



National Mock Exams 2024

POWERED BY ExamSimulator

AQA GCSE 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 GCSE 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:** 8th of May, 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 GCSE PE 9-1
Time allowed	1 hour 15 minutes

First name	
Last name	
Class	
Teacher	

Title	AQA GCSE PE 9-1 Paper 1 National Mock Exam 2024
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Guidance	<ul style="list-style-type: none">• This paper is marked out of 78 marks.• You have 75 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 and a 9-mark question.• Good luck.
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Total marks	78
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1. Which of the following is a **long-term** effect of exercise on the **heart**?

- A Increased heart rate
- B Hypertrophy
- C Improved speed
- D Increased flexibility

Marks: **[1]**

2. Which of the following would be placed **in the middle** of a 2nd class lever diagram?

- A Joint
- B Mechanical advantage
- C Fulcrum
- D Load

Marks: **[1]**

3. Which one of these is the correct description of cartilage in a synovial joint?

- A Prevents friction on the end of bones.
- B Encloses a joint.
- C Attaches bone to bone.
- D Secretes synovial fluid.

Marks: **[1]**

4. Which of the following athletes is **most likely** to use altitude training?

- A Sprinter
- B Gymnast
- C Triathlete
- D Golfer

Marks: **[1]**

5. Which training intensity is correct when developing **strength**?

- A Above 70% of one rep max
- B Above 90% of one rep max
- C Below 70% of one rep max
- D 60-80% of maximal heart rate

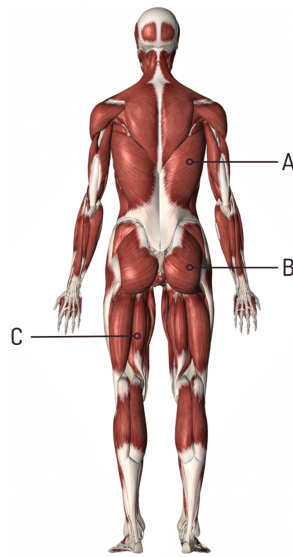
Marks: **[1]**

6. Which bones articulate at the hip joint?

- A Femur and tibia
- B Tibia and fibula
- C Pelvis and femur
- D Pelvis and tibia

Marks: **[1]**

7. Look closely at the image.
Identify the muscles labelled **A**, **B** and **C**.



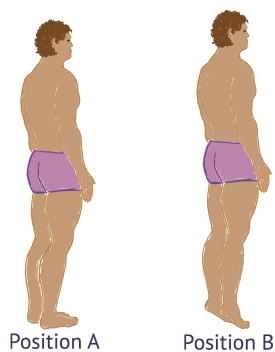
A: _____

B: _____

C: _____

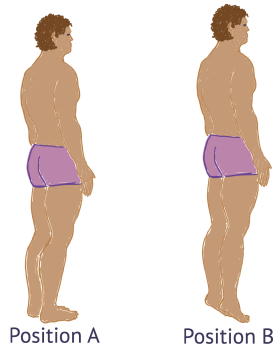
Marks: **[3]**

8. The image shows the performance of a body-weight exercise.
Identify the joint action taking place at the **ankle** as the participant moves **from position A to position B**.



Marks: **[1]**

9. The image shows the performance of a body-weight exercise. Identify **both** the agonist and the **antagonist** at the **ankle** when the participant moves **from position A to position B**.

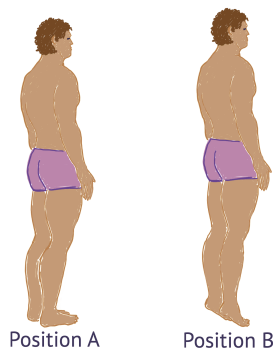


Agonist:

Antagonist:

Marks: [2]

10. The image shows the performance of a body-weight exercise. Identify the muscle contraction of the **agonist** when the participant moves **from position A to position B**.



Muscle contraction:

Marks: [1]

11. Look at the image of a rugby scrum.

Define static strength.

Justify why static strength is important in a rugby scrum.



Definition:

Justification:

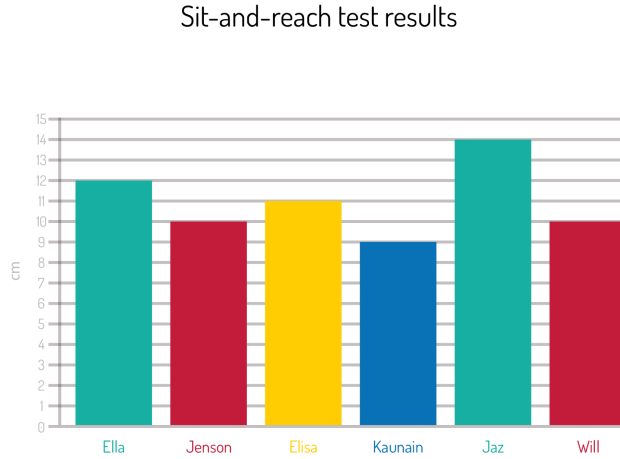
Marks: [4]

12. Describe the test protocol for a fitness test used to measure **maximal** strength.

Marks: [3]

13. This image shows the results from the sit-and-reach fitness test from a group of experienced dancers.

Using the data, identify the highest and lowest scoring dancer **and** the average sit-and-reach fitness test score for the group."



