



# Model Answers

## Edexcel 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 3.30pm–5.00pm), available in the Edexcel GCSE PE Revision page: <https://pages.theeverlearner.com/2023-edexcel-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>	Edexcel GCSE PE 9-1
<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>	

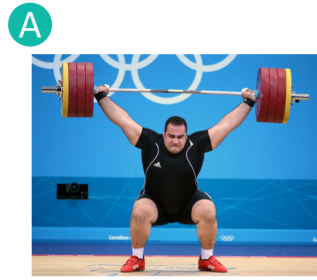
<b>Title</b>	Edexcel GCSE PE 9-1 Paper 2 National Mock Exam 2023
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<b>Guidance</b>	<ul style="list-style-type: none"><li>• This paper is marked out of 60 marks.</li><li>• You have 75 minutes (plus additional time for those who have Exam Access Arrangements).</li><li>• Answer all questions.</li><li>• A calculator is permitted for this exam.</li><li>• This paper contains a 9-mark question.</li><li>• Good luck.</li></ul>
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<b>Total marks</b>	60 / 60 (100%)
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1.

Which of the following sports performers is most likely to have a larger proportion of protein in their diet?



Weightlifter



Marathon runner



Rower



Triathlete

<sup>1</sup>  
Option A - The weightlifter.

No comments provided.

Marks:[1/1]



2. Which of the following is a possible consequence of a sedentary lifestyle?

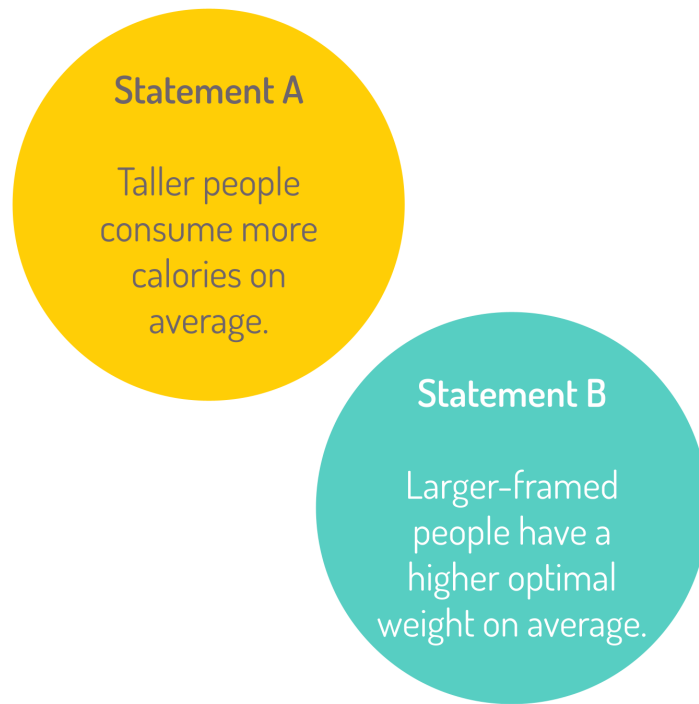
- A** Increased bone strength
- B** Increased muscle tone
- C** Increased risk of osteoporosis
- D** Increased red blood cell count

<sup>1</sup> Option C - **Increased risk of osteoporosis.**

**No comments  
provided.**

**Marks:[1/1]**

3. Look closely at the image.  
Which **two** factors affecting optimum weight are being described in statement A **and** statement B?



1 A is height. 2 B is bone structure.

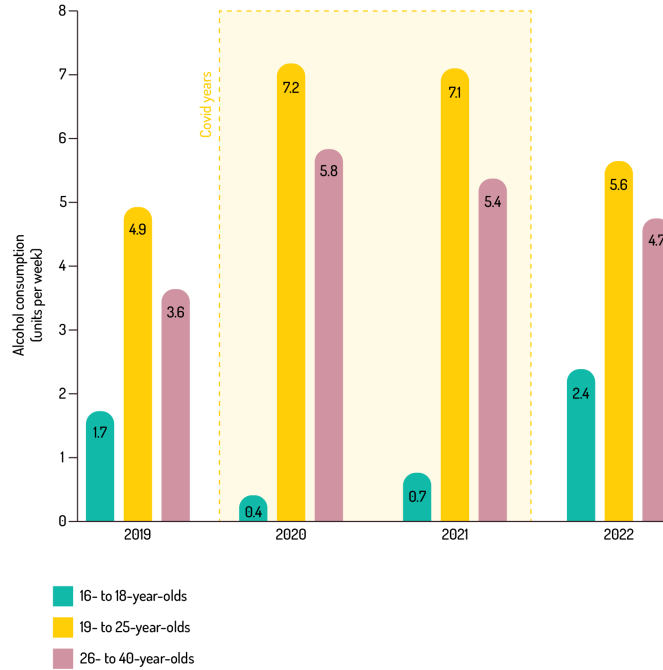
No comments provided.

Marks:[2/2]

4.

Look closely at the data in the image.

Analyse the relationship between age and alcohol consumption including the impact of COVID-19.

