



# National Mock Exams 2023

POWERED BY ExamSimulator

## Edexcel 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 Edexcel 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, 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.





<b>Subject</b>	<b>Physical Education</b>
<b>Course</b>	<b>Edexcel GCSE PE 9-1</b>
<b>Time allowed</b>	<b>1 hour 15 minutes</b>

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

<b>Title</b>	<b>Edexcel GCSE PE 9-1 Paper 2 National Mock Exam 2023</b>
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<b>Guidance</b>	<ul style="list-style-type: none"><li>• This paper is marked out of 60 marks.</li><li>• You have 75 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>	<b>60</b>
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1. Which of the following sports performers is most likely to have a larger proportion of protein in their diet?

A



Weightlifter

B



Marathon runner

C



Rower

D



Triathlete

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Marks: [1]



2. Which of the following is a possible consequence of a sedentary lifestyle?



Increased bone strength



Increased muscle tone



Increased risk of osteoporosis



Increased red blood cell count

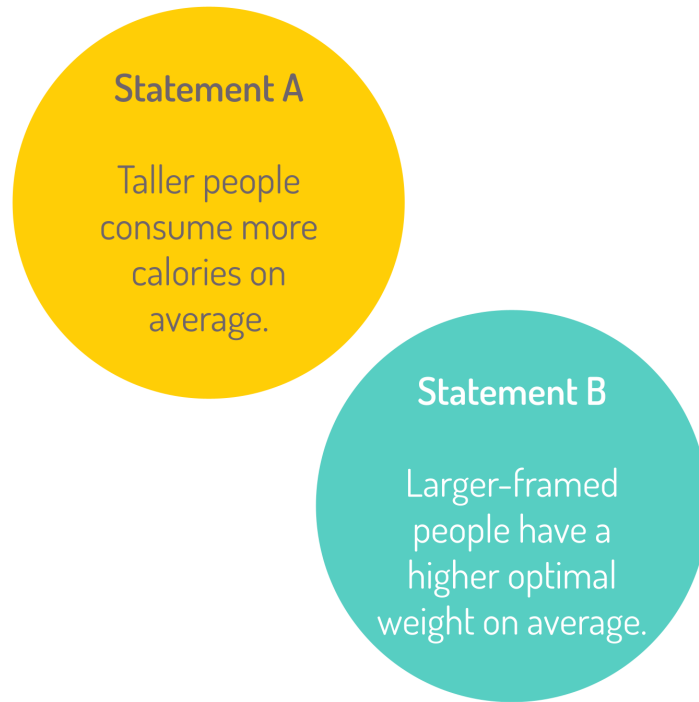
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Marks: [1]

3. Look closely at the image.  
Which **two** factors affecting optimum weight are being described in statement A **and** statement B?



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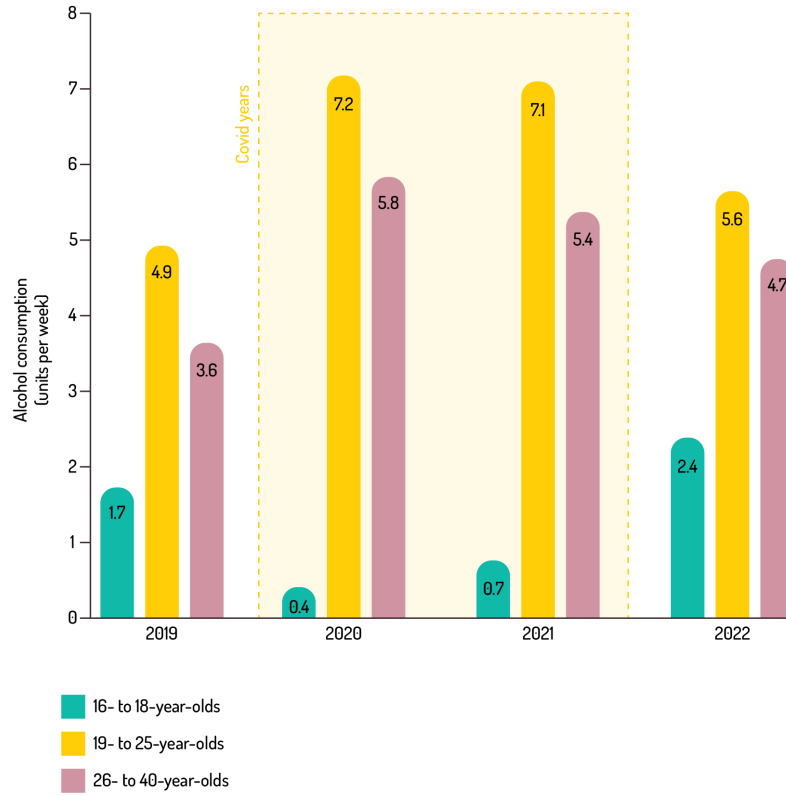
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Marks: [2]



5. Look closely at the data in the image.  
Give **one** reason why the data for alcohol consumption for 16-to 18-year-olds may not be reliable.



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Marks: [1]

6. Jackie has returned to playing netball in her 40s and is making new friends at her club. Explain **two** further social health benefits of being part of a netball team.



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Marks: [6]

7. Milk is rich in calcium.  
Explain **one** way in which a calcium-rich diet can positively impact sports performance.

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Marks: [3]

8. Which of the following is an accurate description of commercialisation?



Sport shown on the TV



Sport used as a commodity for profit



Sport where athletes get paid



Sport spectators behaving poorly

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Marks: [1]

9. Which of the following is an example of **manual** guidance in swimming?



A swimmer using a leg float for buoyancy



A swimming teacher using the palm of their hand to keep the swimmer afloat



A swimmer watching a dive start on video



A swimming teacher giving instructions about breaststroke leg kick

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Marks: [1]



10. Look closely at the image.  
Analyse the type of media which has experienced the largest growth between 2018 and 2021.

		Year			
		2018	2019	2020	2021
Popularity of different types of media to witness live sport	TV	51%	50%	41%	38%
	Radio	19%	15%	14%	13%
	Social media	6%	8%	12%	13%
	Live streaming apps	24%	27%	33%	36%

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Marks: [1]

11. Look closely at the image.  
Analyse the type of media which is likely to be the **least** popular in 2022.

		Year			
		2018	2019	2020	2021
Popularity of different types of media to witness live sport	TV	51%	50%	41%	38%
	Radio	19%	15%	14%	13%
	Social media	6%	8%	12%	13%
	Live streaming apps	24%	27%	33%	36%

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Marks: [1]

12. Explain how a professional road cyclist is able to receive **both** concurrent **and** terminal feedback.



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Marks: [4]

13. Evaluate the use of mechanical **and** visual guidance for a beginner in trampolining.

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Marks: [6]

14. State **two** characteristics of a closed skill.

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Marks: [2]

15. Discuss the use of gamesmanship in football.

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Marks: [3]

16. Explain how a person's gender can influence their participation in sport.

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Marks: [4]



18. Assess the use of massed **and** distributed practice when working with a group of beginners in rugby.

A series of horizontal dashed lines providing space for writing an answer to the question above.



A series of 20 horizontal dashed lines for writing.

Marks: [6]



A series of 20 horizontal dashed lines for writing.

A series of 25 horizontal dashed lines for writing answers.

Marks: [9]

END OF QUESTIONS