The EverLearner

National Mock Exams 2023

POWERED BY ExamSimulator

Model Answers
OCR GCSE PE - Paper 1

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 (Thursday, 4th May 3.30pm-5.00pm), available in the OCR GCSE PE Revision page: https://pages.theeverlearner.com/2023-ocr-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

The EverLearner

Subject	Physical Education
Course	OCR GCSE PE 9-1
Time allowed	1 hour

First name	
Last name	
Class	Physical Education GCSE
Teacher	

Title	OCR GCSE PE 9-1 Paper 1 National Mock Exam 2023

Guidance	• 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.

Total marks	60 / 60 (100%)

1. Other than tackling, give a sporting example of the use of power in rugby.

1 Lifting the player into the air, so they can catch the ball at the line - out at a greater height than their opponents.	No comments provided.
	Marks:[1/1]

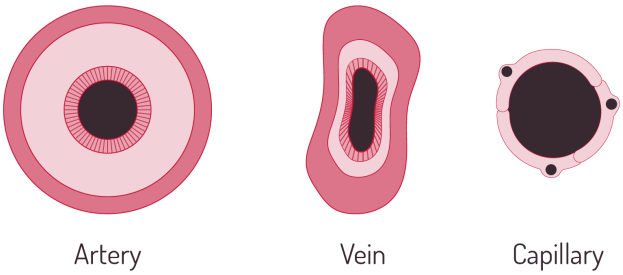
2. Describe a different sporting example of the use of power.

1 Jumping high to take an interception in netball.	No comments provided.
	Marks:[1/1]

3. Name the fitness test that is used to assess power.

The 2 vertical jump test.	No comments provided.
	Marks:[1/1]

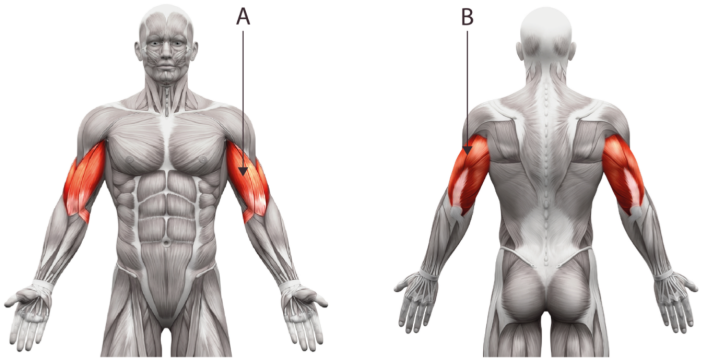
4. This image contains three different types of blood vessels.
State which blood vessels contain valves.



Not to scale

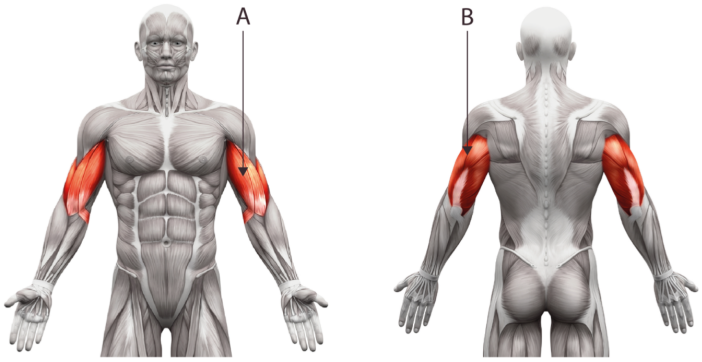
1 **Veins contain valves.**	**No comments provided.**
	Marks:[1/1]

5. Look closely at this image.
State which muscle is indicated by letter B.



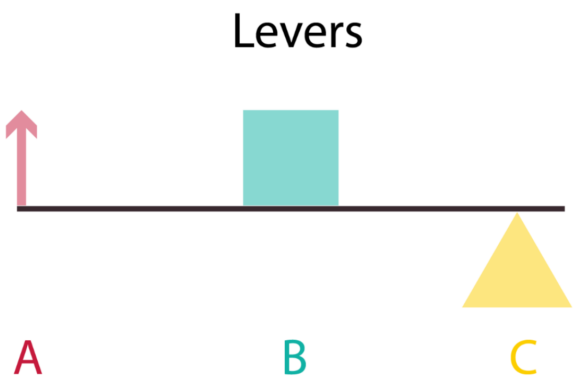
B - Triceps.	No comments provided.
	Marks:[1/1]