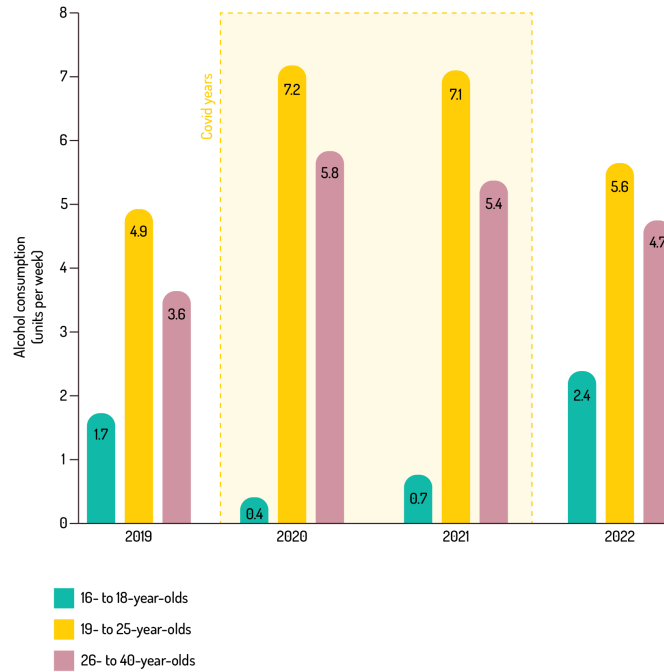


The data demonstrates that, overall, <sup>2</sup> the 19 - to 25 - year - old <sup>1</sup> group drink the most alcohol and that teenagers drink the least. COVID and the associated lockdowns had an influence. For example, <sup>3</sup> teenagers, despite being the lightest drinkers, drank far <sup>4</sup> less. This may be as a <sup>5</sup> result of restricted freedoms and typically not drinking alcohol at home. In contrast, <sup>6</sup> all adult groups drank more during COVID and this may have been caused by <sup>6</sup> so many adults being furloughed and not needing to work as much. After COVID, the trend changed, <sup>7</sup> with teenagers drinking more than <sup>8</sup> ever and adults appearing to drink less.

No comments provided.

Marks:[4/4]

5. Look closely at the data in the image.  
Give **one** reason why the data for alcohol consumption for 16-to 18-year-olds may not be reliable.



The teenagers that responded to the survey may not have been truthful because <sup>1</sup> drinking alcohol before the age of 18 is illegal in most cases.

No comments provided.

Marks:[1/1]

6.

Jackie has returned to playing netball in her 40s and is making new friends at her club. Explain **two** further social health benefits of being part of a netball team.



Jackie may experience <sup>1</sup> increased cooperation with others <sup>2</sup> because she is playing in a team sport. This may involve her <sup>3</sup> working with others within a match or training such as regaining possession after a teammate drops the ball or even outside of play such as moving and storing goal posts and bags of balls. Jackie will also develop better <sup>5</sup> communication skills and this will help her to contribute <sup>4</sup> to teamwork. An example could be calling for the WD to mark the opposition C if Jackie is out of position. This helps the team to work towards their <sup>6</sup> shared goal.

No comments provided.

Marks:[6/6]

7. Milk is rich in calcium.  
Explain **one** way in which a calcium-rich diet can positively impact sports performance.

<p>1 Calcium helps <b>to strengthen bones</b> and prevent osteoporosis. 2 Stronger bones allow an Olympic weightlifter to <b>withstand more force being applied from a muscle through a tendon</b>. 3 Stronger bones also help the <b>weightlifter to resist stress fractures and other skeletal injuries</b>.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

8. Which of the following is an accurate description of commercialisation?

<p><b>A</b> Sport shown on the TV</p> <p><b>B</b> Sport used as a commodity for profit</p> <p><b>C</b> Sport where athletes get paid</p> <p><b>D</b> Sport spectators behaving poorly</p>	
<p>1 Option B - Sport <b>used as a commodity used for profit</b>.</p>	<p>No comments provided.</p>
	<p>Marks:[1/1]</p>

9. Which of the following is an example 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

1

Option B - Using the palm of the hand to keep the swimmer afloat.

No comments provided.

Marks:[1/1]

10.

Look closely at the image.

Analyse the type of media which has experienced the largest growth between 2018 and 2021.

		Year			
		2018	2019	2020	2021
Popularity of different types of media to witness live sport	TV	51%	50%	41%	38%
	Radio	19%	15%	14%	13%
	Social media	6%	8%	12%	13%
	Live streaming apps	24%	27%	33%	36%

1

Live streaming apps.

No comments provided.

Marks:[1/1]



11.

Look closely at the image.

Analyse the type of media which is likely to be the **least** popular in 2022.

		Year			
		2018	2019	2020	2021
Popularity of different types of media to witness live sport	TV	51%	50%	41%	38%
	Radio	19%	15%	14%	13%
	Social media	6%	8%	12%	13%
	Live streaming apps	24%	27%	33%	36%

1

Radio.

No comments provided.

Marks:[1/1]

12.

Explain how a professional road cyclist is able to receive **both** concurrent **and** terminal feedback.



