



National Mock Exams 2024

POWERED BY ExamSimulator

Edexcel 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 Edexcel 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, 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	Edexcel GCSE PE 9-1
Time allowed	1 hour 30 minutes

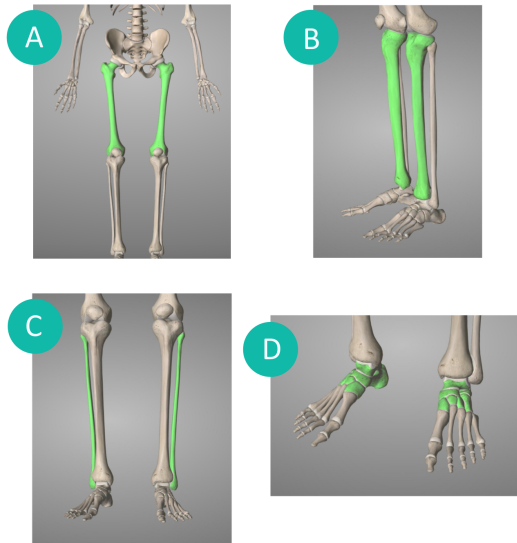
First name	
Last name	
Class	
Teacher	

Title	Edexcel 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 80 marks.• You have 90 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 9-mark question.• Good luck.
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Total marks	80
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1. Which of the following images shows the fibula as the highlighted bones?



Marks: [1]

2. Which of the following is the correct function of white blood cells?

- A To suspend other cells in the blood
- B To fight infection
- C To transport oxygen to the muscles
- D To clot the blood when exposed to the air

Marks: [1]

3. Which of the following is a by-product of anaerobic respiration?

- A Carbon dioxide
- B Water
- C Glucose
- D Lactic acid

Marks: **[1]**

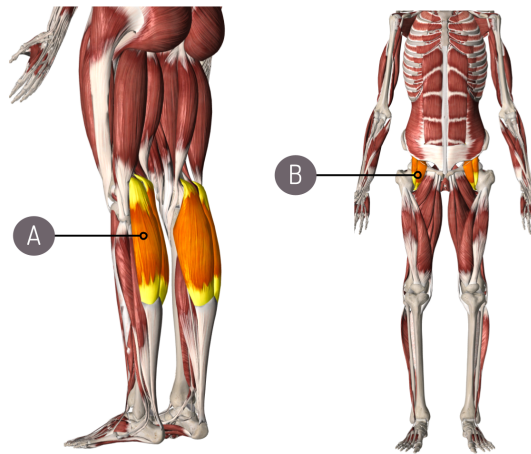
4. Look at the image. Along which plane of movement is the cartwheel performed?



- Options:
- A Sagittal plane
 - B Frontal plane
 - C Transverse plane
 - D Vertical plane

Marks: **[1]**

5. Look at the images closely.
Identify the voluntary muscles labelled A and B.

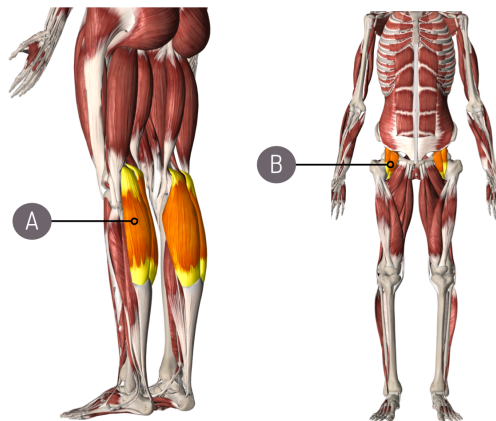


Muscle A: _____

Muscle B: _____

Marks: [2]