6. Look closely at this image. Name **one** sporting movement where muscle B acts as the agonist.



1 Striking the ball in a volleyball smash.	No comments provided.
	Marks:[1/1]

7. Look closely at this image.
State which letter represents the correct position of the fulcrum for a 2nd class lever.



The position of the fulcrum is letter C.	No comments provided.
	Marks:[1/1]

8. Give a sporting example of a 2nd class lever being used.

Raising onto the toes during the take - off for the high jump.	No comments provided.
	Marks:[1/1]

9. Name a bone that can be found between the knee and ankle joints.

Tibia.	No comments provided.
	Marks:[1/1]

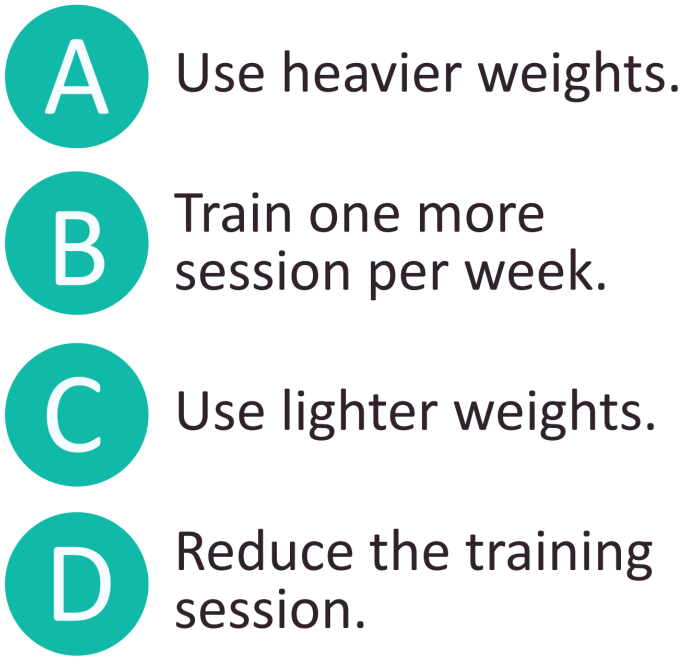
10. Define aerobic exercise.

1 Glucose + Oxygen = Energy + Carbon dioxide + Water.	No comments provided.
	Marks:[1/1]

11. An uneven playing surface is one potential hazard of doing sport on a playing field. Identify **two** others.

1 - Litter. 2 - Frozen pitch.	No comments provided.
	Marks:[2/2]

12. Look closely at the image.
Only one option describes how to increase the intensity of weight training. State which one.



1 Option A.	No comments provided.
	Marks:[1/1]

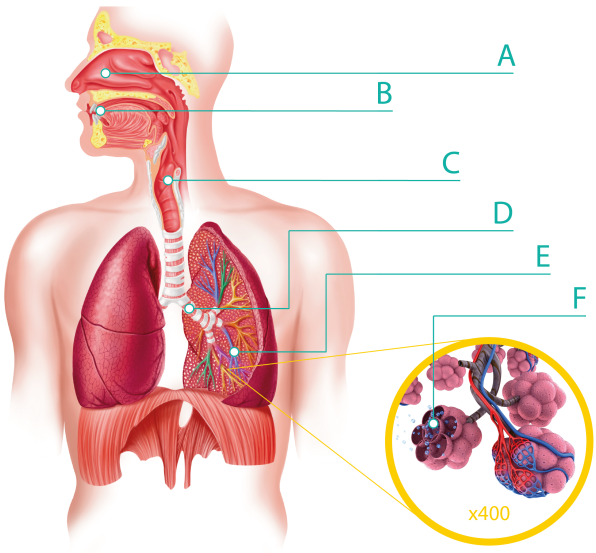
13. Describe the role of red blood cells during a 5km Parkrun.

