



The EverLearner

National Mock Exams 2023

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Model Answers

OCR 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 (Wednesday, 24th 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



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 2 National Mock Exam 2023
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Guidance	<ul style="list-style-type: none">• 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.
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Total marks	60 / 60 (100%)
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1. Name the performance-enhancing drug that athletes might be tempted to use because it can reduce blood pressure.

The athlete will be tempted by ¹ beta blockers .	No comments provided.
	Marks:[1/1]

2. Marissa is a single parent. Identify **two** ways in which Marissa's family commitments could affect her participation in physical activity.

Marissa may ¹ not have the time to be active or the ³ disposable income to be able to join a gym.	No comments provided.
	Marks:[2/2]

3. Which of the following is an accurate description 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.

No comments provided.

Marks:[1/1]

4. State **one** example of gamesmanship in football.

1

Walking off the pitch slowly to run down the clock when substituted.

No comments provided.

Marks:[1/1]

5. Describe **three** ways in which **disability sport** can be promoted in order to increase physical activity levels.

6

1 - Improve access to all sporting facilities.

3

2 - Run parallel

1

competitions. 3 - Increase media coverage of disabled sport.

No comments provided.

Marks:[3/3]

6. Identify which of the following goals could be considered **measurable** for a 100m sprinter.

- A** Run the 100m as fast as possible.
- B** Focus on the leg muscles during training.
- C** Have a discussion about goals with a coach.
- D** Improve the reaction time by 0.1 second.

1
D.

No comments provided.

Marks:[1/1]

7. A sprinter can use imagery to mentally prepare. Describe **two** other mental preparation techniques that a sprinter could use prior to their race.

- 2 Selective attention on the start line to block out the crowd.
- 1 Mental rehearsal of a fast start out of the blocks.

No comments provided.

Marks:[2/2]

8. Define health.

1 Health is a complete physical, emotional and social well-being.

No comments provided.

Marks:[1/1]

9. Explain why protein **and** fibre are beneficial to a sports performer.

<p>Protein leads to a sports performer being able to ¹ repair and adapt their muscle tissue quicker. ² Fibre prevents constipation and means a sports performer will not feel bloated.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

10. True or false? A coach talking to a goal shooter in netball about their shooting accuracy statistics is an example of knowledge of performance.

<p>¹ False - This is an example of knowledge of results.</p>	<p>No comments provided.</p>
	<p>Marks:[1/1]</p>

11. This image summarises the consequence of a sedentary lifestyle. Identify the words that should replace A, B and C in the image.

<p style="text-align: center;">Consequences of a sedentary lifestyle</p> <table border="1" style="margin: auto;"><thead><tr><th>A</th><th>B</th><th>C</th></tr></thead><tbody><tr><td>consequence</td><td>consequence</td><td>consequence</td></tr><tr><td>Loneliness</td><td>Type II diabetes</td><td>Low self-confidence</td></tr></tbody></table>		A	B	C	consequence	consequence	consequence	Loneliness	Type II diabetes	Low self-confidence	
A	B	C									
consequence	consequence	consequence									
Loneliness	Type II diabetes	Low self-confidence									
<p>¹ A is a social consequence. ² B is a physical consequence. ³ C is an emotional consequence.</p>	<p>No comments provided.</p>										
	<p>Marks:[3/3]</p>										

12. Describe **one** negative impact of a sports performer taking stimulants to enhance performance.

Stimulants can lead to ³ insomnia.	No comments provided.
	Marks:[1/1]

13. One characteristic of skillfull movement is efficiency. State **two** others.

³ Aesthetically pleasing and ⁴ fluent.	No comments provided.
	Marks:[2/2]

14. Look closely at this image.
Which of the statements relates to the impact of ethnicity on particiaption in physical activity?

