



The EverLearner

National Mock Exams 2023

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Model Answers Cambridge IGCSE PE Paper

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, 2nd May 4.00pm-5.30pm), available in the Cambridge IGCSE PE Revision page: <https://pages.theeverlearner.com/2023-cambridge-igcse-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



Subject	Physical Education
Course	IGCSE PE 9-1
Time allowed	1 hour 45 minutes

First name	
Last name	
Class	Physical Education GCSE
Teacher	

Title	IGCSE PE 9-1 National Mock Exam 2023
	IGCSE PE 9-1 National Mock Exam 2023 (Physical Education GCSE - 17 Apr 2023)

Guidance	<ul style="list-style-type: none">• This paper is marked out of 100 marks.• You have 105 minutes (plus additional time for those who have Exam Access Arrangements).• Answer all questions.• A calculator is permitted for this exam.• If the timer reaches zero prior to you submitting your paper, the software will automatically submit your responses.• Good luck.
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Total marks	100 / 100 (100%)
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1. State **two** by-products of **aerobic** respiration.

The by - products are ¹ carbon dioxide and ² water.	No comments provided.
	Marks:[2/2]

2. Describe the function of carbohydrates **and** protein in a balanced diet.

¹ Carbohydrates are the main energy source. Protein assists with ² muscle growth and repair.	No comments provided.
	Marks:[2/2]

3. Identify **two** locations in the body where glycogen is stored.

Glycogen is stored in the ¹ muscle and the ² liver.	No comments provided.
	Marks:[2/2]

4. Compare the energy needs of a teenager in Year 10 of secondary school with a young child attending primary school in Year 2.

³ Teenagers tend to be more active than younger children and, ¹ therefore, they ¹ require the consumption of more calories.	No comments provided.
	Marks:[2/2]

5. Describe the typical characteristics of **two** different personality types.

¹ Introverts are associated with being ² shy and ³ thoughtful. ⁵ Extroverts tend to ⁶ enjoy interaction with others.	No comments provided.
	Marks:[4/4]

6. Suggest a physical activity suited to **each** of the two different personality types.

<p>1 Introvert - Archery. 2 Extrovert - Team sports such as basketball.</p>	No comments provided.
	Marks:[2/2]

7. Identify the type of guidance used when a netball coach gives a demonstration of an accurate pass.

<p>1 This is an example of visual guidance.</p>	No comments provided.
	Marks:[1/1]

8. Describe, using examples from a named physical activity, how **verbal** and **manual** guidance can be used.

<p>1 Verbal guidance is providing instruction. In trampolining, this can be the coach shouting out the skills in a 10 - bounce routine.</p> <p>2</p> <p>3 Manual guidance is physically manipulating a performer through a movement. For example, using a handhold to guide a student through a somersault when on the trampoline bed.</p> <p>4</p>	No comments provided.
	Marks:[4/4]

- Look at the image closely.
9. Identify **two** fitness components needed in a sprint start. Describe the benefit of each fitness component to the sprinter.



9 Reaction time. **10** The sprinter needs to respond to the stimulus of the gun to be able to get ahead of the opponents at the start of the race. **1** Power. Use the **2** strength of the muscles quickly to push away from the blocks with maximum force.

No comments provided.

Marks:[4/4]

10.

The image shows an athlete requiring flexibility in the hip joint. Describe how to carry out a named fitness test for flexibility.



¹ The **sit - and - reach test** ³ is a test of flexibility. Sit with **legs** ⁴ **straight** and soles of the **feet against the sit - and - reach box**. ⁷ Reach forward as far as possible keeping the legs straight. **Hold** ⁹ **for two seconds** and **measure the reach distance**.

No comments provided.

Marks:[4/4]

11.

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



1 The hip is a ball - and - socket joint.

No comments provided.

Marks:[1/1]

12. A marathon runner has chosen to use blood doping to enhance performance. Describe the process of blood doping **and** the potential side effects for a marathon runner.

