



# National Mock Exams 2023

POWERED BY ExamSimulator

## Edexcel 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 Edexcel 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, 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.





<b>Subject</b>	Physical Education
<b>Course</b>	Edexcel GCSE PE 9-1
<b>Time allowed</b>	1 hour 30 minutes

<b>First name</b>	
<b>Last name</b>	
<b>Class</b>	
<b>Teacher</b>	

<b>Title</b>	Edexcel GCSE PE 9-1 Paper 1 National Mock Exam 2023
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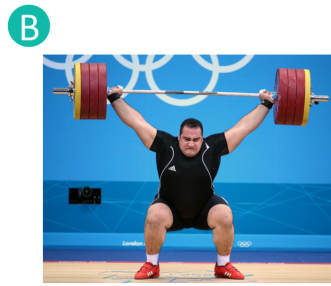
<b>Guidance</b>	<ul style="list-style-type: none"><li>• This paper is marked out of 80 marks.</li><li>• You have 90 minutes (plus additional time for those who have Exam Access Arrangements).</li><li>• Answer all questions.</li><li>• A calculator is permitted for this exam.</li><li>• This paper contains a 9-mark question.</li><li>• Good luck.</li></ul>
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<b>Total marks</b>	80
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1. Which of the following sport performers relies the most on aerobic respiration?



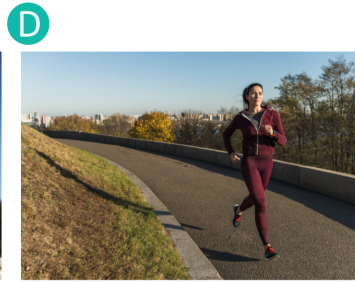
Sprinter



Weightlifter



Long jumper



Middle-distance runner

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Marks: [1]

2. Which of the following is a function of platelets?

**A** To suspend other cells in the blood

**B** To fight infection

**C** To transport oxygen to the muscles

**D** To clot the blood when exposed to the air

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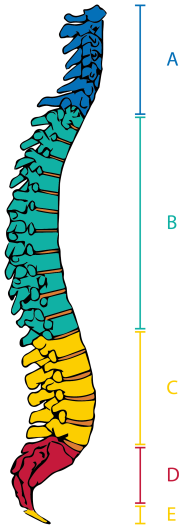
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Marks: [1]

3. Which letter represents the cervical vertebrae in this image?

The vertebral column



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Marks: [1]

4. Identify the lever system operating when the elbow extends when throwing a ball.

**A** 1st class lever

**B** 2nd class lever

**C** 3rd class lever

**D** 4th class lever

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Marks: [1]

5. Explain how arteries are able to supply greater volumes of blood to the muscles during exercise.

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Marks: [4]



6. The image shows a vertical jump. Analyse the movement at the knee joint when moving from position A to B.



Joint type	Movement	Plane
<input type="text" value="A"/>	<input type="text" value="B"/>	<input type="text" value="C"/>

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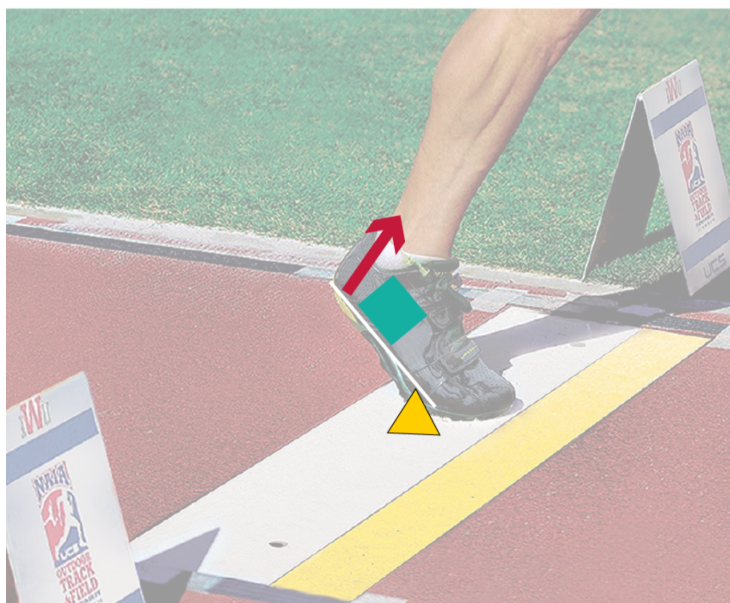
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Marks: [3]

7. The image shows an athlete in a take-off phase for the long jump. Analyse the lever system at the ankle during the take-off.



