



National Mock Exams 2023

POWERED BY ExamSimulator

IGCSE PE 9-1 Paper

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 the IGCSE PE Paper 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: 2nd of May, 16:00-17:30

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	IGCSE PE 9-1
Time allowed	1 hour 45 minutes

First name	
Last name	
Class	
Teacher	

Title	IGCSE PE 9-1 National Mock Exam 2023
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Guidance	<ul style="list-style-type: none">• This paper is marked out of 100 marks.• You have 105 minutes (plus additional time for those who have Exam Access Arrangements).• Answer all questions.• A calculator is permitted for this exam.• Good luck.
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Total marks	100
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1. State **two** by-products of **aerobic** respiration.

Marks: [2]

2. Describe the function of carbohydrates **and** protein in a balanced diet.

Marks: [2]

3. Identify **two** locations in the body where glycogen is stored.

Marks: [2]

4. Compare the energy needs of a teenager in Year 10 of secondary school with a young child attending primary school in Year 2.

Marks: [2]

11.

This is an image of a hurdler clearing a barrier.
State the type of joint at the hip.



Marks: [1]

14.

This image shows the performance of a deadlift. Identify the type of movement occurring at the **knee** in position A.

A



B



Marks: [1]

15. This image shows the performance of a deadlift. Identify the **agonist** and the **antagonist** at the knee when the performer moves from position A to position B.

A



B



Marks: [2]

16. This image shows the performance of a deadlift. State the type of **muscle contraction** in the **agonist** at the knee when the performer moves from position A to position B. Describe this muscle contraction.

A



B



Marks: [2]

17.

The deadlift uses the principles of force.
State the meaning of the terms **force** and **mass**.

A

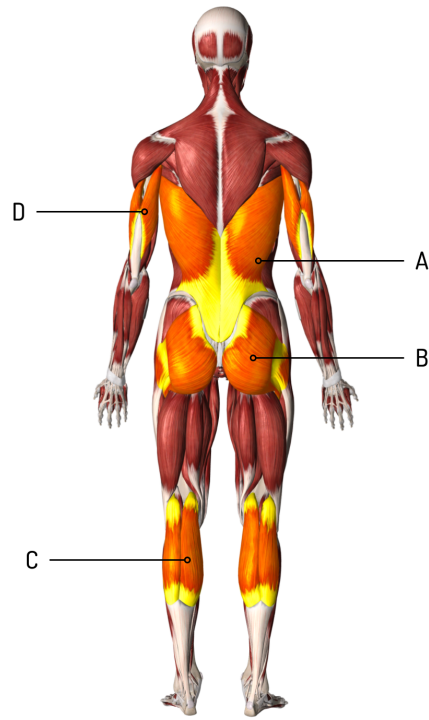


B



Marks: [2]

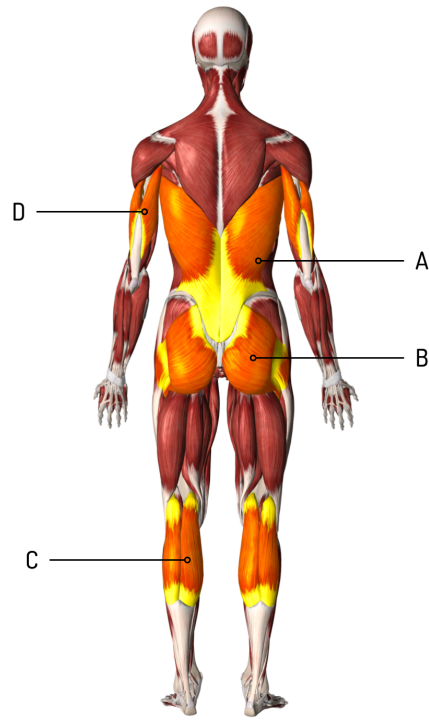
18. Look at the image of the location of muscles in the body. Identify the muscles A **and** B.



Marks: [2]

19.

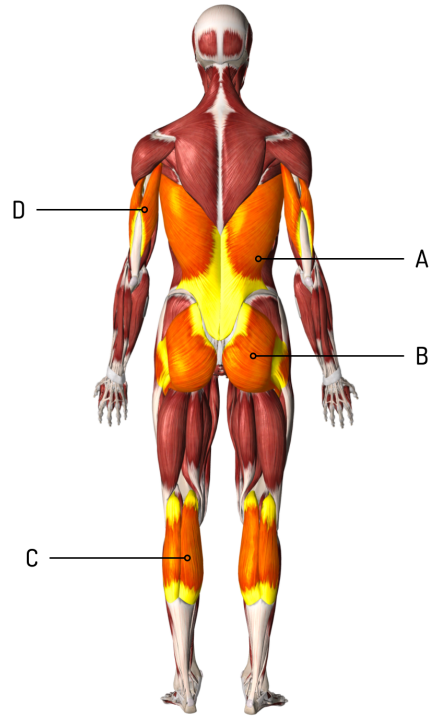
Look at the image of the location of muscles in the body. Identify muscle C **and** describe its role during plantar flexion.