<p>The process of blood doping includes the ¹removal of blood a few ²weeks before competition. This ³blood is then frozen. It is ⁴thawed out ahead of competition and re - injected the day before to increase red - blood - cell count. The negative side effects ⁵include increased blood viscosity, which increases the risk of a ⁹blocked blood vessel leading to an embolism.</p>	<p>No comments provided.</p>
	<p>Marks:[6/6]</p>

13. Describe two advantages **and** disadvantages of continuous training.

<p>An advantage of continuous training is that it ⁴develops aerobic ³fitness and it can be completed ¹on your own without any ⁶specialist equipment. A disadvantage is that ⁷many people find it too boring. Furthermore, it does not develop anaerobic fitness or power.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

14.

This image shows the performance of a deadlift. Identify the type of movement occurring at the **knee** in position A.

A



B



1

The knee is a position of **flexion**.

No comments provided.

Marks:[1/1]

15. This image shows the performance of a deadlift. Identify the **agonist** and the **antagonist** at the knee when the performer moves from position A to position B.

A



B



1

Agonist is the quadriceps. Antagonist is the hamstrings.

2

No comments provided.

Marks: [2/2]

16.

This image shows the performance of a deadlift.

State the type of **muscle contraction** in the **agonist** at the knee when the performer moves from position A to position B.

Describe this muscle contraction.

A



B



1

This is concentric muscle contraction. The muscle is under tension and shortening.

2

No comments provided.

Marks:[2/2]

17.

The deadlift uses the principles of force.
State the meaning of the terms force **and** mass.

A



B



1

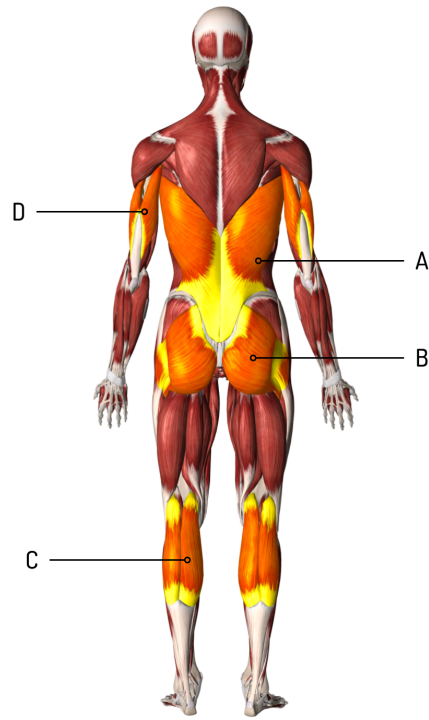
Force is a push or a pull action on an object. Mass is the quantity of matter in the body.

2

No comments provided.

Marks:[2/2]

18. Look at the image of the location of muscles in the body. Identify the muscles A and B.



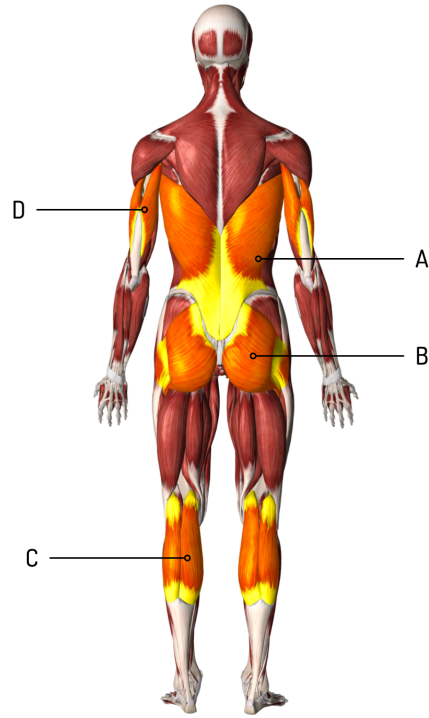
1 A - Latissimus dorsi. 2 B - Gluteals.

No comments provided.

Marks:[2/2]

19.

Look at the image of the location of muscles in the body. Identify muscle C **and** describe its role during plantar flexion.



