



National Mock Exams 2023

POWERED BY ExamSimulator

AQA GCSE 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 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.

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

- Mark scheme: 1st of March
- Model answers: 28th of April
- Revision: 23rd 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 GCSE PE
Time allowed	1 hour 15 minutes

First name	
Last name	
Class	
Teacher	

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

Guidance	<ul style="list-style-type: none">• 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.• A calculator is permitted for this exam.• This paper contains both a 6-mark and a 9-mark question.• Good luck.
----------	--

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

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



Ectomorph



Mesomorph



Endomorph



None of these options

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

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

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."

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

Marks: [1]

6. Outline manual guidance.

Marks: [1]

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

Marks: [2]

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

Marks: [3]

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

Marks: [4]

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

Marks: [2]

11. Define commercialisation in sport.

Marks: [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.

Marks: [4]

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

Marks: [3]

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

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.

Marks: [3]

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



Marks: [2]

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



Marks: [3]

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



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.



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.



Marks: [3]

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



Marks: [4]

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

Marks: [4]

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

Marks: [3]

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



Marks: [4]

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

Marks: [6]

A series of 20 horizontal dashed lines for writing.

