



National Mock Exams 2023

POWERED BY ExamSimulator

OCR 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 OCR 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: 4th 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.



Subject	Physical Education
Course	OCR GCSE PE 9-1
Time allowed	1 hour

First name	
Last name	
Class	
Teacher	

Title	OCR GCSE PE 9-1 Paper 1 National Mock Exam 2023
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Guidance	<ul style="list-style-type: none">• 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 a 6-mark question.• Good luck.
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Total marks	60
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1. Other than tackling, give a sporting example of the use of power in rugby.

Marks: [1]

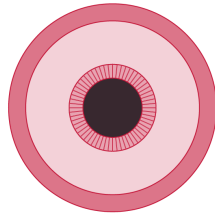
2. Describe a different sporting example of the use of power.

Marks: [1]

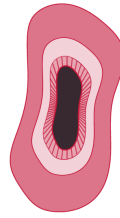
3. Name the fitness test that is used to assess power.

Marks: [1]

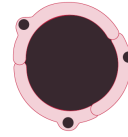
4. This image contains three different types of blood vessels. State which blood vessels contain valves.



Artery



Vein

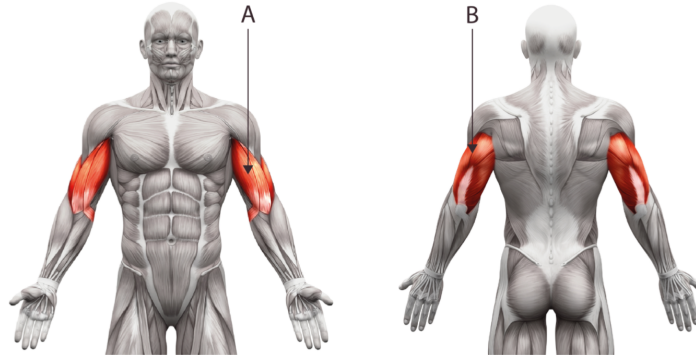


Capillary

Not to scale

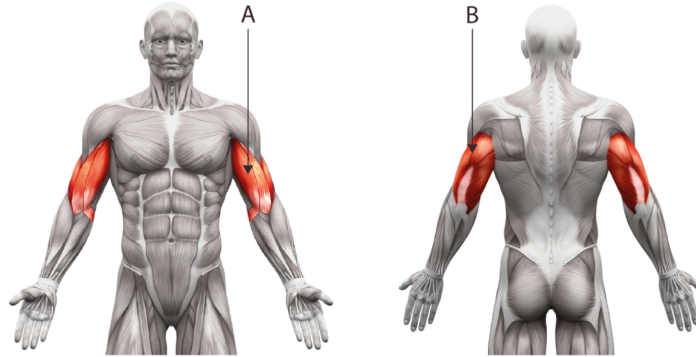
Marks: [1]

5. Look closely at this image.
State which muscle is indicated by letter B.



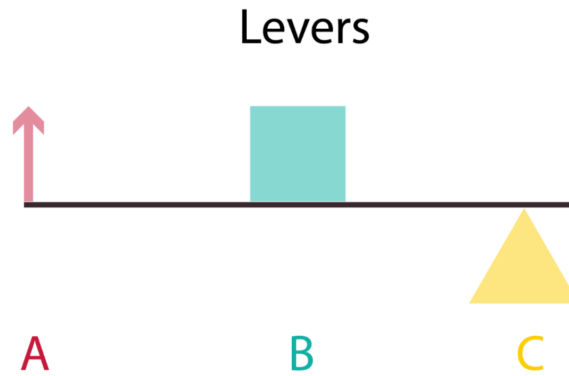
Marks: [1]

6. Look closely at this image. Name **one** sporting movement where muscle B acts as the agonist.



Marks: [1]

7. Look closely at this image.
State which letter represents the correct position of the fulcrum for a 2nd class lever.



Marks: [1]

8. Give a sporting example of a 2nd class lever being used.

Marks: [1]

9. Name a bone that can be found between the knee and ankle joints.

Marks: [1]

10. Define aerobic exercise.

Marks: [1]

11. An uneven playing surface is one potential hazard of doing sport on a playing field. Identify **two** others.

Marks: [2]

12.

Look closely at the image.

Only one option describes how to increase the intensity of weight training. State which one.

- A** Use heavier weights.
- B** Train one more session per week.
- C** Use lighter weights.
- D** Reduce the training session.

