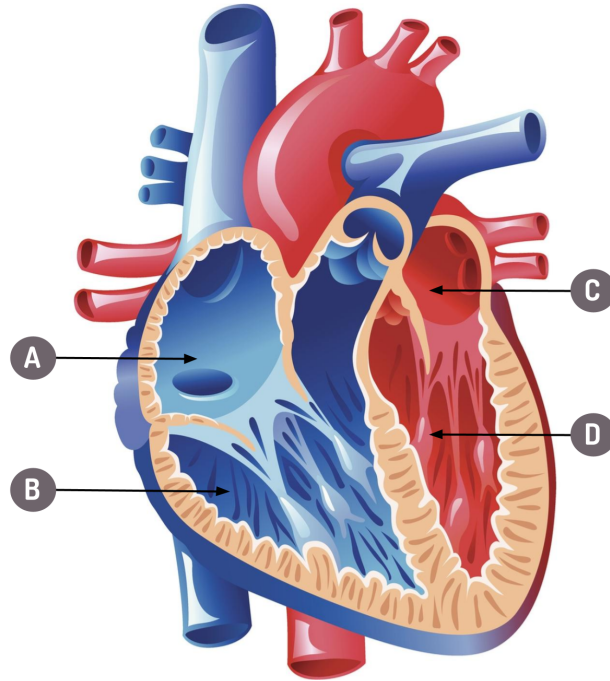


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Marks: [2]

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



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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]

Look at the data closely.

26. 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 |



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 |

Marks: [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.

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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.



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END OF QUESTIONS