Highest test score: _____

Lowest test score: _____

Average score for the group: _____

Marks: **[3]**

14. State **three** limitations of using the sit-and-reach fitness test for an experienced dancer.

1: _____

2: _____

3: _____

Marks: **[3]**

15. Explain how a dancer is able to remain injury-free through the use of **three** different injury prevention methods.

Prevention 1: _____

Prevention 2: _____

Prevention 3: _____

Marks: **[3]**

16. Describe the pathway that air follows during inhalation.

Marks: **[5]**

18. Define eccentric muscle contraction.
Use an example of a sporting action in your answer.

Definition:

.....

Sporting example:

.....

Marks: **[2]**

19. Name the tissue which transmits force from the muscles to the bones.

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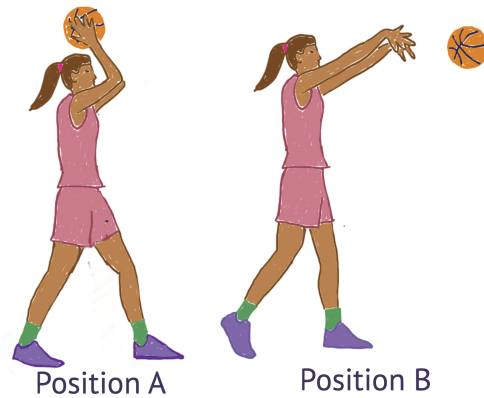
Marks: **[1]**

20. Discuss the effectiveness of plyometric training for a basketball player.



Marks: **[4]**

21. The image shows a basketball player performing an overhead pass. Identify the class of lever used at the **elbow** when performing the pass and **moving from position A to position B**.



Marks: [1]

22. The image shows the components of a lever. Identify how you would arrange the components to show the lever named in the previous question.



Marks: [3]

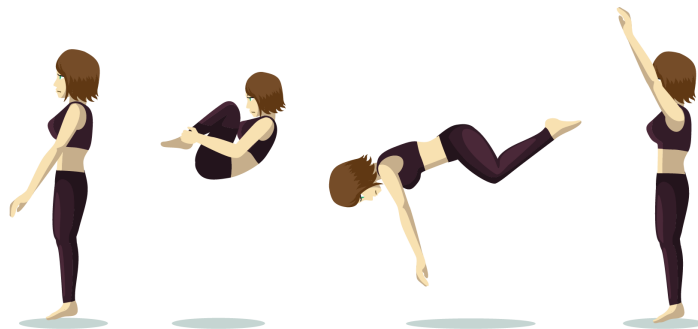
23. Describe the position of the effort **and** resistance arms for the lever in the previous question.

Effort arm: _____

Resistance arm: _____

Marks: [2]

24. This image shows a tucked-back somersault. Identify **both** the plane of movement **and** the axis of rotation during the rotation.

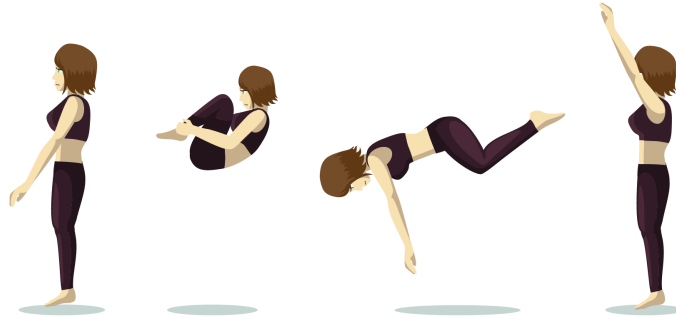


Plane: _____

Axis: _____

Marks: [2]

25. Evaluate the importance of **power** when performing a tucked somersault.



Marks: [4]

26. Define health **and** fitness.

Health: _____

Fitness: _____

Marks: [2]

27. Describe the likely impact of a person with ill health on their levels of fitness.

Marks: [2]

28. Review the image closely.
Complete the equation for cardiac output.

$$\text{Cardiac output} = \boxed{?} \times \boxed{?}$$

Marks: [2]

Marks: [6]

Marks: [9]

END OF PAPER