



# Model Answers

## AQA GCSE PE – Paper 2

### This document contains:

- Model answers for the National Mock Exam questions
- Model examples of extended writing
- Marking for each of the model answers in order to guide teachers and students to credit-worthy elements of the answers

### How should schools use these papers?

These model answers are written to support PE teachers and students review the National Mock Exam 2023 and to prepare for the live revision sessions delivered by James in May 2023. We strongly recommend that students learn these model answers in preparation for the summer exams 2023. The questions posed and the answers provided are based on significant analysis of past papers.

Please, use these model answers in combination with the National Mock Exam paper, mark scheme and the revision session (Tuesday, 23rd May 5.00pm–6.30pm), available in the AQA GCSE PE Revision page:

<https://pages.theeverlearner.com/2023-aqa-gcse-pe-revision>.

All questions are taken from ExamSimulator. Please note, there are hundreds of additional questions on ExamSimulator covering all topics and skills. ExamSimulator is a premium resource available via TheEverLearner.com.

I hope this helps both students and teachers in their exam preparations.

*James Simms*





<b>Subject</b>	Physical Education
<b>Course</b>	AQA GCSE PE
<b>Time allowed</b>	1 hour 15 minutes

<b>First name</b>	
<b>Last name</b>	
<b>Class</b>	Physical Education GCSE
<b>Teacher</b>	

<b>Title</b>	AQA GCSE PE 9-1 Paper 2 National Mock Exam 2023
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<b>Guidance</b>	<ul style="list-style-type: none"><li>• This paper is marked out of 78 marks.</li><li>• You have 75 minutes (plus additional time for those who have Exam Access Arrangements).</li><li>• Answer all questions.</li><li>• A calculator is permitted for this exam.</li><li>• This paper contains both a 6-mark and a 9-mark question.</li><li>• Good luck.</li></ul>
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<b>Total marks</b>	78 / 78 (100%)
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1. Which body type would you associate with wide hips and narrow shoulders?

- A** Ectomorph
- B** Mesomorph
- C** Endomorph
- D** None of these options

1

C - Endomorph.

No comments  
provided.

Marks:[1/1]

2.

Which of the following effects of a sedentary lifestyle most closely relates to mental health and wellbeing?

- A** High blood pressure
- B** Coronary heart disease (CHD)
- C** Unable to work in a team
- D** High stress levels

1

D - High stress levels.

No comments provided.

Marks:[1/1]

3.

An aggressive act taken out on an object not a person.  
Which type of aggression does this describe?

- A** Indirect aggression
- B** Violent aggression
- C** Direct aggression
- D** Timed aggression

1

Indirect aggression.

No comments  
provided.

Marks:[1/1]

4. Identify the example of a volleyball coach giving feedback as knowledge of performance?

- A** "There were a total of 15 successful digs in that set."
- B** "Five smash shots were successful."
- C** "The opposition blocked 8 smash shots."
- D** "Bend your knees during the dig shot."

1

Option D.

No comments provided.

Marks:[1/1]

5. Which of the following sportspeople is mostly likely to use diuretics to enhance performance?

- A** Sprinter
- B** Jockey
- C** Footballer
- D** Rugby player

**1**  
B - Jockey.

No comments provided.

Marks:[1/1]

6. Outline manual guidance.

Manual guidance is moving an individual in a position with **1** physical touch.

No comments provided.

Marks:[1/1]

7. Give **two** different sporting examples of manual guidance in sport and physical activity.

**1** Holding the hand of a trampolinist to guide them through a forward rotation. **4** Holding the upper body of a swimmer to keep them afloat in the water.

