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National Mock Exams 2023

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Model Answers WJEC GCSE 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 (Thursday, 4th May 5.00pm-6.30pm), available in the WJEC GCSE PE Revision page:

<https://pages.theeverlearner.com/2023-wjec-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	WJEC GCSE PE 9-1
Time allowed	2 hours

First name	
Last name	
Class	Physical Education GCSE
Teacher	

Title	WJEC GCSE PE 9-1 National Mock Exam 2023
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Guidance	<ul style="list-style-type: none">• This paper is marked out of 100 marks.• You have 120 minutes (plus additional time for those who have Exam Access Arrangements).• Answer all questions.• A calculator is permitted for this exam.• Good luck.
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Total marks	100 / 100 (100%)
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1. Look at the video clip closely.
Explain how boxers use the information processing model to dodge punches.



<p>1 Input will be the eyes seeing the fist coming towards the body.</p> <p>2 Decision - making is the process occurring in the brain to recall the dodging movement from the memory.</p> <p>3 Output is the movement of the head to dodge the punch.</p> <p>4 Feedback is the feeling of moving out of the way and not being hit.</p>	<p>No comments provided.</p>
	<p>Marks: [3/3]</p>

2. Describe the contribution of both aerobic **and** anaerobic energy during a boxing bout.



<p>1 Aerobic respiration occurs with oxygen as a reactant and is needed by the boxer to last the whole length three - minute rounds.</p> <p>2 Anaerobic respiration occurs in the absence of oxygen and is needed in explosive movement such as an upper cut.</p> <p>3</p> <p>4</p>	<p>No comments provided.</p>
	<p>Marks: [4/4]</p>

3. One function of the skeleton is the protection of soft tissues. Identify three other functions of the skeleton.

<p>1 - Support. 2 - Leverage. 3 - Blood - cell production.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

4. Justify the use of plyometrics training for a boxer.



<p>Plyometrics develop power, which is important for boxers when they have to hit with force and move quickly. Bounding movements focus on the muscles in the legs, which a boxer uses extensively to keep moving. The use of jump press - ups develops power specifically in the upper body to make punches more powerful. Plyometrics can take place in a boxing gym environment.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

5. Identify **two** muscles that act at the knee.

<p>Quadriceps and hamstrings.</p>	<p>No comments provided.</p>
	<p>Marks:[1/1]</p>

6. Explain why a boxing coach might advise her fighters to consume protein after training.



<p>Protein supports recovery so the boxer is able to ³train again ¹sooner. It also supports the adaptation process of muscles to be ²able to develop muscular strength. Finally, it can help with repair and inflammation.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

7. Exercise such as boxing can prevent hypertension. Describe hypertension.



<p>Hypertension is when the ¹blood pressure is excessively high over an extended period of time.</p>	<p>No comments provided.</p>
	<p>Marks:[1/1]</p>

8. Look at the video clip closely.
Analyse the type of movement occurring at the shoulder **and** elbow joint as the player strikes the ball with their right arm.



<p>1 The shoulder is flexing. 2 The elbow is extending.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

9. Identify the plane **and** axis of movement used by the volleyball player as they land on the ground.



<p>1 Sagittal plane and 2 sagittal axis.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

10. The volleyball performer is demonstrating skilled performance. Describe the characteristics of this skilled performance.



<p>2 1. Consistent. 2 - Accurate. 3 - Controlled.</p>	No comments provided.
	Marks:[3/3]

11. Blood pressure rises during a volleyball game. Identify the **two** measurements given for blood pressure.

<p>1 Systolic and diastolic blood pressure.</p>	No comments provided.
	Marks:[2/2]

12. Justify a volleyball spike being classified as a complex and externally paced skill.



<p>1 The spike is complex, as there are many decisions to make 2 before execution. It is externally - paced, as the position and flight of the ball dictate the timing.</p>	No comments provided.
	Marks:[2/2]

13.

