



National Mock Exams 2024

POWERED BY ExamSimulator

AQA A-level PE - Paper 1

Please read before distributing to students.

Purpose of this document

The questions contained within this document and the associated mark scheme are based on the data analysis performed by The EverLearner Ltd and published within the 2024 infographics. Please, note the following:

- We believe this paper has a very strong association with the actual external exam in 2024 in relation to command terms, skills, AO distribution, extended writing requirements and topics.
- However, this is categorically NOT a predicted paper. No-one can accurately predict an exam paper and we make no claim to this end.
- It is vital that you only use this document internally in your school/college. Publishing the document online or sharing it in any other way is strictly prohibited, as this will undermine the potentially educational experiences of students in other schools/colleges.
- Finally, please check the publication dates of the mark scheme and model answers for this paper as well as the associated revision sessions in April/May.

This paper contains:

- Questions in the format of AQA A-level PE Paper 1
- Multiple-choice questions
- Short-answer questions
- Extended writing

How should schools use these papers?

This paper has been constructed specifically for use as a mock exam but can be used less formally as a practice paper or model paper. The content and skills of the paper will be developed within the free-to-air revision sessions offered by James Simms in April/May 2024.

Mark schemes and model answers will be published on the following dates:

- **Mark scheme:** Early March
- **Model answers:** April
- **Revision:** 30th of April, 15:00-16:30

All questions are available on ExamSimulator, where they can be practised multiple times in both online and printable format. ExamSimulator is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer.



Subject	Physical Education
Course	AQA Linear GCE PE Paper 1: Factors affecting participation in physical activity and sport
Time allowed	120 minutes

First name	
Last name	
Class	
Teacher	

Title	AQA A-level PE Paper 1 - National Mock Exam 2024
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Guidance	<ul style="list-style-type: none">• This paper is marked out of 105 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.• This paper contains three 8-mark and three 15-mark questions.• Good luck.
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Total marks	105
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SECTION A: Applied Anatomy and Physiology

1. Which of the following is correct for the cardiac output of a **trained** individual? (HR = Heart Rate, SV = Stroke Volume)

- A** Increased SV and increased resting HR
- B** Decreased SV and Increased resting HR
- C** Decreased SV and Decreased resting HR
- D** Increased SV and decreased resting HR

Marks: **[1]**

2. Only one of the following cardiovascular exercise responses relates to Starling's law of the heart. Which one?

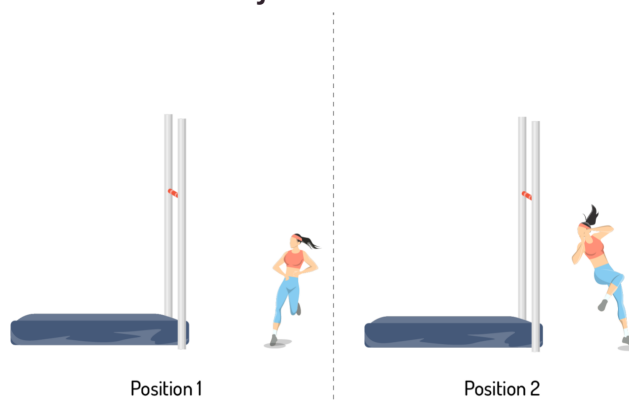
- A** Increased venous return leads to increased stroke volume.
- B** Increased venous return leads to a smaller diastolic filling.
- C** Decreased venous return leads to a decreased stroke volume.
- D** Decreased venous return leads to a decreased ejection fraction.

Marks: **[1]**

3. Describe the process of measuring respiratory exchange ratio (RER) of energy expenditure.

Marks: **[3]**

4. The image shows a high jump take-off. Complete the table for the **ankle** joint as the athlete moves from position 1 to 2.



Joint	Type of joint	Antagonist	Plane of movement	Axis of rotation
Ankle	A	B	C	D

A: _____

B: _____

C: _____

D: _____

Marks: **[4]**

5. Analyse the functional characteristics of type IIx muscles fibres and their importance to a football player.



Marks: **[3]**

Marks: **[8]**

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Marks: **[15]**

SECTION B: Skill Acquisition

8. According to Vygotsky, which of the following three parameters are correct to construct learning?



"What can I do with help?"
"What can I do now?"
"What can I not do yet?"



"What can I do alone?"
"What can I do on my own?"
"What can I wait to do?"



"What can I do alone?"
"What can I do with help?"
"What can I not do yet?"



"What can I do alone?"
"What can I do with help?"
"What can I wait to do?"

Marks: **[1]**

9. A badminton player takes up tennis but finds that their wrist action is problematic in the tennis serve because they are hitting it "like they do in badminton".

Which type of transfer is occurring?

- A Bilateral transfer
- B Positive transfer
- C Negative transfer
- D Zero transfer

Marks: **[1]**

10. Describe **three** characteristics of the **autonomous** stage of learning.

Characteristic 1: _____

Characteristic 2: _____

Characteristic 3: _____

Marks: **[3]**

11. Define choice reaction time. Give a sporting example.

Definition: _____

Sporting example: _____

Marks: **[2]**

12. Explain how proprioception is used in the input stage of information processing.

Marks: **[2]**

13. Look at the image of a basketball lay-up shot. Evaluate the use of **chaining** as a strategy to improve information processing of the lay-up skill.



Marks: **[3]**

Marks: [8]

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SECTION C: Sport and Society

16. Which of the following is a local partner with Sport England?

- A** Active Partnerships
- B** Activity Alliance
- C** Street Games
- D** Women in Sport

Marks: **[1]**

17. Which of the following is a correct description of secondary socialisation?

- A** Conforming to culturally defined gender roles
- B** Socialisation through the influence of peer groups and school
- C** Learning of values and attitudes that are incorporated within yourself
- D** Socialisation through the influence of immediate family

Marks: **[1]**

18. State **three** characteristics of sport and society in pre-1780 Britain.

Characteristic 1: _____

Characteristic 2: _____

Characteristic 3: _____

Marks: **[3]**

19. Explain how public schools helped rationalise track-and-field athletics between 1870 and 1900.

Marks: **[3]**

20. Define what is meant by the term the golden triangle in the study of PE.

Marks: **[1]**

21. Evaluate the impact of social media on elite track-and-field athletes.

Marks: **[3]**

Marks: **[8]**

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Marks: **[15]**

END OF PAPER