6. Give a sporting example in which the muscles labelled A and B are the the **agonist** muscle.

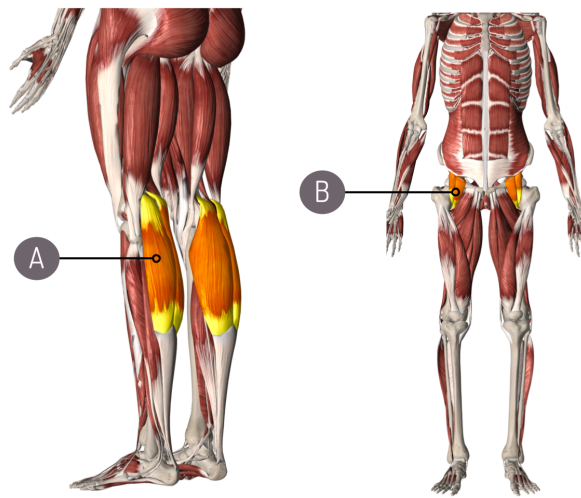


Muscle A agonist: _____

Muscle B agonist: _____

Marks: [2]

7. State **two** long-term training effects on the muscles identified in the image.



Marks: **[2]**

8. Look closely at the statement about the movement at a joint. Complete the statement by writing the words that could replace the letters for A, B and C.

The quadriceps
A the knee
joint. The knee joint is
classified as a B
joint. For example, in
football, a player will use
this movement when
C.

A _____

B _____

C _____

Marks: **[3]**

9. State the movement occurring at the knee joint when the knee bends in preparation for kicking a football.

Marks: **[1]**

10. George is a long-distance road cyclist.

Explain why the arteries **and** veins are important when completing a road race.



Arteries

Veins

Marks: **[6]**

11. This table shows values for tidal volumes of tennis players at rest and during performance.

Identify the performers with the least **and** greatest changes in tidal volume **and** calculate these changes.

Tennis player	Tidal volume at rest (litres per minute)	Tidal volume during a long rally (litres per minute)
Player A	0.4	2.8
Player B	0.6	3.4
Player C	0.5	3.1
Player D	0.4	2.4

Performer with least change in tidal volume: _____

Calculated least change in tidal volume: _____

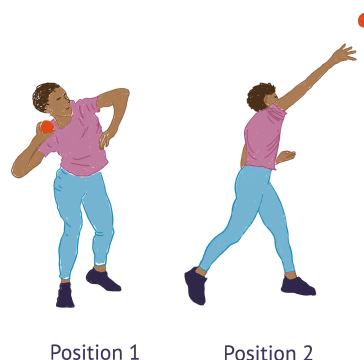
Performer with greatest change in tidal volume: _____

Calculated greatest change in tidal volume: _____

Marks: **[4]**

12. The image shows a shot-put action.

Analyse the movement at the **elbow** of the throwing arm when the athlete moves from position 1 to position 2.

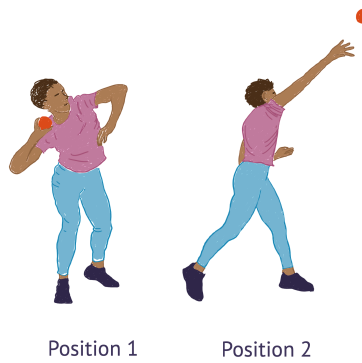


Antagonistic pair _____

Joint movement _____

Agonist muscle _____

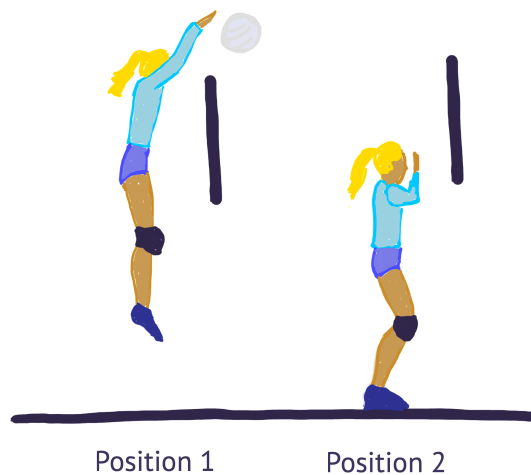
13. Identify the lever system operating at the **elbow** of the throwing arm during the shot-put.