Red blood cells [1] transport oxygen to the quadriceps and hamstrings groups when running the Parkrun. They also [2] transport carbon dioxide back to the heart to be sent to the lungs to be expired.	No comments provided.
	Marks:[2/2]

14. Name the blood vessel that transports blood from the right ventricle to the lungs.

[1] Pulmonary artery.	No comments provided.
	Marks:[1/1]

15. Look closely at this image.
State which letter is pointing at a bronchiole.

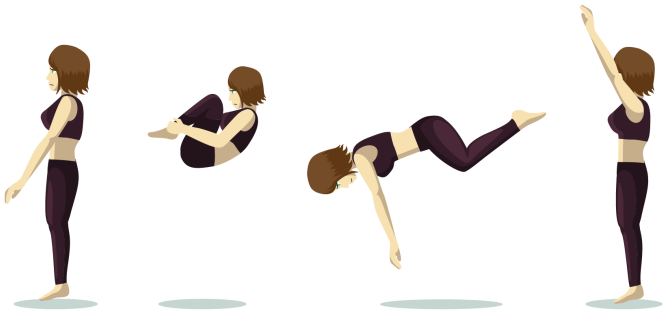


[1] Letter E is the bronchiole.	No comments provided.
	Marks:[1/1]

16. State which feature of the respiratory system bronchioles lead to when breathing **out**.

1 Bronchi.	**No comments provided.**
	Marks:[1/1]

17. Look closely at the image of the gymnast performing a back somersault.
State which words have been replaced by **both** the letter A **and** B.



The gymnast has rotated around the A
axis and moved along the B plane of movement.

A - 1 Transverse B - 2 Sagittal	**No comments provided.**
	Marks:[2/2]

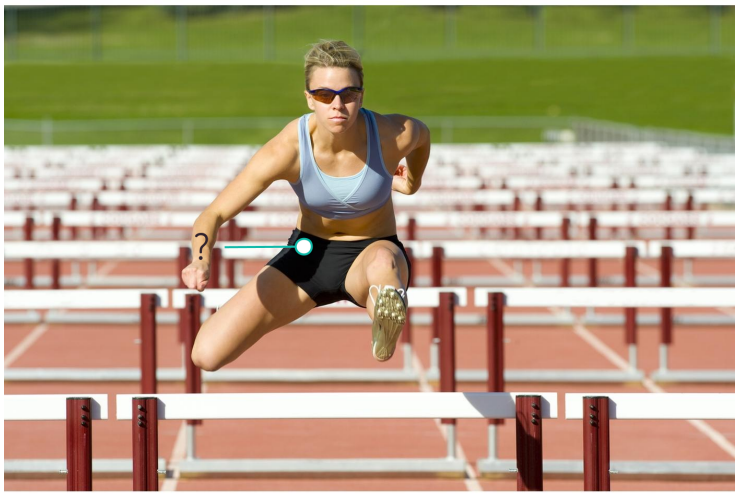
18. Look closely at this image of an athlete performing a squat.
Identify **both** the agonist and the antagonist muscle acting at the knee in the phase **B** of the movement.

1 Agonist - Quadriceps. 2 Antagonist - Hamstrings.	No comments provided.
	Marks:[2/2]

19. Look closely at this image of an athlete performing a squat.
Name **one** muscle that is acting as a fixator for the movement at the knee in phase B of the movement.

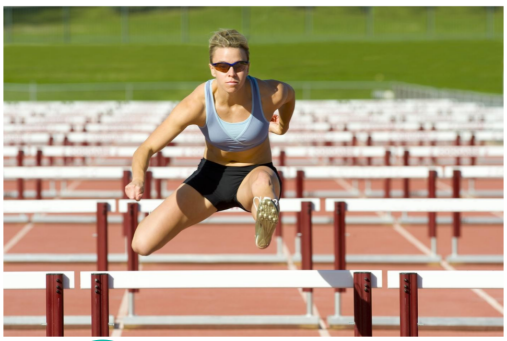
1 Gluteals.	**No comments provided.**
	Marks:[1/1]

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



The joint at the hip is a (1) ball - and - socket joint.	No comments provided.
	Marks:[1/1]

21. Look closely at this image.
State which description is accurate for the **front (lead)** leg.



A Left hip is abducted.