**4** Excellent equivalent.

Marks:[2/2]



8. Identify **three** negative features of verbal guidance.

<p>1. Verbal guidance does not provide a mental image of a skill. 2. It is also time consuming. 3. Verbal guidance can also lead to information overload.</p>	No comments provided.
	Marks:[3/3]

9. Evaluate the use of visual guidance in rock climbing.

<p>Visual guidance leads to individuals being able to copy and follow an instructor so they know the route. This can be done by individuals and groups. It can allow them to create a mental image of the skills needed to be able to climb the wall. However, it would be better combined with verbal guidance so the individuals have instruction as well as a visual picture. If the quality of the demonstration is poor, this can lead to a poor replication of the climb technique.</p>	No comments provided.
	Marks:[4/4]

10. Explain how rock climbing is able to improve mental health and wellbeing.

<p>It can lead to catharsis and an improved self - esteem.</p>	No comments provided.
	Marks:[2/2]

11. Define commercialisation in sport.

<p>Commercialisation is the relationship between elite sport, sponsorship and the media in order for all three to make profit.</p>	No comments provided.
	Marks:[1/1]

Television and radio are types of media.

12. State **two** other types of media and explain how they both have a positive impact on a performer in sport.

<p>Google is a type of <b>internet media</b>. This allows performers to <b>search accurately for clubs and activities in the local area</b> to be able to participate in. <b>Twitter is a type of social media</b>. A performer can <b>connect with their fans directly as a positive influence</b>.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

13. Give a sporting example of **clothing** sponsorship and justify the importance of this sponsorship to a performer.

<p>Netball teams can wear the same <b>branded netball dress</b>, such as Kukri. This provides a <b>sense of belonging</b> as a team and means the individuals <b>do not have to worry about what to wear and their image when competing</b>.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

14. State **four** consequences of a sedentary lifestyle.

<p>1. <b>Insomnia</b>. 2. <b>Depression</b>. 3. <b>Lethargy</b>. 4. <b>High blood pressure</b>.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

15. This table shows percentages of a balanced diet. Identify the nutrients A, B and C.

A balanced diet

Nutrient		
A	B	C
55-60%	25-30%	15-20%

<sup>1</sup> A - Carbohydrates. <sup>2</sup> B - Fats. <sup>3</sup> C - Protein.

No comments provided.

Marks:[3/3]

16. Outline **three** consequences of dehydration.

<sup>3</sup> 1. Slower reaction times. <sup>1</sup> 2. Increased blood viscosity. <sup>5</sup> 3. Increased heart rate.

No comments provided.

Marks:[3/3]

17. A netball player can be motivated extrinsically by rewards. Identify **two tangible** rewards.



2 Trophy and 4 money.

No comments provided.

Marks:[2/2]

18.

Define intrinsic motivation.

Give **two** examples of intrinsic motivation in netball.



**1** Intrinsic motivation is a drive that comes from within. In netball, a player could be **2** happy to attend training or be **3** proud to be playing for their school team.

No comments provided.

Marks:[3/3]

19. Give **two** examples of **etiquette** when participating in netball.



4

1 - Three cheers at the end of the game. 2. Saying "thank you" to the umpires and table officials.

No comments provided.

Marks:[2/2]

20.

Being physically active affects how many calories a skier needs to consume per day. Identify **three** other factors that influence the amount of daily calories required.



1. Gender. 2. Age. 3. Height.

No comments provided.

Marks:[3/3]

21.

A skier uses positive self-talk before a race to control arousal. Identify **two** other stress management techniques and explain how **one** can be used by the skier.



Two stress management techniques are <sup>4</sup>deep breathing and <sup>1</sup>mental rehearsal. At the start of a race, a <sup>2</sup>skier can rehearse in their head the perfect race without making any mistakes. This will hopefully <sup>3</sup>keep them in their optimal zone of arousal.

No comments provided.

Marks:[3/3]



22. Explain the importance of protein **and** vitamins and minerals to a skier.



Protein promotes <sup>1</sup> muscle repair. A skier's muscles repair more quickly to offset muscle soreness for a race but also <sup>2</sup> increase the amount of force the skier can apply to the poles when they push off in future runs. Vitamins support an <sup>3</sup> efficient immune system. A skier, therefore, <sup>4</sup> should be able to train with optimal health.

<sup>2</sup> This is brilliant as it clearly stresses the impact of that muscle repair and increased strength.