<p>A Parents often struggle to find time to go to the gym.</p> <p>B White athletes are overrepresented in cycling.</p> <p>C Fewer people watched the women's rugby final compared to the men's.</p> <p>D Paralympic TV viewing figures have increased since 2012.</p>	
¹ Option B.	No comments provided.
	Marks:[1/1]

15. State **two** organisations which support and encourage participation in sport in the UK.

1 Sport England and the 5 Youth Sports Trust.	No comments provided.
	Marks:[2/2]

16. Define commercialisation.

1 The influence of commerce on sport to make profit.	No comments provided.
	Marks:[1/1]

17. Knowledge of performance is a type of feedback used in sport.
Name **two** other types of feedback.

1 Intrinsic and 2 extrinsic feedback.	No comments provided.
	Marks:[2/2]

18. State the meaning of the 'A' in the SMART principle of goal setting.

1 A is achievable.	No comments provided.
	Marks:[1/1]

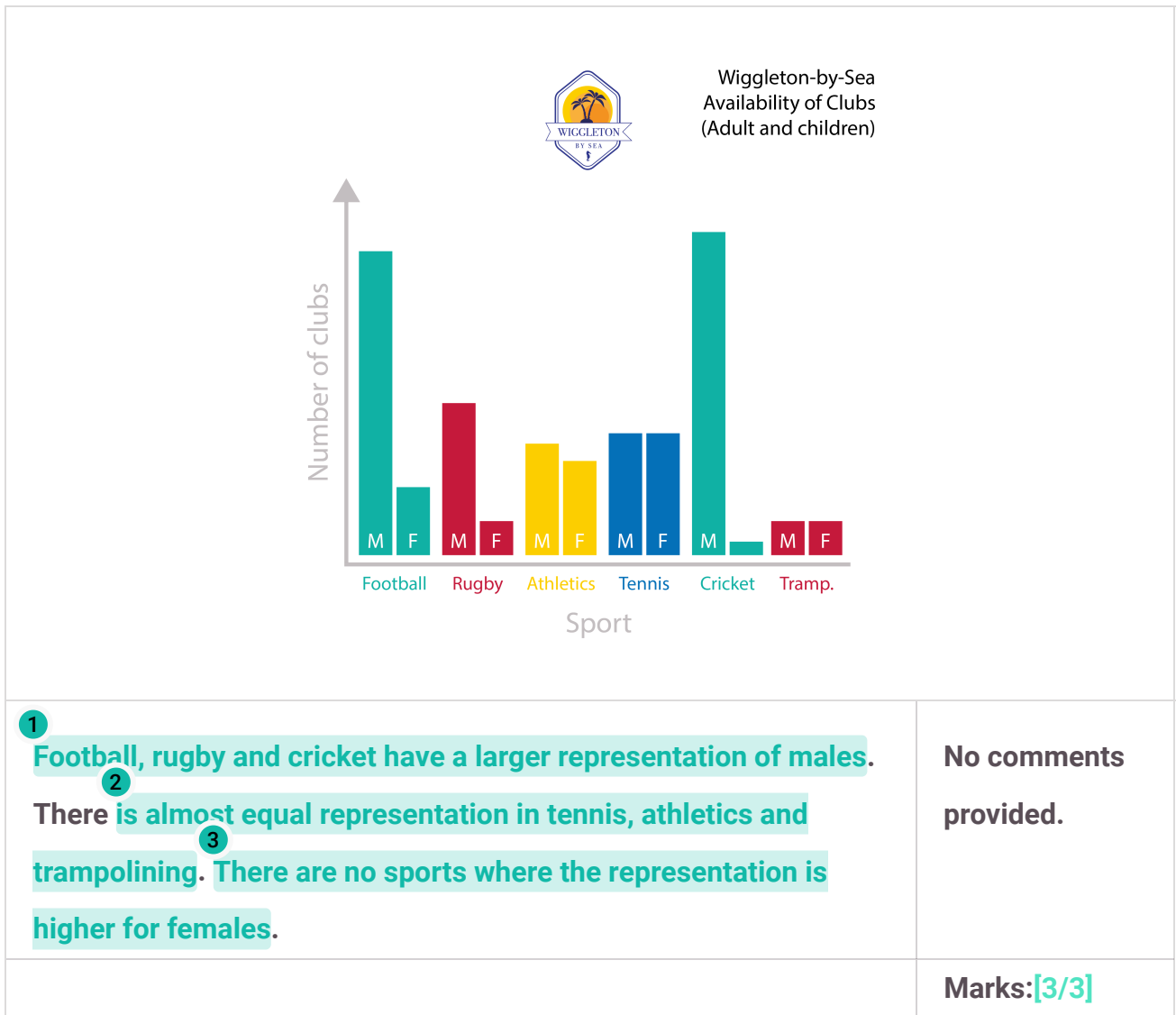
19. Define sportsmanship.