B Left hip is extended.

C Left hip is flexed.

D Left hip is adducted.

1 C - Flexion of the hip.	No comments provided.
	Marks:[1/1]

22. Look closely at this image.
If Caleb scores 19cm in the sit-and-reach test, state what rating **he** would receive.

Sit-and-reach test

The following table is for 16- to 19-year-olds

Gender	Excellent	Above average	Average	Below average	Poor
Male	>14	14.0 - 11.0	10.9 - 7.0	6.9 - 4.0	< 4
Female	>15	15.0 - 12.0	10.9 - 7.0	6.9 - 4.0	< 4

Data from DAVIS, B. et al. (2000) *Physical Education and the study of sport*. 4th ed. London: Harcourt Publishers.

The rating for Caleb is 'Excellent'. (1)	**No comments provided.**
	Marks:[1/1]

23. During the 2022/23 football season, junior teams in England and Wales were banned from heading the ball as a trial.
Explain how **one** function of the skeleton allows for heading to occur in adult football.

The cranium protects the brain (1) from the impact of the ball when heading (2). The brain will not be shaken far less from contact with the football.	**No comments provided.**
	Marks:[2/2]

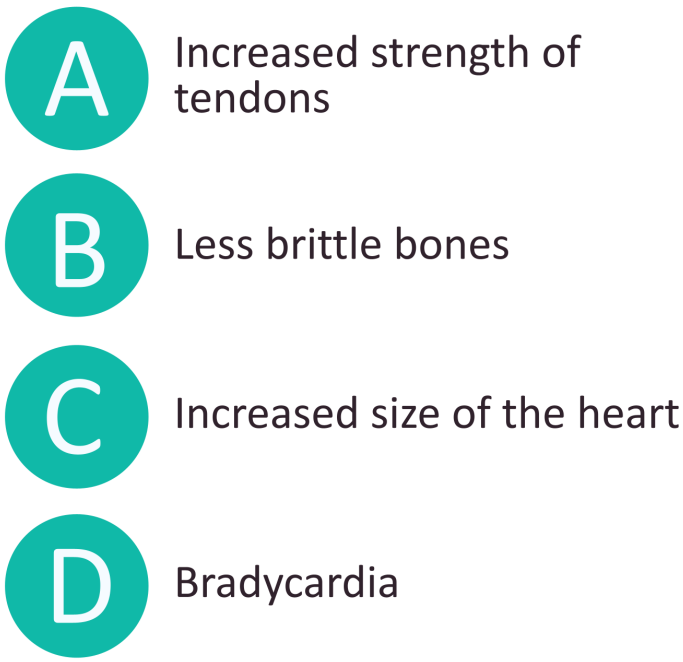
24. Describe **three** benefits of an effective warm-up for a football player.

1 - The hip has an increased range of movement to help with striking the ball. 2 - A goalkeeper has a greater reach when making full - length saves. 3 - More blood flows to the leg muscles to run and dribble with the ball.	No comments provided.
	Marks:[3/3]

25. Using a one-word answer, state what happens to muscle temperature during exercise.

It increases.	No comments provided.
	Marks:[1/1]

26. Look closely at this image.
State which of the options is a long-term effect of training on the **muscular** system.



1 A - Increased strength of tendons.	No comments provided.
	Marks:[1/1]

27. Look closely at this image.
Analyse the data to answer A, B and C on the image.

Tennis player	Tidal volume at rest (litres)	Tidal volume during a long rally (litres)
Ella	0.4	2.9
Jenson	0.6	3.4
Candie	0.5	3.1
Maya	0.4	2.5

A The player with the largest tidal volume at rest

B The player with the smallest change in tidal volume from rest to exercise

C The average (mean) change in tidal volume for all players

A is (1) Jenson. B is (2) Maya. (3) C is 2.5 litres.	No comments provided.
	Marks:[3/3]

28. Describe the role of the diaphragm during expiration at rest.

During expiration at rest, (1) the diaphragm will relax and move upwards to (2) a dome shape.	No comments provided.
	Marks:[2/2]

29. Long-term training can cause a road cyclist to experience hypertrophy of the heart and capillarisation.
Describe the benefit of these two training effects.