Explain why **flexibility**, **power** and **balance** are important components of fitness for the volleyball spike.



<p>1 Flexibility is range of movement at a joint. 2 It is crucial, as it allows the shoulder to move through a wide arc to be able to generate more power when spiking the ball. This will mean to it harder to block or return the ball when it has been spiked. It also 4 helps the player to avoid injury. 6 Power is strength x speed. It is used in muscles in both the legs and arms. In the legs, power leads to the the player jumping higher to make 7 contact with the ball at the highest point. Power in the arm will cause the ball to be 8 hit harder and have more momentum. 9 Balance is being able to keep the body stable whilst at rest or when moving. Balance is also crucial, as a stable base will allow volleyball players to 10 jump with more accuracy. 11 Dynamic balance will lead to the player staying in the correct position whilst in the air ahead of contacting with the ball.</p>	<p>No comments provided.</p>
	<p>Marks:[6/6]</p>

14. Identify **two** short-term effects of exercise **and** explain how both impact the volleyball spike.



<p>Exercise causes an ¹ increase in heart rate which allows the player ⁶ to deliver more oxygenated blood to the arm muscles. There is ⁷ also an increase in muscle temperature which ⁸ increases the elastic properties of the muscles and allows for more force.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

15.

Look at the image of Frankie Jones performing a movement in her floor routine. Analyse the image and answer A, B and C.



Shoulder - Type of joint	Ankle - Classification of lever	Elbow - Type of movement
A	B	C

¹ A - Ball - and - socket joint. ² B - Second - class lever. ³ C - Extension of the elbow.

No comments provided.

Marks:[3/3]

16.

Skeletal muscles are responsible for Frankie's movement in her routine. Assess the contribution of **two** other types of muscles to Frankie's performance.



1 Cardiac muscle 2 provides the heart with the force to pump blood.
3 Smooth muscle 4 exists around blood vessels to constrict and dilate to increase or decrease blood flow.

No comments provided.

Marks:[4/4]

17. Identify the muscle fibre type used in this movement **and** one function of it.



1 **Fast - twitch fibres** contract for 2 **explosive movements.**

No comments provided.

Marks:[2/2]

18.

Evaluate the types of practice that Frankie and her coach might select to maximise the impact of her training.



1 Whole practice is presenting a skill as a full movement. This will be suitable for Frankie when working through an entire routine and rehearsing the transitions between moves. However, whole practice is not effective when Frankie wants to over learn individual elements of the routine. Part practice is breaking a skill into its subroutines and presenting them separately. This will be more suitable when wanting to over learn individual skills, such as where there is a part of the routine which appears weaker. However, part practice will not allow for focus on the transitions. Fixed practice is presenting the skill in the same conditions every time. Fixed practice is essential for Frankie because the performance environment is consistent and rarely changes. There are very few open skills in a floor routine and, therefore, varied practice would not be required.

11 Not quite for point 11. Needed you to acknowledge what varied practice is.

Marks:[6/6]