Marks:[4/4]

23. Outline the difference between a gross and a fine skill. Use sporting examples in your answer.

A gross skill, such as <sup>2</sup> pushing off the blocks in a 100m sprint, <sup>1</sup> uses large muscle groups. A fine skill, such as a <sup>4</sup> net shot in <sup>3</sup> badminton, involves lots of precision and accuracy.

No comments provided.

Marks:[4/4]

24. Give a sporting example of an externally paced skill. Justify your choice.

<p>1 Taking a catch in the slips in cricket is an externally paced skill because the 2 timing of the skill is controlled by the speed and 3 direction of the ball as it leaves the cricket bat.</p>	No comments provided.
	Marks:[3/3]

25. Give an example of positive feedback to a beginner in swimming. Justify the importance of positive feedback to the beginner.



<p>A swim instructor can use positive feedback and 1 praise a swimmer when the arm action for the breaststroke is completed 2 correctly. This is good, as the beginner will continue to work hard. It also provides as 4 sense of achievement in the beginner and they will be 5 motivated to continue learning. Additionally, the beginner will achieve a feel for the 2 correct technique. This supports further learning.</p>	No comments provided.
	Marks:[4/4]

26.

Modern athletics stadia provide multiple big screens.  
Evaluate the impact of this technology on the **spectators** in the stadium.

A screen displays <sup>12</sup>replays for spectators. For example, the <sup>2</sup>spectator will <sup>2</sup>be able to see if a long jump athlete has placed their foot over the take off - board. This is valuable for the <sup>3</sup>spectator, as they are able to <sup>3</sup>see why the official has raised the <sup>3</sup>no - jump flag. As a result, they feel more informed and involved. However, the outcome <sup>4</sup>could lead to disagreements amongst the <sup>8</sup>fans. <sup>8</sup>Screens also display adverts and sponsorship. During <sup>9</sup>periods of no activity, spectators <sup>9</sup>can learn about new brands and this may <sup>10</sup>lead to them making a purchase, which in turn increases <sup>10</sup>the business profit. <sup>11</sup>However, spectators may find adverts and <sup>11</sup>sponsors irritating, as they may not have attended the athletics event to be sold to. Finally, screens provide <sup>5</sup>instant and up - to - <sup>6</sup>date information about the events. For example, <sup>6</sup>the sprint race <sup>6</sup>times, positions and any personal bests are displayed immediately after the race. The spectator, therefore, achieves a <sup>7</sup>full experience as they are <sup>7</sup>informed accurately of the race <sup>4</sup>outcome, which avoids any confusion. The <sup>4</sup>drawback could be <sup>4</sup>that the spectator misses live action by studying the results on the screen.

<sup>4</sup> Excellent alternative.

Marks:[6/6]

27. Analyse the impact of personality **and** arousal on the performance of a tackle in rugby union.

Personality can be divided into **introvert and extrovert**. Introverts are largely characterised as **shy** and **enjoy their own company**. In comparison, extroverts tend to be more **talkative and enjoy interactions with others**. Rugby is a **team sport** and may **attract extroverts who may be more suited to tackling as it involves physical contact with others**. Moreover, in tackling drills the players are **often expected to communicate and work closely with each other**, and an **introvert may not feel comfortable with this**. Tackling is also an open skill. An introvert may not react well to the **consistent environment changes** and unpredictable nature of a tackle. Arousal is the **level of readiness** experienced by a performer. **The inverted U theory states that performance quality improves as arousal increases up to an optimum point**. Beyond this point, performance is hindered as arousal levels are too high. Tackling is a **gross skill** and involves **many muscle groups**. Arguably, it requires a **higher lever of arousal** than a fine motor skill. The **inverted U is therefore moveable depending on the nature of the skill**. If arousal was too low, a tackle may be missed. If arousal was too high the tackle could be executed with **too much direct aggression** causing an injury or breaking of the rules. To maintain the optimal level of arousal, **a player can use mental preparation techniques such as deep breathing**. This may be suitable for an extrovert to maintain focus. For an introvert, they may use **visualisation to access the right zone needed to execute the tackle well**.

- 13 Good equivalent.
- 20 Excellent equivalent.

Marks:[9/9]

END OF QUESTIONS