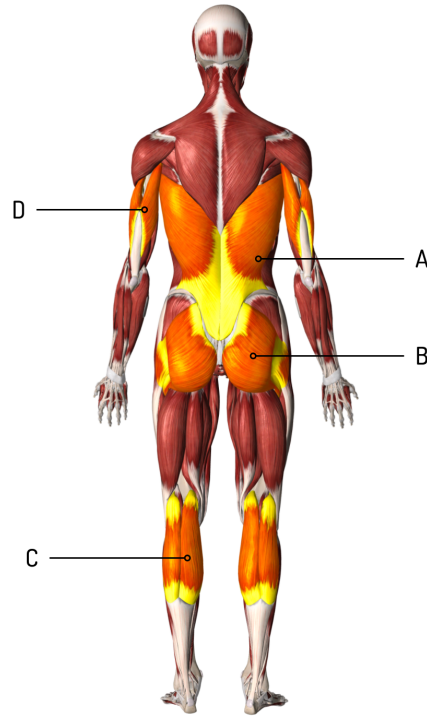
1 C is the gastrocnemius. **2** It shortens and tenses to be able to point the toes.

No comments provided.

Marks:[2/2]

20.

Look at the image of the location of muscles in the body. Identify muscle D **and** describe one sporting movement where it acts as an agonist.



1

D is the triceps. The triceps acts as the agonist in the

2

downwards

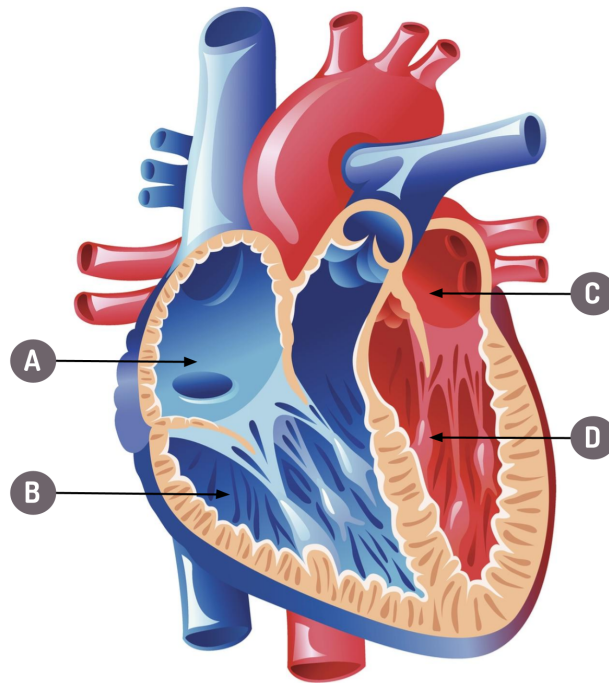
phase of the press - up.

No comments provided.

Marks:[2/2]

21.

Look closely at this image of the heart.
Identify the heart structures labelled A, B and C.



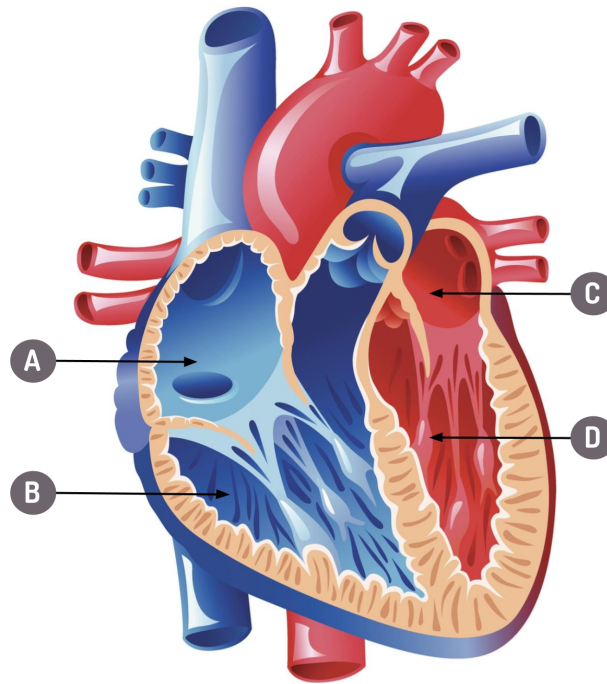
1 A - Right atrium. 2 B - Right ventricle. 3 C - Left atrium.

No comments
provided.

Marks:[3/3]

22.

Look closely at this image of the heart.
Describe the role of the heart feature C.



C is the left atrium. It ¹ receives oxygenated blood from the ² pulmonary vein and then ³ moves this blood to the left ventricle via the bicuspid valve.