19. Identify **one** mental and **one** social benefit to Frankie of a lifelong involvement in gymnastics.



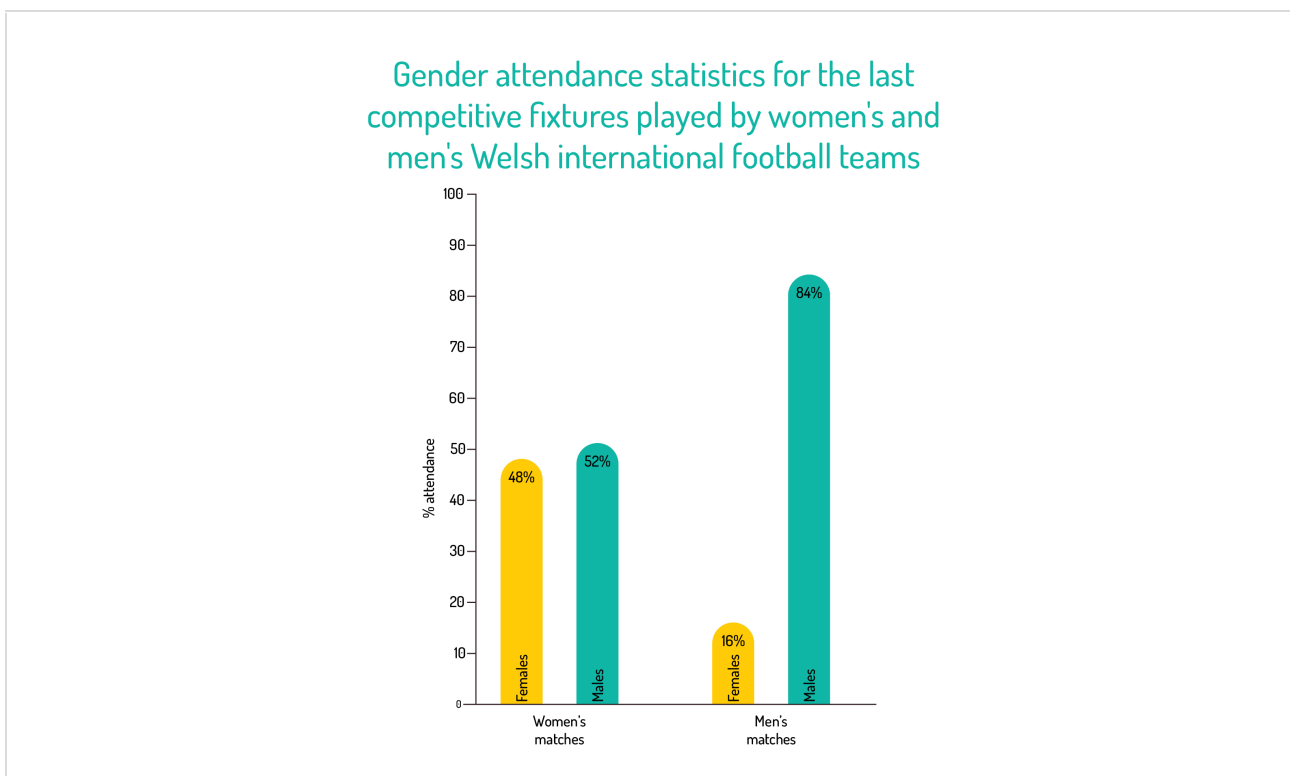
A mental benefit is ¹ increased levels of confidence. A social benefit is the opportunity to ² meet new people.

No comments provided.

Marks:[2/2]

20.

Look closely at the data in this image.
Analyse the relationship between gender and football spectatorship in Wales.



3 A significantly lower percentage of women attend men's matches. 2 Attendance at women's matches is almost equal between men and women. 4 Men attend more men's matches than women's matches by 32%.

No comments provided.

Marks:[3/3]

21.

Define sportsmanship.

1 Conforming to the rules, spirit and etiquette of a sport.

No comments provided.

Marks:[1/1]

22.

Explain **two** examples of sportsmanship in football.

1 Shaking hands at the end of the game. 2 Kicking the ball out of play if there is an injury.

No comments provided.

Marks:[2/2]

23. Explain why a strong fan base for Welsh international football might have a positive impact on participation in football in Wales.

<p>1 The Welsh players become role models, so 2 younger players are 5 keen to join a club to be like them. Football tends not to cost too much money to play, so parents are able to support their children and 6 cost does not suppose a barrier.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

