



National Mock Exams 2024

POWERED BY ExamSimulator

AQA A-level PE – Paper 2

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 2
- 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 May, 16:30-18:00

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 2: Factors affecting optimal performance in physical activity and sport
Time allowed	120 minutes

First name	
Last name	
Class	
Teacher	

Title	AQA A-level PE Paper 2 - 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: Exercise Physiology and Biomechanical Movement

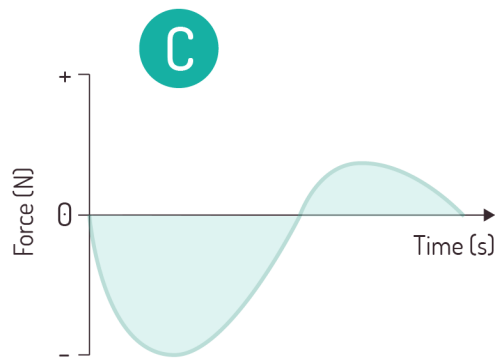
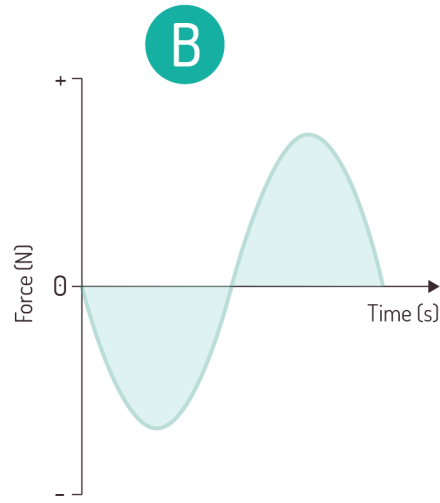
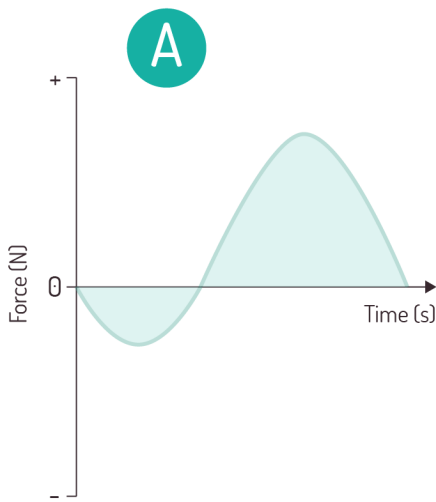
1. "Rest days should be included to allow the body to repair and adapt to the demands of training."

Which principle of training is this defining?

- A Specificity
- B Progressive overload
- C Reversibility
- D Recovery

Marks: **[1]**

2. If a 400m sprinter decelerates in the last 50m of the race, which of the force-time graphs will represent this best?



Marks: **[1]**

3. Identify **three** types of chronic injuries that may occur in sport.

Type 1: _____

Type 2: _____

Type 3: _____

Marks: **[3]**

4. Define Newton's first and second laws of motion. Give a sporting example of each.

1st Law: _____

Sporting example. _____

2nd Law: _____

Sporting example. _____

Marks: **[4]**

5. Evaluate the use of hydrotherapy for an athlete with a muscle strain.

Marks: **[3]**

Marks: **[8]**

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Marks: **[15]**

SECTION B: Sport Psychology

8. Which of the following is the correct description of a stressor?

- A Impact of stress
- B Cause of stress
- C Symptom of stress
- D Response to stress

Marks: **[1]**

9. "The rock-climbing coach is giving direct instructions of which route the individual should climb."

Which style of leadership is being described?

- A Autocratic leadership
- B Democratic leadership
- C Laissez-faire leadership
- D Emergent leadership

Marks: **[1]**

10. Goals set for athletes need to be specific and measurable. Describe **four** other elements of the SMARTER principle.

1. _____

2. _____

3. _____

4. _____

Marks: **[4]**

11. Give **three** different situations from a match when a hockey player might display competitive state anxiety.



Situation 1: _____

Situation 2: _____

Situation 3: _____

Marks: **[3]**

12. Evaluate the impact of evaluation apprehension on performance in hockey.



Marks: **[3]**

Marks: **[8]**

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Marks: **[15]**

SECTION C: Sport and Society and Technology in Sport

15. Which of the following is a feature of the Gold Event Series?

- A** Podium and Podium Potential
- B** Talent identification
- C** Attracting world championships to the UK
- D** High level support for the progression of elite athletes

Marks: **[1]**

16. Look at the definition in the image provided. Which of the options is being defined?

“The views and principles of a person who engages in a sport for pleasure rather than for profit.”

- A** Negative deviance
- B** Win ethic
- C** Amateurism
- D** Sportsmanship

Marks: **[1]**

17. State **three** characteristics of physical recreation.

Characteristic 1: _____

Characteristic 2: _____

Characteristic 3: _____

Marks: **[3]**

18. Using **three** different examples, explain how negative deviance is displayed in sport.

Example 1: _____

Example 2: _____

Example 3: _____

Marks: **[3]**

19. Other than the Whereabouts system, state **one** strategy that the World Anti-Doping Agency (WADA) uses to eliminate PEDs in sport.

Other strategy: _____

Marks: **[1]**

20. Evaluate the effectiveness of WADA's Whereabouts system for eliminating performance-enhancing drugs in sport.

Marks: **[3]**

Marks: **[8]**

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Marks: **[15]**

END OF PAPER