National Mock Exams 2023

POWERED BY **ExamSimulator**

OCR A-level 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 OCR A-level PE Paper 2 2023
- 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: 25th 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

The EverLearner

Subject	Physical Education
Course	OCR Linear GCE PE Psychological Factors
Time allowed	1 hour

First name	
Last name	
Class	
Teacher	

Title	OCR A-level (H555) Paper 2 National Mock Exam 2023

Guidance	• This paper is marked out of 60 marks. • You have 60 minutes (plus additional time for those who have Exam Access Arrangements). • Answer all questions. • A calculator is permitted for this exam. • This paper contains one 10-mark question. • Good luck.

Total marks	60

1. Identify **two** factors affecting the formation of a negative attitude to physical activity.

_____

_____

_____

_____

_____

_____

Marks: [2]

2.   Look at the image closely.
Identify **two types** of feedback that are being used.

_____

_____

_____

_____

_____

_____

Marks: [2]

3. Identify **two somatic** stress management techniques.

_____

_____

_____

_____

_____

_____

Marks: [2]

4. Define personality.

_____

_____

_____

_____

_____

_____

Marks: [2]

5. Identify one type of extrinsic motivation.
Suggest one disadvantage of overusing it.

_____

_____

_____

_____

_____

_____

Marks: [2]

6. Classify a racing dive start in swimming on the pacing **and** continunity continua. Justify your answers.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [4]

7. Explain how all four types of guidance can be used for a dive start in swimming.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [4]

8.   Explain how a coach can optimise positive transfer.

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [3]

9.   Analyse Craik and Lockhart's memory processing model.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [4]

10. Describe the role of selective attention in the Atkinson and Schiffren multi-store memory model.

_____

_____

_____

Marks: [1]

11. Evaluate the use of progressive part practice for a rock climber.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [4]

12. Describe the aggressive cue hypothesis of aggression.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [4]

13. Explain why a coach might use goal setting to change a player's aggressive behaviour.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [4]

14. Discuss the use of visualisation as a strategy to prevent social inhibtion.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [4]

15. Justify the use of **two** strategies other than visualisation to prevent social inhibition.

_____

_____

_____

_____

_____

Marks: [2]

16. Look at the image closely.
Identify A, B and C of the Weiner's model.

Weiner's model

		Locus of Causality	
		Internal	External
Stability	Stable	A	B
	Unstable	C	Luck

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [3]

17. Look at the image closely.
State what is defined in the image and explain how this would impact a PE student taking part in swimming lessons for the first time.

A belief that failure is
inevitable

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [3]

A basketball squad has recently been formed but is being out-scored by all opponents.

18.

Explain how a basketball coach can use their knowledge of cognitive learning theory to help the team score more points.
Analyse the coach's use of Tuckman's model of group development in order to select the highest-scoring starting lineup.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [10]

END OF QUESTIONS