No comments provided.

Marks:[2/2]

23. Explain the terms cardiac output, stroke volume and heart rate. Include the units of each value in your answer.

<p>1 Cardiac output is the volume of blood ejected by each ventricle 2 of the heart per minute. The units of measurement are litres per 3 minute. Stroke volume is the amount of blood pumped out of the 4 5 left ventricle per beat and the units are ml. Heart rate is the number of times the heart beats per minute and the units are 6 BPM.</p>	<p>No comments provided.</p>
	<p>Marks:[6/6]</p>

24. Look at the image closely. Identify **S, M, T and E** from the SMARTER goal setting principle

<p style="text-align: center;">SMARTER Targets</p> <div style="text-align: center;"> <p>S</p> <p>M</p> <p>S Accepted/agreed</p> <p>R Realistic</p> <p>T</p> <p>E</p> <p>R Recorded</p> </div>	
<p>1 S - Specific. 2 M - Measurable. 3 T - Time phased. 4 E - Exciting.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

25. Suggest two reasons why **realistic** goals are important for an athlete.

<p>SMARTER Targets</p> <p>S</p> <p>M</p> <p>S Accepted/agreed</p> <p>R Realistic</p> <p>T</p> <p>E</p> <p>R Recorded</p>	
<p>Realistic goals are important as the athlete is able to concentrate ³ fully on something that is within their grasp and do so with ¹ optimal levels of arousal.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

26. Identify **two** potential risks of playing basketball within a sports hall **and** explain the strategies to reduce both risks.

<p>⁹ Overcrowded playing area. This can be reduced by limiting ¹⁰ playing numbers or number of players entering the hall. Poor ¹¹ lighting, which can be reduced by regular maintenance of lights and replacing damaged bulbs. ¹²</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

27. A basketball player could get a blister **and** ligament sprain from playing in a sports hall. Suggest a cause **and** treatment for both.

<p>1 A cause of a blister is the skin rubbing against an external surface, such as a trainer. This can be treated by being covered by a blister plaster. A cause of ligament sprain is landing on another player's foot, leading to a twisting movement. This can be treated by rest and applying ice to reduce the swelling.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

28. Name an open skill from basketball. Justify your answer.

<p>1 Dribbling the ball is an open skill. This is because it is dependent on the position of the team and opposition.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

29. The image shows an athlete training at altitude. Suggest **one** reason why an athlete will complete their training at altitude.



<p>1 It will lead to an increase in red blood cells and haemoglobin.</p>	<p>No comments provided.</p>
	<p>Marks:[1/1]</p>

30. State which level of the performance from the sports development pyramid is **most likely** if an athlete is taking part in altitude training.

<p>1 Elite athletes.</p>	<p>No comments provided.</p>
	<p>Marks:[1/1]</p>

31. Describe the disadvantages of altitude training.

<p>3 It can cause altitude sickness. It is very expensive. It can cause an athlete to be homesick. The effects of altitude training are short - term and do not last very long.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

32. If an athlete has an aim to increase aerobic fitness, describe an alternative training method to altitude training.

<p>3 4 An alternative is Fartlek training. This includes training for long periods of time and altering the speed and terrain.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

33. State **two** types of media coverage.

<p>3 2 1. Social media. 2. Radio.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

34. Describe **three** disadvantages of performance-enhancing drugs in **sport**.

<p>4 2 Athletes are banned. The reputation of a sport is tarnished. 1 Drugs have many negative side effects to health.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

35. State which class of lever is operating at the ankle during plantar flexion.

<p>1 Second - class lever.</p>	<p>No comments provided.</p>
	<p>Marks:[1/1]</p>

36.

Look at the image of a first class lever system. Identify features A, B and C.

Levers

<p>1 A - Effort. 2 B - Fulcrum. 3 C - Load.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

37.

Describe **two** features of social health and well-being.

<p>4 Feeling valued in society. 5 Being able to interact with others.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

38.

Explain **three** different factors that might influence an individual's access to sport in their leisure time.

<p>6 Affordability - Being able to afford to join a club or purchase equipment. 7 How close an individual lives to leisure facilities. 4 Increased awareness of the positive links between being physically active and the impact on physical, mental and social health.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

END OF QUESTIONS