24. Discuss the use of technology for a football performer.

<p>4 A football performer can use slow - motion replays. These 5 provide feedback more quickly and the slowed - down version 7 allows the player to fully understand what they are doing well and see their weaknesses clearly. From this, an 2 accurate training programme or practice can be developed to be able to improve. The technology can be used again to 8 gauge whether any 1 improvement has been made. Likewise, a player can use a GPS 2 tracker during training. The tracker 2 gathers accurate information on movement and performance, which allows a coach to assess 10 how hard the player has been working. The technology 13 makes training interesting for the player. However, the 3 data can often be different to the player's own perception, which could potentially 9 hinder motivation. Finally, technology is used more now in injury prevention and rehabilitation. Players can be screened for any muscle imbalance to reduce the risk of injury. However, these 11 types of technology are expensive and 11 not accessible to football clubs at lower levels of representation.</p>	<p>No comments provided.</p>
	<p>Marks:[6/6]</p>

25. Justify the importance of intrinsic motivation for an elite football performer.

<p>A performer with high levels of intrinsic motivation will be 2 committed to training. They cannot rely on extrinsic motivation, 5 as praise or rewards may not always be available. A player is 6 likely to work harder with higher levels of intrinsic motivation.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

26.

Look at the image of the crowd at a World Cup 2022 fixture.

Evaluate the impact of commercialisation on a global event such as a football World Cup.



1 Commercialisation is the use of sport as a vehicle for profit. It is also seen as the 4 relationship between elite sport, the media and sponsors. The positives of commercialisation are that the 2 increased money from media coverage and sponsorship makes the experience better for players due to better facilities. Media coverage is better for 5 supporters as a result of better stadia investment but also better viewing through television coverage. 5 A World Cup event is then more accessible to a global audience, 9 which increases the interest from larger brand sponsorships to 3 increase funding even more. However, players are then treated as products and the 3 spectators are treated as consumers. This can hinder the focus of the players at such a large competition and the spectators may 10 prefer to watch the event in the comfort of their own home rather than risk travelling to a fixture which is 6 costly in terms of time and money. Commercialisation also seems to focus on events such as the FIFA Men's World Cup and the events of 6 minority sports miss out on the additional funding opportunity.

No comments provided.

Marks:[6/6]

27. Look at the image closely.
A sprinter requires reaction **and** power to push away from the blocks quickly.
Identify an appropriate test for **both** components of fitness.



1
A test for reaction time is the ruler - drop test. A test for power is
2
the vertical - jump test

No comments
provided.

Marks:[2/2]

28. Describe the protocol for the test of power that you provided in the previous answer.



The vertical - jump test. Place ¹ chalk on the fingers to mark the full height of the individual with arms stretched above the head. Stand ² sideways onto the wall. ³ Jump as high as possible and mark the wall. ⁴ Measure the distance between the jump height and reach height.

No comments provided.

Marks:[3/3]

29. Explain why the sit-and-reach test might not be a valid test of flexibility for a sprinter.



The sit and reach test only ¹measures the flexibility of the lower back and hamstring muscles so lacks validity. Furthermore, the test ²only measures static not dynamic flexibility which is required when sprinting.

No comments provided.

Marks:[2/2]

30.

Visualisation and imagery are mental preparation techniques. Identify one other technique a sprinter can use before race.



1
Mental rehearsal.

No comments
provided.

Marks:[1/1]

31. Justify the use of mental preparation techniques for a sprinter to achieve a fast sprint start.



The sprinter is able to ¹ focus on the gun and ² block out any other distractions or sounds such as the crowd.

No comments provided.

Marks:[2/2]

32.

A sprinter will use SMART targets to focus attention in training. Identify the M **and** R of SMART principle.



1 M - Measurable. 2 R - Realistic.

No comments provided.

Marks:[2/2]

33. Explain why a sprinter will use an ice bath at the end of a high intensity training session.



The ice bath helps ⁴ flush out lactic acid by causing ³ fresh oxygenated blood to travel towards the muscles when exiting the ice bath. This will ² decrease the likelihood of DOMS and also ¹ reduce any soft - tissue inflammation.

No comments provided.

Marks:[4/4]

34. Identify **two** long-term adaptations of regular sprint training.



3 Muscle hypertrophy and **2** increased elasticity of muscles.

No comments provided.

Marks:[2/2]

END OF QUESTIONS