2 Following the unwritten rules of sport.	No comments provided.
	Marks:[1/1]

20.

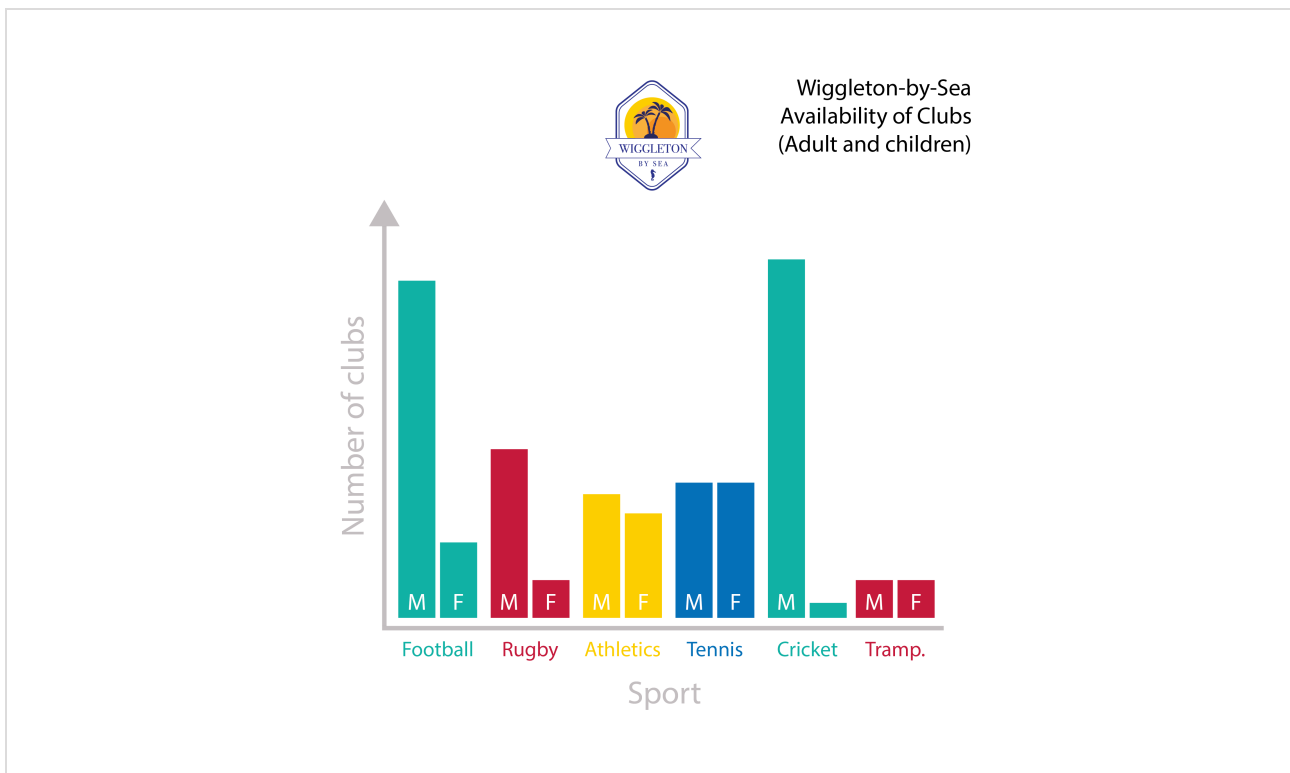
Look closely at this data.

Assess the **trends** in male and female participation in sport and physical activity.



21.

This data shows the trends in participation for males and females. Suggest two ways to increase female participation in physical activity.