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Marks: [3]







11. Involuntary muscles are not under conscious control. Identify **two** locations of involuntary muscles.

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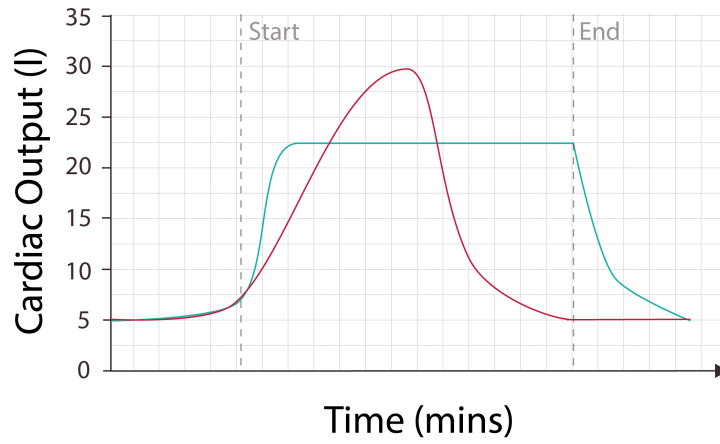
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Marks: [2]

12. Look closely at this image.  
Identify **both** the resting cardiac output of the performers **and** the difference in maximal cardiac output between the performers.

### Graphical Representation of Cardiac Output



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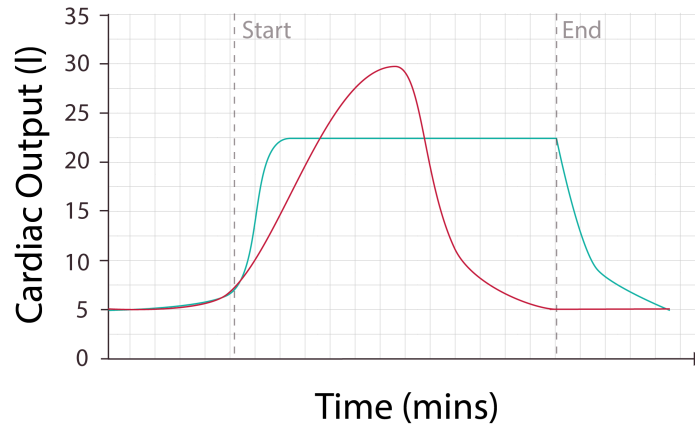
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Marks: [2]

13. Look closely at this image.  
State one sporting performer that could be represented by the red curve. Justify your answer.

### Graphical Representation of Cardiac Output



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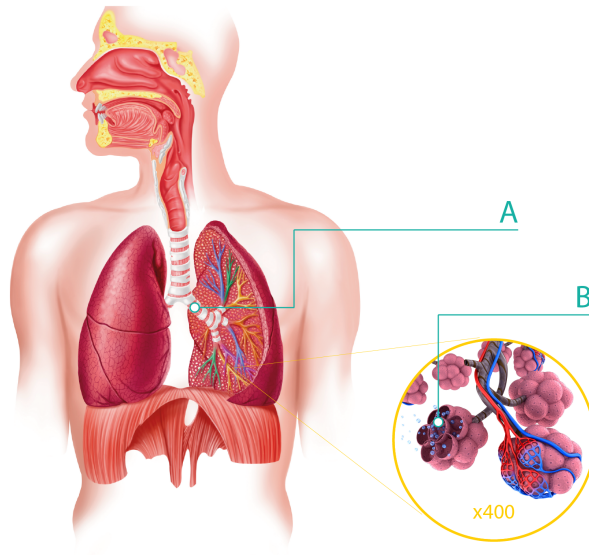
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Marks: [2]



14. Look at the image closely.  
Identify the respiratory components A **and** B.



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Marks: [2]

15. State **three** features of the alveoli that enable them for gas exchange.

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Marks: [3]

16. Explain **one** benefit of fat as a fuel source for a triathlete.



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Marks: [3]

17. A boxer is trying to get lighter in order to make weight before a bout. Which performance-enhancing drug might they be tempted to use?