Marks: [1]

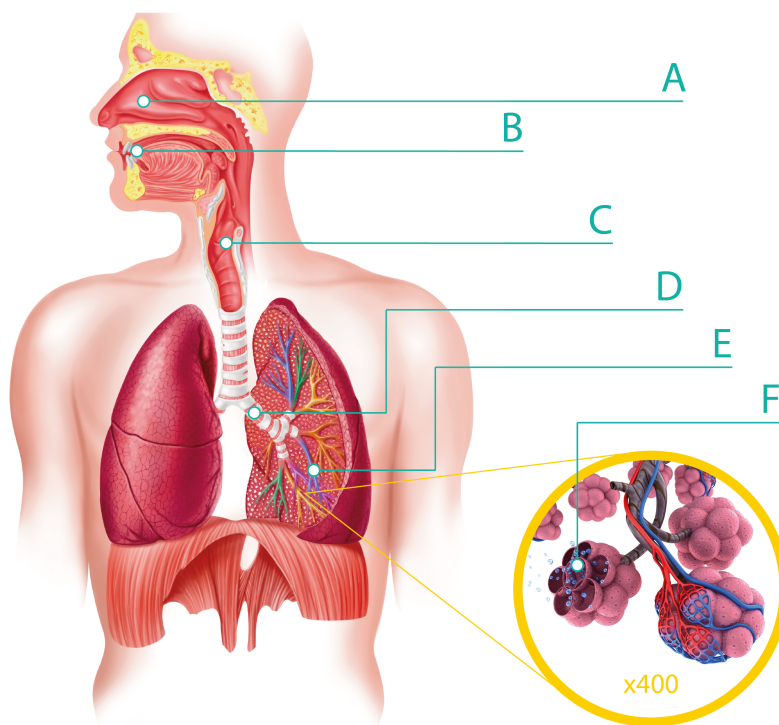
13. Describe the role of red blood cells during a 5km Parkrun.

Marks: [2]

14. Name the blood vessel that transports blood from the right ventricle to the lungs.

Marks: [1]

15. Look closely at this image.
State which letter is pointing at a bronchiole.

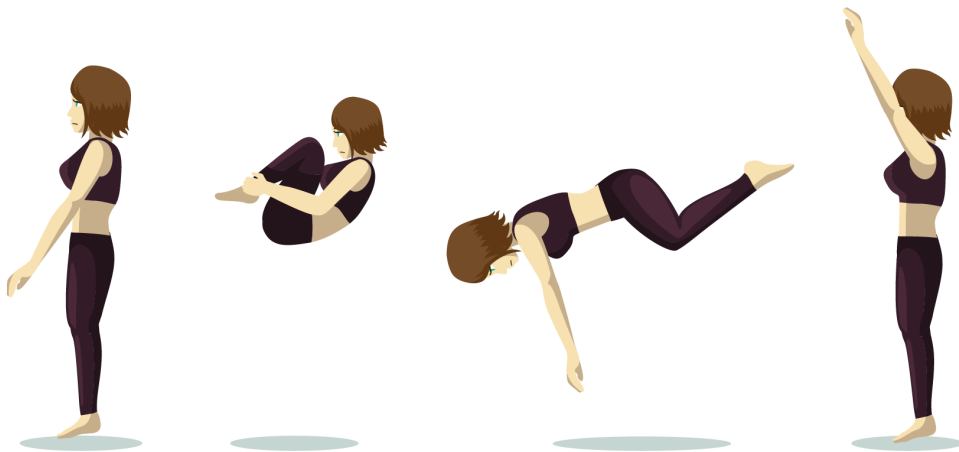


Marks: [1]

16. State which feature of the respiratory system bronchioles lead to when breathing **out**.

Marks: [1]

17. Look closely at the image of the gymnast performing a back somersault. State which words have been replaced by **both** the letter A **and** B.



The gymnast has rotated around the **A** axis and moved along the **B** plane of movement.

Marks: [2]

18. Look closely at this image of an athlete performing a squat. Identify **both** the agonist and the antagonist muscle acting at the knee in the phase **B** of the movement.



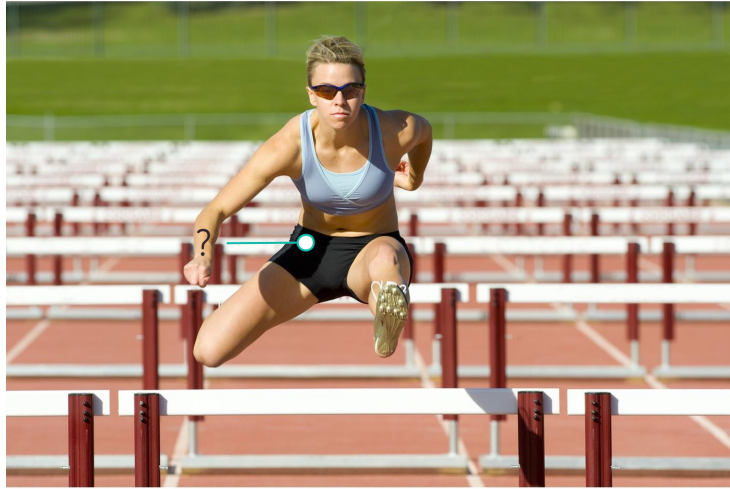
Marks: [2]

19. Look closely at this image of an athlete performing a squat. Name **one** muscle that is acting as a fixator for the movement at the knee in phase B of the movement.