Marks: [2]

20.

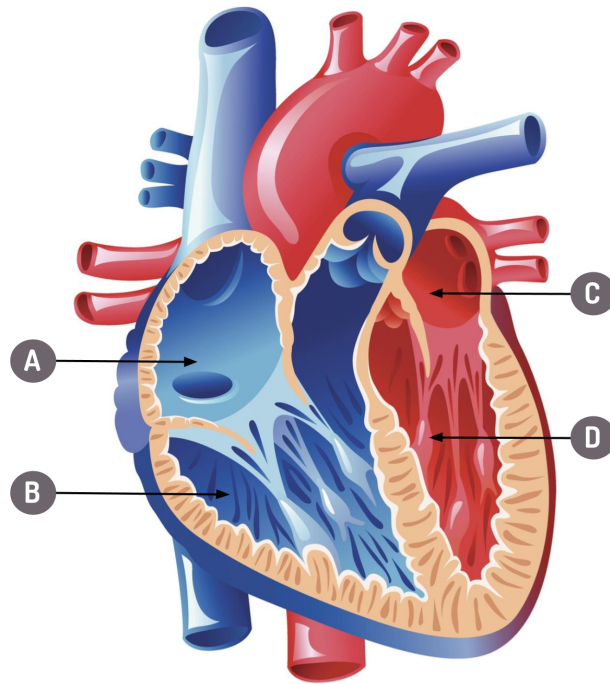
Look at the image of the location of muscles in the body.
Identify muscle D **and** describe one sporting movement where it acts as an agonist.



Marks: [2]

21.

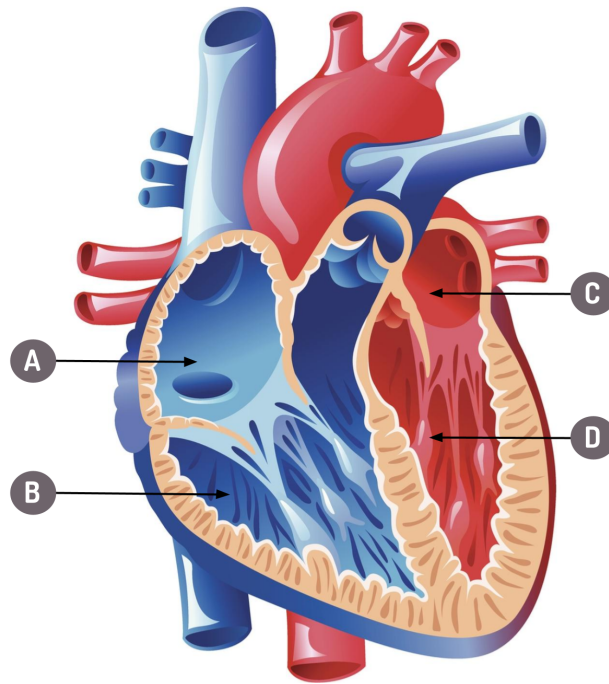
Look closely at this image of the heart.
Identify the heart structures labelled A, B and C.



Marks: [3]

22.

Look closely at this image of the heart.
Describe the role of the heart feature C.



Marks: [2]

23.

Explain the terms cardiac output, stroke volume and heart rate.
Include the units of each value in your answer.

A series of horizontal dashed lines provided for writing the answer.

Marks: [6]

25. Suggest two reasons why **realistic** goals are important for an athlete.

SMARTER Targets

S

M

A Accepted/agreed

R Realistic

T

E

R Recorded

Marks: [2]

28.

Name an open skill from basketball.
Justify your answer.

Marks: [2]

29. The image shows an athlete training at altitude. Suggest **one** reason why an athlete will complete their training at altitude.



Marks: [1]

30. State which level of the performance from the sports development pyramid is **most likely** if an athlete is taking part in altitude training.

Marks: [1]

32.

If an athlete has an aim to increase aerobic fitness, describe an alternative training method to altitude training.

Marks: [2]

33.

State **two** types of media coverage.

Marks: [2]

34. Describe **three** disadvantages of performance-enhancing drugs in **sport**.

Marks: [3]

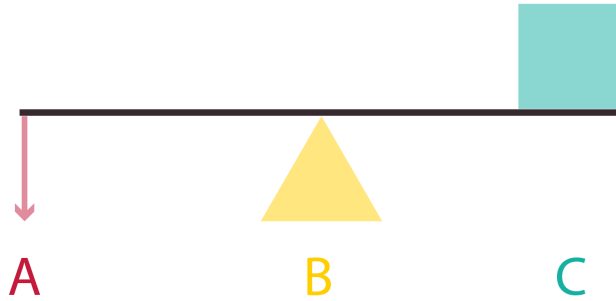
35. State which class of lever is operating at the ankle during plantar flexion.

Marks: [1]

36.

Look at the image of a first class lever system.
Identify features A, B and C.

Levers



Marks: [3]

37. Describe **two** features of social health and well-being.

Marks: [2]

38. Explain **three** different factors that might influence an individual's access to sport in their leisure time.

Marks: [3]

END OF QUESTIONS