Lever system _____

Marks: [1]

14. Look closely at the image.
Analyse the movement at the **ankle** when the volleyball player moves from position 1 to 2.



Type of joint _____

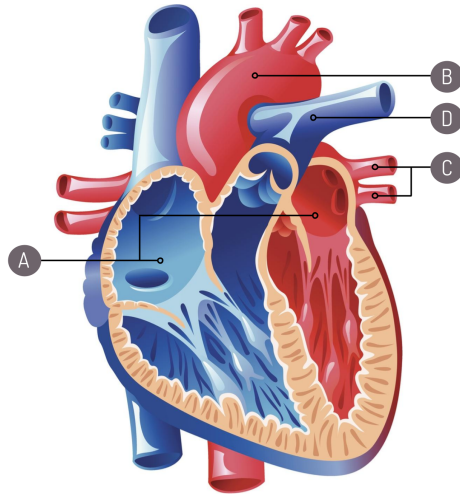
Joint movement _____

Agonist muscle _____

Marks: [3]

15. Look at the image closely.

Identify the components of the heart labelled A, B and C.



A _____

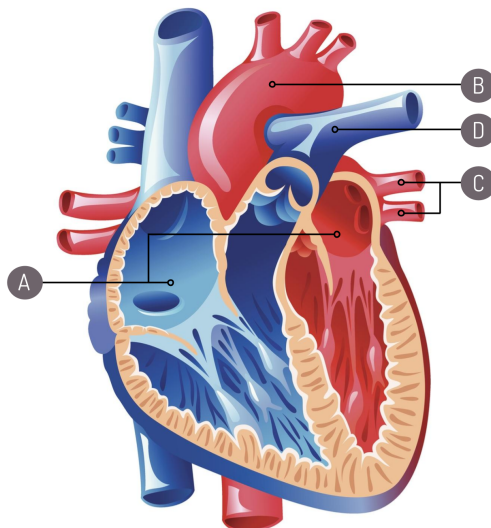
B _____

C _____

Marks: **[3]**

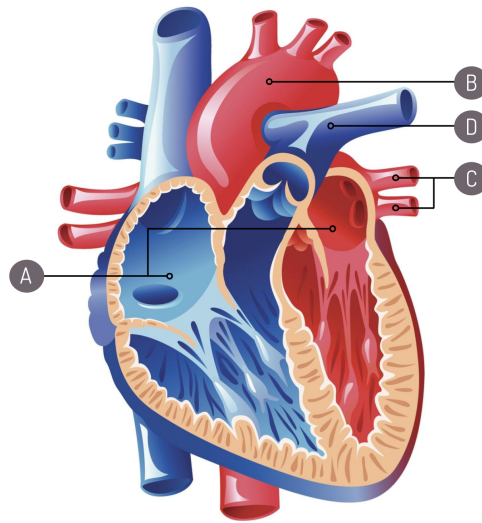
16. Look at the image closely.

Which of the blood vessels carries deoxygenated blood to the lungs?



Marks: **[1]**

17. Explain why the blood vessel identified in the previous question carries deoxygenated blood to the lungs.



Marks: [2]

18. Identify the **main** muscle fibre type used by a marathon runner. Explain how it impacts performance.

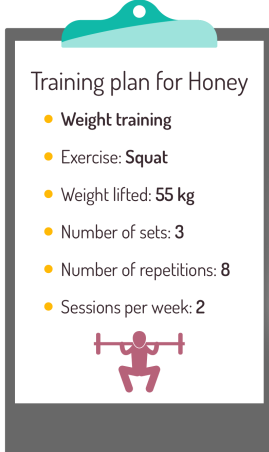
Main muscle fibre type: _____

Impact on performance: _____

Marks: [3]


19. Look at the training data for Honey.

Which of the following principles of training is correct for the number of sessions completed?