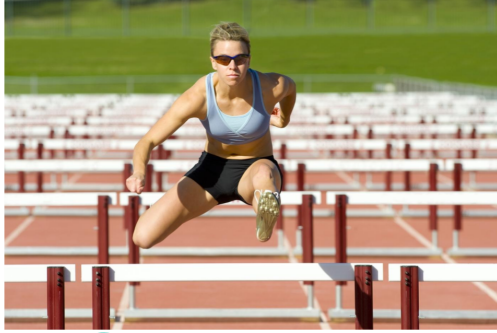
Marks: [1]

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



Marks: [1]

21. Look closely at this image.
State which description is accurate for the **front (lead)** leg.



- A Left hip is abducted.
- B Left hip is extended.
- C Left hip is flexed.
- D Left hip is adducted.

Marks: [1]

22. Look closely at this image.
If Caleb scores 19cm in the sit-and-reach test, state what rating **he** would receive.

Sit-and-reach test

The following table is for 16- to 19-year-olds

Gender	Excellent	Above average	Average	Below average	Poor
Male	>14	14.0 - 11.0	10.9 - 7.0	6.9 - 4.0	< 4
Female	>15	15.0 - 12.0	10.9 - 7.0	6.9 - 4.0	< 4

Data from DAVIS, B. et al. (2000) *Physical Education and the study of sport*, 4th ed. London: Harcourt Publishers.

Marks: [1]

23. During the 2022/23 football season, junior teams in England and Wales were banned from heading the ball as a trial.
Explain how **one** function of the skeleton allows for heading to occur in adult football.

Marks: [2]





24. Describe **three** benefits of an effective warm-up for a football player.

Marks: [3]

25. Using a one-word answer, state what happens to muscle temperature during exercise.

Marks: [1]

26. Look closely at this image.
State which of the options is a long-term effect of training on the **muscular** system.

-  A Increased strength of tendons
-  B Less brittle bones
-  C Increased size of the heart
-  D Bradycardia

Marks: [1]

27. Look closely at this image.
Analyse the data to answer A, B and C on the image.

Tennis player	Tidal volume at rest (litres)	Tidal volume during a long rally (litres)
Ella	0.4	2.9
Jenson	0.6	3.4
Candie	0.5	3.1
Maya	0.4	2.5

- A** The player with the largest tidal volume at rest
- B** The player with the smallest change in tidal volume from rest to exercise
- C** The average (mean) change in tidal volume for all players

Marks: [3]

28. Describe the role of the diaphragm during expiration at rest.

Marks: [2]

29. Long-term training can cause a road cyclist to experience hypertrophy of the heart and capillarisation. Describe the benefit of these two training effects.

Marks: [2]

30. Identify **one** feature of the respiratory system where capillarisation would be a benefit to a performer.

Marks: [1]

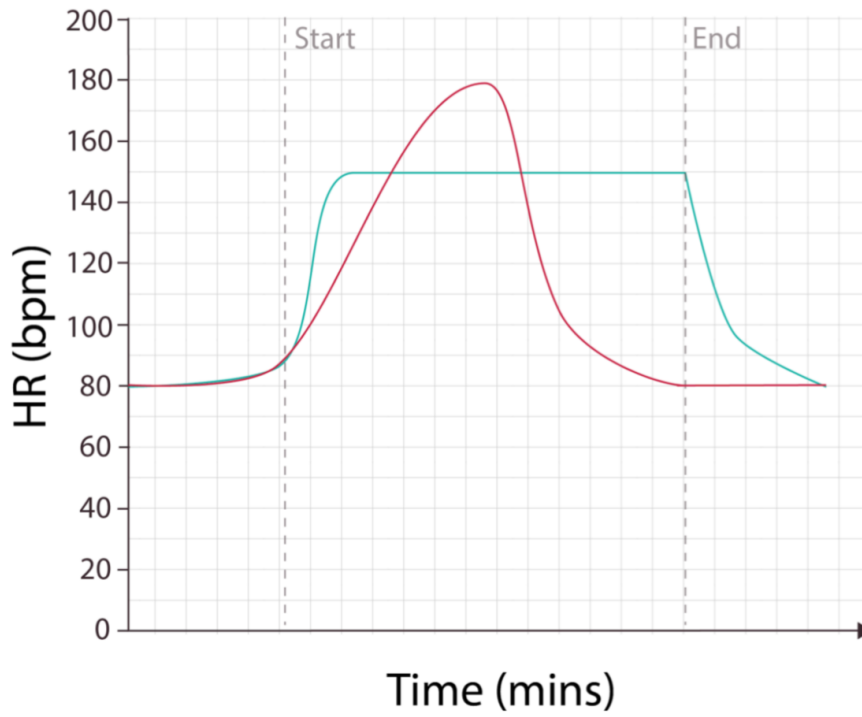
31. A 50m front-crawl swimmer has a personal best time of 33.6s.
State **two** ways in which a build-up of lactic acid might affect their performance.

Marks: [2]

32. During a 50m front-crawl race, greater quantities of blood are delivered to the working muscles.
Identify **one** organ that would receive a smaller **total** quantity of blood during the race.

Marks: [1]

33. Look closely at this image.
Analyse the data to answer A and B on the image.



- A** The resting heart rate of the two performers.
- B** The difference in peak heart rate between the two different performers

Marks: [2]

