



National Mock Exams 2024

POWERED BY ExamSimulator

AQA GCSE 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 GCSE 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:** 28th 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 GCSE PE 9-1
Time allowed	1 hour 15 minutes

First name	
Last name	
Class	
Teacher	

Title	AQA GCSE PE 9-1 Paper 2 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 both a 6-mark and a 9-mark question.• Good luck.
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Total marks	78
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1. Which of the following is correct for the **T** in SMART targets?

- A Time-bound
- B Type
- C Tedium
- D Time-efficient

Marks: **[1]**

2. Which **one** of these is the accurate definition of **extrinsic** motivation?

- A The drive to achieve
- B The drive to perform well or to win in order to gain external rewards
- C The drive that comes from within the performer
- D The drive to win at all costs

Marks: **[1]**

3. Which of the following is a **mental**-health benefit of exercise?

- A Improved fitness
- B Cooperation
- C Avoiding obesity
- D Reduced stress

Marks: **[1]**

4. Which of the following athletics events is most suited to an **ectomorph** body type?

- A 100m
- B High jump
- C Discus
- D Javelin

Marks: **[1]**

5. Which percentage range of **protein** characterises a balanced diet?

A 15-20%

B 20- 25%

C 25- 30%

D 30- 35%

Marks: [1]

6. Sponsorship brands feature heavily on social media.

State **three** types of sponsorship.

Type 1: _____

Type 2 _____

Type 3: _____

Marks: [3]

7. Social media is a factor influencing the Golden Triangle in modern sport.

Discuss the impact that social media might have on a spectator of association football.

Marks: **[4]**

8. Define direct aggression.

Give **two** sporting examples of aggression in sport.

Direct aggression: _____

Sporting example 1: _____

Sporting example 2: _____

Marks: **[3]**

9. Define indirect aggression.

Give **two** sporting examples of indirect aggression in sport.

Indirect aggression: _____

Sporting example 1: _____

Sporting example 2: _____

Marks: **[3]**

10. Describe the impact race **and** peers may have on an individual's engagement in physical activity.

Race: _____

Peers: _____

Marks: **[4]**

11. Explain how sportsmanship **and** gamesmanship displayed by a tennis player in a game can affect an opponent.

Sportsmanship: _____

Gamesmanship: _____

Marks: **[4]**

12. Give an example of a complex skill.

Justify your answer.

Sporting example: _____

Justification: _____

Marks: **[2]**

13. Give an example of a gross skill.

Justify your answer.

Sporting example: _____

Justification: _____

Marks: **[2]**

14. Define the term obesity.

Marks: **[1]**

15. Explain how obesity leads to a decrease in **social** health.

Marks: **[2]**

16. Obesity leads to poor performance in badminton.
Justify this statement.

Justification 1: _____

Justification 2: _____

Marks: **[2]**

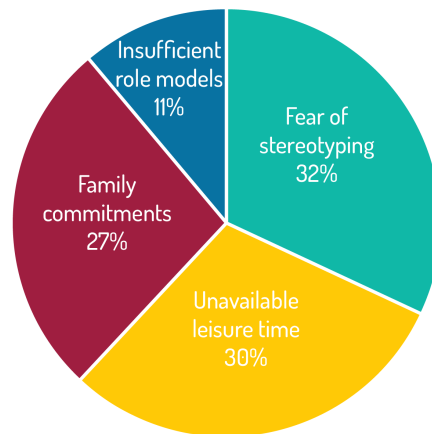
17. Look at the image closely.

Using the information provided, calculate the number of respondents who answered with each of the different reasons.

Reasons why females aged 25-40 do not participate in exercise



Total number of respondents - 2500 females



Unavailable leisure time: _____

Family commitments: _____

Fear of stereotyping: _____

Insufficient role models: _____

Marks: **[4]**

19. State **three** advantages of spectators being present at a live sporting event.

1: _____

2: _____

3: _____

Marks: **[3]**

20. State **three** disadvantages of spectators being present at a live sporting event.

1: _____

2: _____

3: _____

Marks: **[3]**

21. Describe **two** positives and **two negative** side effects of anabolic agents.

Positive 1: _____

Positive 2: _____

Side effect 1: _____

Side effect 2: _____

Marks: **[4]**

22. Discuss the use of blood doping on an elite road cyclist.



Marks: **[4]**

23. Define **both** the term skill **and** the term ability.

Skill: _____

Ability: _____

Marks: **[2]**

24. Define performance **and** outcome goals.
Give a sporting example of each type of goal.

Performance goal: _____

Sporting example: _____

Outcome goal: _____

Sporting example: _____

Marks: **[4]**

Marks: [6]

26. Analyse the use of different types of guidance for a beginner in trampolining.



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A series of 25 horizontal dashed lines spanning the width of the page, intended for writing or drawing.

Marks: [9]

END OF PAPER