Training plan for Honey

- Weight training
- Exercise: Squat
- Weight lifted: 55 kg
- Number of sets: 3
- Number of repetitions: 8
- Sessions per week: 2



A Frequency

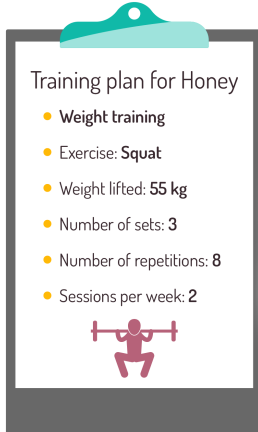
B Intensity

C Time

D Type

Marks: [1]

20. Honey decides to accompany the weight training with continuous training. Which of the following principles of training has Honey used?



Training plan for Honey

- Weight training
- Exercise: Squat
- Weight lifted: 55 kg
- Number of sets: 3
- Number of repetitions: 8
- Sessions per week: 2



A Frequency

B Intensity

C Time

D Type

Marks: [1]

21. Which training method typically involves bounding and leaping and is an excellent way of improving power?

- A Circuit training
- B Plyometrics training
- C Fartlek training
- D Interval training

Marks: [1]

22. Which of the following will be the **most likely** long-term benefit for Honey if she completes the weight-training sessions for six-weeks?

- A Increased strength of ligaments
- B Increased capillarisation
- C Increased number of red blood cells
- D Increased number of alveoli

Marks: [1]

23. Weller is an 18-year-old netball player.

Look at the data showing her heart rate range during each quarter of a netball game.

Using your knowledge of training zones, justify which quarter of the game was most demanding for Weller.

Heart-rate ranges during a netball game

Quarter	Heart-rate
1	143 - 148 bpm
2	151 - 152 bpm
3	165 - 174 bpm
4	156 - 160 bpm

Marks: **[3]**

24. Weller is an 18-year-old netball player and she is developing a training programme to develop her cardiovascular fitness.

State two factors to consider when planning her training.

Factor 1: _____

Factor 2: _____

Marks: **[2]**

25. Name **one** fitness test Weller could use to assess her current levels of cardiovascular fitness.

Describe **one** advantage of this test.

Name of fitness test: _____

Advantage: _____

Marks: **[2]**

26. Chester is a para athlete and trains three times per week, including one circuit training session for **cardiovascular fitness**.

State **three** ways in which Chester can use circuit training to develop cardiovascular fitness.

Chester



1: _____

2: _____

3: _____

Marks: **[3]**

27. Before wheelchair-tennis training, Chester completes a warm-up to prepare his body for exercise.

State **three** phases of his warm-up.

Chester



Phase 1: _____

Phase 2: _____

Phase 3: _____

Marks: **[3]**

28. Chester completes a hand-grip dynamometer fitness test for strength. Using the table below, state Chester's rating for the test if he scores **41**.



Excellent	Good	Average	Below average
>56	51-56	45-50	38-44

Marks: **[1]**

29. Describe **two** examples where strength is used in wheelchair tennis.

Chester



Example 1: _____

Example 2: _____

Marks: **[2]**

30. Coordination is important in wheelchair tennis.

Define coordination and give **one** example of using coordination in tennis.

Chester



Definition: _____

Tennis example: _____

Marks: **[2]**

31. Using examples, explain how Chester can apply specificity **and** progressive overload to a tennis-training programme.

Chester



Progressive overload example: _____

Progressive overload explanation: _____

Specificity example: _____

Specificity explanation: _____

Marks: **[4]**

32. The image shows a basketball player.

Identify **one** type of injury that could occur at the basketball player's ankle after landing from a jump.



Marks: **[1]**

33. A basketball player might be treated using the RICE method following an injury.

State what C stands for within RICE.

Marks: **[1]**

34. Other than warming up or cooling down, explain **one** other injury-prevention method for a basketball game.

Injury prevention method 1: _____

Injury prevention method 2: _____

Marks: **[2]**

35. Identify **one** way to assess an individual's personal readiness for training.

Marks: **[1]**

Marks: [9]

END OF PAPER