2 Increase the profile of elite female athletes and coaches to influence the younger generation. 4 Increase the provision of female sports clubs traditionally viewed as a male sports such as rugby.

No comments provided.

Marks:[2/2]

22.

78% of adults in the UK work during daytime hours. Describe two types of provision that could increase participation levels for people with daytime working commitments.

4 Opening of gyms and facilities in the evenings and weekends. 3 Increase availability of personal trainers at the weekend.

No comments provided.

Marks:[2/2]

23. Performance enhancing drug usage can ruin the reputation of athletics. Explain **three** other negative influences on athletics.

<p>3 Fewer people will watch athletes, as they believe all the athletes are drug cheats. The sport may lose sponsorship deals, causing a loss of funding. All athletes are treated with suspicion and find it challenging to prove they are clean.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

24. State **one** side effect of a performer taking anabolic steroids.

<p>1 Increase in aggressive behaviour.</p>	<p>No comments provided.</p>
	<p>Marks:[1/1]</p>

25. Describe **two** advantages of using selective attention when performing a volleyball serve.

<p>1 Through selective attention, the volleyball player can serve without any other distractions and focus on the technique and where to place the serve.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

26. Explain how a volleyball player can use imagery before a serve.

<p>1 The player can imagine the serve landing in the place they were aiming and it not being returned.</p>	<p>No comments provided.</p>
	<p>Marks:[1/1]</p>

27.

Classify a volleyball block on the two continua in the image. Explain why you have classified the skill this way.

Open Closed

Basic Complex

1

A volleyball block is a complex skill, as it requires lots of decisions regarding when and where to jump depending on the position of the player spiking the ball. It is also an open skill, as it is changeable and dependent on the flight and speed of the ball.

2

3

4

No comments provided.

Marks:[4/4]

28.

Describe both verbal and mechanical guidance.

1

Verbal guidance is completed by giving instructions. Mechanical guidance is the use of physical aids to support a performer through movement.

2

No comments provided.

Marks:[2/2]

29. Give **three** benefits of physical activity on a participant's social health.

1 - Make new ² friends. 2 - ⁵ Develop communication skills. 3 - ⁶ Chance to become a leader.	No comments provided.
	Marks:[3/3]

30. Explain why **both** minerals **and** fats are important as parts of a balanced diet.

Fats are important so that ¹ body systems will work more ² effectively and minerals will lead to overall general health being higher.	No comments provided.
	Marks:[2/2]

31.

Explain the reasons why a hockey player may become violent during a match. Explain why cardiovascular endurance, flexibility and coordination are crucial to a hockey player.

The most common reason for a hockey player to strike out is because they are **not playing well**. This will lead to **frustration**. But there are other reasons. For example, a player may **retaliate** to a **violent act from an opponent** or because they are **over aroused for a big match**. Moreover, a player might feel that they got a bad **decision from the ref** such as a penalty corner being given against them even if they **felt they did not foul**. Once again, this can lead to frustration, which typically precedes violence. The situation can also predict violence. For example, during a match versus a **local rival**, violence may be more likely but also the **mere presence of a hockey stick** that can be used as a violent implement increases the possibility. Finally, becoming violent can be a **form of cynical tactic in hockey**. For example, applying an overly forceful stick tackle to the best player on the opposition team or more generally **to gain an advantage**. This behaviour is dysfunctional and should not be tolerated.

Cardiovascular endurance is the ability to continuously exercise without tiring. This is critical for a midfielder in hockey, who may need to **run continuously from D to D** when the ball is in open play. **Flexibility is the RoM around a joint**. A hockey defender needs excellent flexibility in the hips and shoulders **to reach to make effective interceptions** and tackles in order to recover possession and prevent attacks on goal. **Coordination is the ability to repeat a pattern or sequence with fluency and accuracy**. An excellent example is a wide attacker in hockey coordinating the **simultaneous use of their arms, torso, head and legs when dribbling past a defender** in order to slap a cross into the D seeking a deflection into the net.

No comments provided.

Marks:[6/6]

END OF QUESTIONS