



National Mock Exams 2023

POWERED BY ExamSimulator

OCR 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 OCR 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: 24th 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 2 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. Name the performance-enhancing drug that athletes might be tempted to use because it can reduce blood pressure.

Marks: [1]

2. Marissa is a single parent.
Identify **two** ways in which Marissa's family commitments could affect her participation in physical activity.

Marks: [2]

3. Which of the following is an accurate description 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

Marks: [1]

4. State **one** example of gamesmanship in football.

Marks: [1]

5. Describe **three** ways in which **disability sport** can be promoted in order to increase physical activity levels.

Marks: [3]

6. Identify which of the following goals could be considered **measurable** for a 100m sprinter.

A Run the 100m as fast as possible.

B Focus on the leg muscles during training.

C Have a discussion about goals with a coach.

D Improve the reaction time by 0.1 second.

Marks: [1]

7. A sprinter can use imagery to mentally prepare.
Describe **two** other mental preparation techniques that a sprinter could use prior to their race.

Marks: [2]

8. Define health.

Marks: [1]

9. Explain why protein **and** fibre are beneficial to a sports performer.

Marks: [2]

10. True or false? A coach talking to a goal shooter in netball about their shooting accuracy statistics is an example of knowledge of performance.

Marks: [1]

11. This image summarises the consequence of a sedentary lifestyle. Identify the words that should replace A, B and C in the image.

Consequences of a sedentary lifestyle

A consequence	B consequence	C consequence
Loneliness	Type II diabetes	Low self-confidence

Marks: [3]

12. Describe **one** negative impact of a sports performer taking stimulants to enhance performance.

Marks: [1]

13. One characteristic of skillfull movement is efficiency. State **two** others.

Marks: [2]

14. Look closely at this image.
Which of the statements relates to the impact of ethnicity on participation in physical activity?



Parents often struggle to find time to go to the gym.



White athletes are overrepresented in cycling.



Fewer people watched the women's rugby final compared to the men's.



Paralympic TV viewing figures have increased since 2012.

Marks: [1]

15. State **two** organisations which support and encourage participation in sport in the UK.

Marks: [2]

16. Define commercialisation.

Marks: [1]

17. Knowledge of performance is a type of feedback used in sport. Name **two** other types of feedback.

Marks: [2]

18. State the meaning of the 'A' in the SMART principle of goal setting.

Marks: [1]

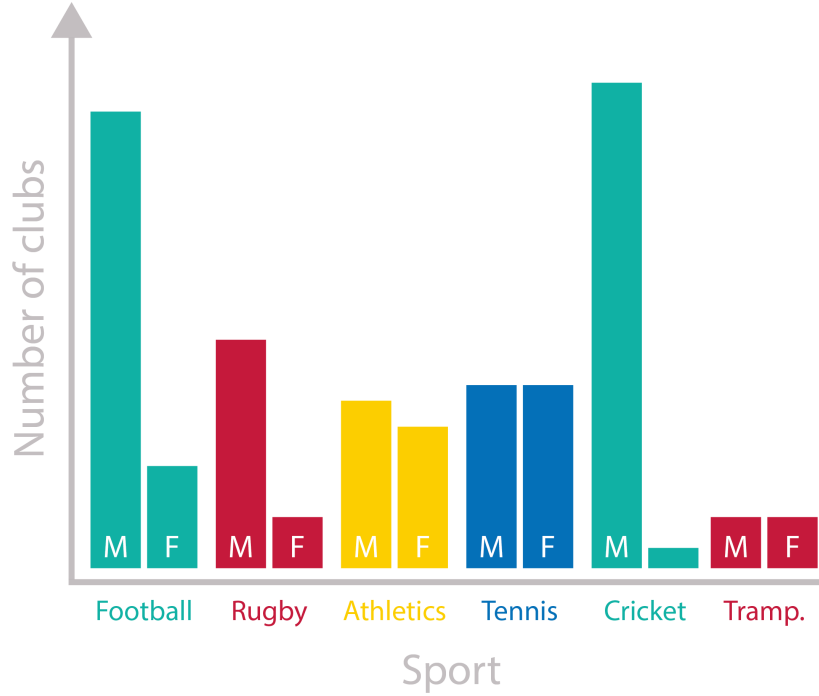
19. Define sportsmanship.

Marks: [1]

20. Look closely at this data.
Assess the **trends** in male and female participation in sport and physical activity.



Wiggleton-by-Sea
Availability of Clubs
(Adult and children)

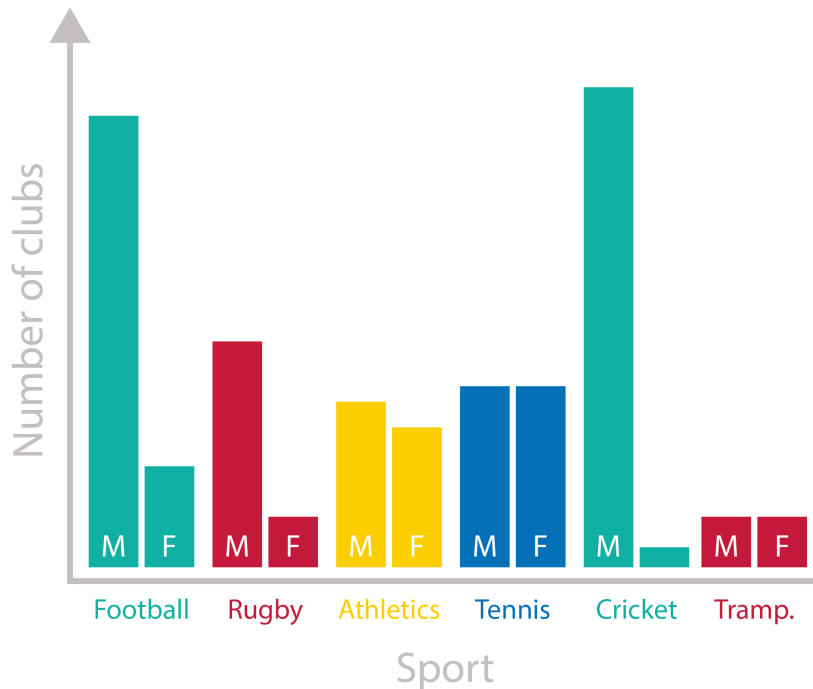


Marks: [3]

21. This data shows the trends in participation for males and females. Suggest two ways to increase female participation in physical activity.



Wiggleton-by-Sea
Availability of Clubs
(Adult and children)



Marks: [2]

22. 78% of adults in the UK work during daytime hours.
Describe **two types of provision** that could increase participation levels for people with daytime working commitments.

Marks: [2]

23. Performance enhancing drug usage can ruin the reputation of athletics.
Explain **three** other negative influences on athletics.

Marks: [3]

24. State **one** side effect of a performer taking anabolic steroids.

Marks: [1]

25. Describe **two** advantages of using selective attention when performing a volleyball serve.

Marks: [2]

26. Explain how a volleyball player can use imagery before a serve.

Marks: [1]

27. Classify a volleyball block on the two continua in the image.
Explain why you have classified the skill this way.



Marks: [4]

28. Describe **both** verbal **and** mechanical guidance.

Marks: [2]

29. Give **three** benefits of physical activity on a participant's social health.

Marks: [3]

30. Explain why **both** minerals **and** fats are important as parts of a balanced diet.

Marks: [2]

31. Explain the reasons why a hockey player may become violent during a match.
Explain why cardiovascular endurance, flexibility and coordination are crucial to a hockey player.