(1) Hypertrophy - The heart pumps with more power and more blood leaves the heart per beat. Capillarisation - (2) Oxygen diffuses into the blood quicker.	No comments provided.
	Marks:[2/2]

30. Identify **one** feature of the respiratory system where capillarisation would be a benefit to a performer.

Capillarisation occurs at the alveoli. (1)	**No comments provided.**
	Marks:[1/1]

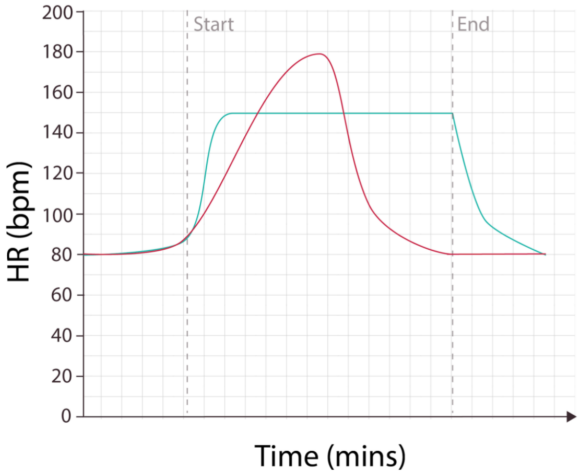
31. A 50m front-crawl swimmer has a personal best time of 33.6s.
State **two** ways in which a build-up of lactic acid might affect their performance.

Lactic acid can cause cramp (3), which will slow down the swimmer (4), leading to a slower time and, potentially, a lower finishing position.	**No comments provided.**
	Marks:[2/2]

32. During a 50m front-crawl race, greater quantities of blood are delivered to the working muscles.
Identify **one** organ that would receive a smaller **total** quantity of blood during the race.

The kidneys (1) will receive less blood.	**No comments provided.**
	Marks:[1/1]

33. Look closely at this image.
Analyse the data to answer A and B on the image.



A The resting heart rate of the two performers.

B The difference in peak heart rate between the two different performers

A - Resting heart rate - 80bpm. B - The difference is 30bpm.	No comments provided.
	Marks:[2/2]

34. Identify **two** potential hazards of playing basketball within a sports hall and explain how both these hazards can be minimised.

The sports hall can become overcrowded. This can be minimised by limiting the numbers entering the hall or playing on the teams. The equipment around the outside of the sports hall can be a trip hazard. It can be moved back against the walls or removed from the hall.	No comments provided.
	Marks:[4/4]

35. Describe **two** methods of injury prevention for a hockey player.

PPE, such as a gum - shield to protect the teeth from the ball. Wearing correct footwear, such as hockey trainers to protect the ankles when changing direction.	No comments provided.
	Marks:[4/4]

36. Explain how a cool-down benefits a games player.

Describe the role of good hydration for a games player.

A cool - down helps a hockey midfield player's body [1] transition gradually back to a resting state. This replicates the preceding demands of the hockey match, as it [2] does not involve sudden [3] stops in exercise. One impact of this is the faster and more [4] efficient removal of lactic acid as well as the gradual reduction in [6] core body temperature. This helps to prevent muscles from tightening up rapidly after the game ends. Finally, the activity [7] within the cool - down allows the midfielder to maintain blood [8] distribution to the legs, say, and to flush the worked muscles with [10] lots of oxygenated blood. The stretching element of the cool - down also allows the midfielder to improve recovery rates and prevent injury. A hockey midfielder is highly likely to [11] stretch the quadriceps, and hamstrings groups as well as the [13] gastrocnemius. The player needs to hydrate before, during and [14] after their performance. Typically, this will be by drinking water but isotonic and hypertonic sports drinks should be considered. [15] All body cells require good hydration but it is particularly [16] important for maintaining blood plasma levels. Once dehydrated, plasma levels reduce and resistance to blood flow increases. [17] Finally, a hydrated player is able to sweat efficiently in order to keep the body cool through evaporation of sweat from the skin [18] and this helps the player to regulate their temperature throughout a match.	No comments provided.
	Marks:[6/6]

END OF QUESTIONS