**1** Concurrent feedback occurs during the cyclist's performance, as in the case of them **2** monitoring wattage on a hill climb via their **3** trip computer. Terminal feedback occurs after the cyclist's **4** performance ends, such as them receiving their **final time or race position** after they cross the line.

No comments provided.

Marks:[4/4]

13. Evaluate the use of mechanical **and** visual guidance for a beginner in trampolining.

<p>Mechanical guidance is the use of a <sup>1</sup> physical aid to guide a <sup>2</sup> performer to move correctly. An excellent example is the <sup>3</sup> use of a harness around the waist when the novice first attempts a somersault. A strength of this is that the trampolinist <sup>4</sup> feels more confident despite the sense of danger. However, reliance on the harness could ultimately lead to slow progress and a <sup>5</sup> learning plateau occurring even if progress is made at the start of the process. <sup>6</sup> Visual guidance is typically a demonstration of a move but could be a video. For example, our trampolinist <sup>7</sup> could watch their coach perform the somersault before they attempt it themselves. The strength of this is that the performer is able to <sup>8</sup> create a mental image of the performance, whereas a negative is that the entire demonstration could simply be too much information too quickly and lead to the performer being confused about how to perform the somersault themselves.</p>	<p>No comments provided.</p>
	<p>Marks:[6/6]</p>

14. State **two** characteristics of a closed skill.

<p>Closed skills are performed <sup>2</sup> habitually in a <sup>1</sup> consistent environment and involve <sup>3</sup> very few decisions.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

15. Discuss the use of gamesmanship in football.

1 Gamesmanship is bending the rules of a sport to gain the fullest advantage. 2 A footballer may leave the pitch more slowly than they are able when they are substituted 4 if their team is winning at that point. Another example is appealing for a referee's decision to go their way. In recent years, this has involved urging a referee to "no to VAR". These behaviours, often quite cynically followed, 5 can negatively influence the behaviours of younger players, who follow the examples of what they see on TV.

No comments provided.

Marks:[3/3]

16. Explain how a person's gender can influence their participation in sport.

3 There is far less media coverage for women's sport compared to men's and this is most stark in traditional male sports like football. Therefore, women and girls are 1 less likely to be exposed to sporting role models at elite level than boys, especially in football, rugby and cricket. Furthermore, there are often 5 fewer clubs for women's sport compared to male, such as a town having multiple boys' football clubs but only one girls'. This 6 causes a bottleneck in the progression routes for girls and, exposed to fewer clubs, less coaching and less competition, it is harder to progress.

No comments provided.

Marks:[4/4]

17. Explain how mental rehearsal can optimise performance in middle-distance running.

The runner can <sup>1</sup> visualise good and efficient running technique in their mind and this helps them to <sup>2</sup> keep good form even when they <sup>3</sup> get tired later in a race. Visualising <sup>4</sup> helps the runner focus on what matters the most and <sup>5</sup> not get distracted (such as, if they make an error, they can quickly block it out and focus on what is happening now in the race). Finally, visualisation helps to <sup>6</sup> reduce anxiety for a runner, which leads to <sup>7</sup> growing determination that <sup>8</sup> they can compete well and finish their race strongly.

No comments provided.

Marks:[4/4]

18. Assess the use of massed **and** distributed practice when working with a group of beginners in rugby.

Massed practice involves repeated trials <sup>1</sup> without breaks, such as <sup>2</sup> a continuous passing drill around a grid. A strength is that the <sup>3</sup> players get the <sup>4</sup> maximum number of attempts at the skill per unit of time. However, it can be <sup>5</sup> very tiring for beginners, who may need breaks. <sup>6</sup> Distributed practice is sets of trials with breaks between the sets, such as <sup>7</sup> performing tackling practice with <sup>8</sup> breaks between tackles. Breaks allow the coach to provide coaching points but, if breaks are too long, <sup>9</sup> players can become <sup>10</sup> demotivated, as they want to tackle again.

No comments provided.

Marks:[6/6]

19.

Using SMART targets can improve a runner's performance in a 5km Parkrun. Evaluate the use of **measurable**, **achievable** and **time-bound** targets to improve 5km running performance.

1 A measurable target makes it objective in the sense of being 2 achieved or not achieved. For example, a runner could measure 3 their first four kilometre splits and aim for them to be consistent but target the last kilometre as needing to be faster than the 4 other four. Measurable targets give a very clear focus to the 5 runner and allow them to "succeed" against the target even if they don't win the race. Achievable targets are set at just the 6 correct level of rigour, making it not too easy or too hard. For example, our runner could aim to 7 reduce their 5km time gradually and steadily each week rather than having to make a large performance gain. As a result, our runner 8 feels in control of the target and is motivated to make each milestone, which is just at the right level of difficulty. Time - bound is setting a specific 9 deadline for the goal to be achieved by. For example, our runner may want to 10 reduce their PB by 2% within six weeks exactly. This allows the runner and their coach to monitor their progress against exact targets but, if overused, could lead to a sense of burden on the runner and make running and racing less enjoyable.

No comments provided.

Marks:[9/9]

END OF QUESTIONS