**A** Peptide hormones

**B** Diuretic

**C** Stimulants

**D** Beta blockers

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Marks: [1]

18. Which of the following is a long-term training effect on the musculoskeletal system?

- A** Increased resting stroke volume
- B** Increased capillarisation
- C** Increased strength of ligaments
- D** Increased number of red blood cells

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Marks: [1]

19. Which of the following is the correct aerobic target training zone?

**A** 60% to 70% of MaxHR

**B** 60% to 80% of MaxHR

**C** 65% to 90% of MaxHR

**D** 80% to 90% of MaxHR

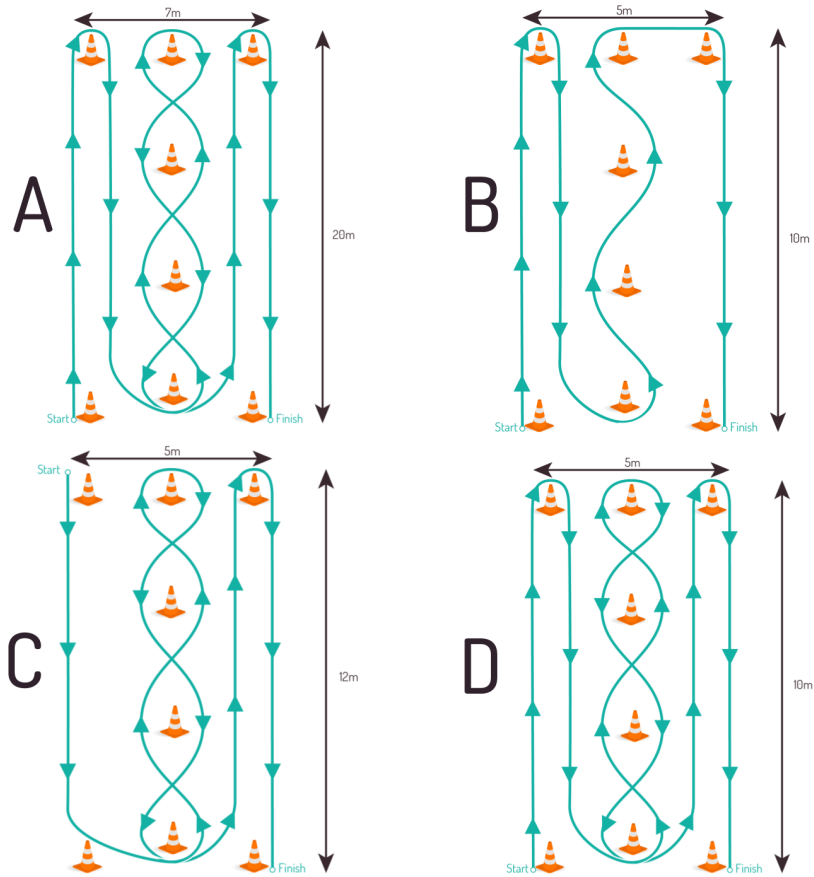
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Marks: [1]

20. Which of the following images accurately represents the course for the Illinois agility test?



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Marks: [1]

21. Assess the importance of power **and** coordination for a gymnast during a floor routine.

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Marks: [6]

22. Define the term health.

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Marks: [1]



23. Give **one** example of a football player demonstrating good reaction time.

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Marks: [1]

24. Describe continuous training.

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Marks: [2]

25. Ella has conducted a six-week plyometrics training programme and she completed fitness testing before week 1 and after week 6.  
Analyse the data provided in the image in relation to all of the fitness tests.

Fitness test	Before week 1	After week 6
30m sprint	5.12 seconds	4.98 seconds
Vertical jump test	37cm	39cm
Sit and reach test	3cm	3cm

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Marks: [3]

26. Justify the importance of a warm-up for plyometric training.

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Marks: [2]

27. Explain how a cool-down can make Ella's training sessions more effective.

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Marks: [3]

28. Using an example, explain how **one** injury prevention method could help Ella complete six weeks of plyometric training without injury.

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Marks: [3]

29. State **two** reasons to complete a PAR-Q.

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Marks: [2]

30. The principles of training are used by athletes who want to make their training effective. Justify the importance of **both** individual differences **and** training thresholds to improve fitness levels.

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Marks: [4]



