



National Mock Exams 2023

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WJEC GCSE PE 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 WJEC GCSE PE Paper 2023
- Multiple-choice questions
- Short answer questions
- Extended writing

This paper includes reference to video clips. Please ensure students can access these video clips when sitting this paper.

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, 17:00-18:30

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	WJEC GCSE PE 9-1
Time allowed	2 hours

First name	
Last name	
Class	
Teacher	

Title	WJEC GCSE 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 120 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. Look at the video clip closely.
Explain how boxers use the information processing model to dodge punches.



Marks: [3]

2. Describe the contribution of both aerobic and anaerobic energy during a boxing bout.



Marks: [4]

3. One function of the skeleton is the protection of soft tissues. Identify three other functions of the skeleton.

Marks: [3]

4. Justify the use of plyometrics training for a boxer.



Marks: [4]

5. Identify **two** muscles that act at the knee.

Marks: [1]

6. Explain why a boxing coach might advise her fighters to consume protein after training.



Marks: [3]

7. Exercise such as boxing can prevent hypertension.
Describe hypertension.



Marks: [1]

8. Look at the video clip closely.
Analyse the type of movement occurring at the shoulder and elbow joint as the player strikes the ball with their right arm.



Marks: [2]

9. Identify the plane and axis of movement used by the volleyball player as they land on the ground.



Marks: [2]

10. The volleyball performer is demonstrating skilled performance. Describe the characteristics of this skilled performance.



Marks: [3]

11. Blood pressure rises during a volleyball game.
Identify the **two** measurements given for blood pressure.

Marks: [2]

12. Justify a volleyball spike being classified as a complex and externally paced skill.



Marks: [2]

13. Explain why flexibility, power and balance are important components of fitness for the volleyball spike.



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Marks: [6]

15. Look at the image of Frankie Jones performing a movement in her floor routine. Analyse the image and answer A, B and C.



Shoulder - Type of joint	Ankle - Classification of lever	Elbow - Type of movement
A	B	C

Marks: [3]

16. Skeletal muscles are responsible for Frankie's movement in her routine. Assess the contribution of **two** other types of muscles to Frankie's performance.



Marks: [4]

17. Identify the muscle fibre type used in this movement **and** one function of it.



Marks: [2]

18. Evaluate the types of practice that Frankie and her coach might select to maximise the impact of her training.



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Marks: [6]

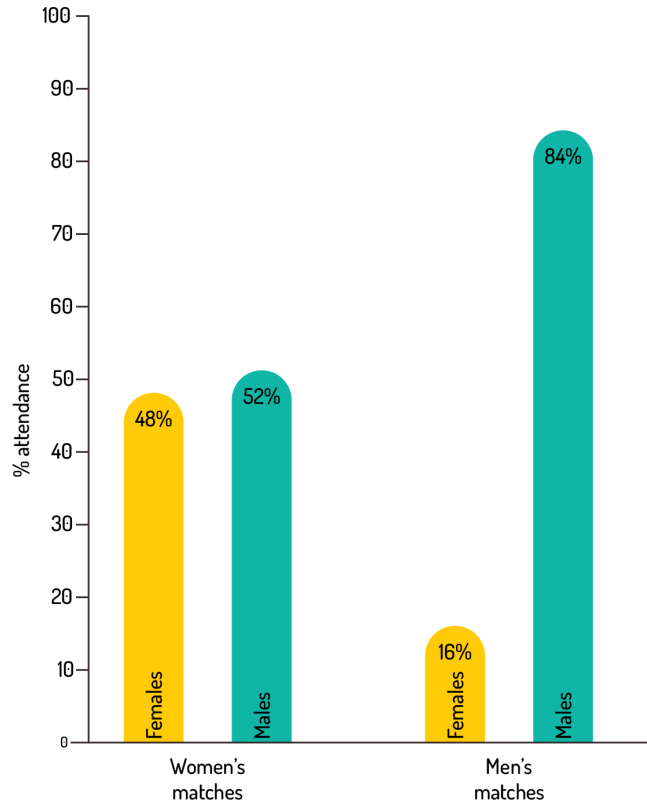
19. Identify **one** mental and **one** social benefit to Frankie of a lifelong involvement in gymnastics.



Marks: [2]

20. Look closely at the data in this image.
Analyse the relationship between gender and football spectatorship in Wales.

Gender attendance statistics for the last competitive fixtures played by women's and men's Welsh international football teams



Marks: [3]

21. Define sportsmanship.

Marks: [1]

22. Explain **two** examples of sportsmanship in football.

Marks: [2]

23. Explain why a strong fan base for Welsh international football might have a positive impact on participation in football in Wales.

Marks: [4]

24. Discuss the use of technology for a football performer.

25. Justify the importance of intrinsic motivation for an elite football performer.

Marks: [3]

26.

Look at the image of the crowd at a World Cup 2022 fixture.
Evaluate the impact of commercialisation on a global event such as a football World Cup.



27. Look at the image closely.
A sprinter requires reaction **and** power to push away from the blocks quickly.
Identify an appropriate test for **both** components of fitness.



Marks: [2]

28. Describe the protocol for the test of power that you provided in the previous answer.



Marks: [3]

29. Explain why the sit-and-reach test might not be a valid test of flexibility for a sprinter.



Marks: [2]

30. Visualisation and imagery are mental preparation techniques. Identify one other technique a sprinter can use before race.



Marks: [1]

31. Justify the use of mental preparation techniques for a sprinter to achieve a fast sprint start.



Marks: [2]

32. A sprinter will use SMART targets to focus attention in training. Identify the M **and** R of SMART principle.



Marks: [2]

33. Explain why a sprinter will use an ice bath at the end of a high intensity training session.



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Marks: [4]

34. Identify **two** long-term adaptations of regular sprint training.



Marks: [2]

END OF QUESTIONS