



National Mock Exams 2024

POWERED BY ExamSimulator

Edexcel 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 Edexcel 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, 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	Edexcel GCSE PE 9-1
Time allowed	1 hour 15 minutes

First name	
Last name	
Class	
Teacher	

Title	Edexcel 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 60 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 9-mark question.• Good luck.
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Total marks	60
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1. Which of the following components of a balanced diet is a micronutrient?

- A Carbohydrates
- B Vitamins
- C Protein
- D Fats

Marks: [1]

2. Which of the following is a **negative** impact of smoking?

- A Diabetes
- B Vitamins
- C Obesity
- D Bronchitis

Marks: [1]

3. Identify **one** benefit playing sport can have on emotional health.

Marks: [1]

4. Reduced blood pressure is a physical benefit of participating in sport.
State **two** other physical benefits.

Benefit 1: -----

Benefit 2: -----

Marks: [2]

5. A high-protein diet is important for a rugby player.
State **two** functions of protein.

Function 1: -----

Function 2: -----

Marks: [2]

6. Explain why hydration is important for a rugby player.

Marks: **[3]**

7. Explain how a **sedentary** lifestyle can cause negative impacts on long-term health.

Marks: **[4]**

8. Define obesity.

Marks: **[1]**

9. Explain why the optimum weight of a shot-putter is different to that of a marathon runner.

Marks: **[3]**

10. Which of the following is an example of terminal feedback?

- A** As a netball player is about to take a shot, they receive feedback and change how they shoot.
- B** A netball player is given praise by their coach as they run on the court.
- C** The coach criticises a netball player about their performance.
- D** A netball player receives feedback about their shot after the ball has gone through the goal.

Marks: **[1]**

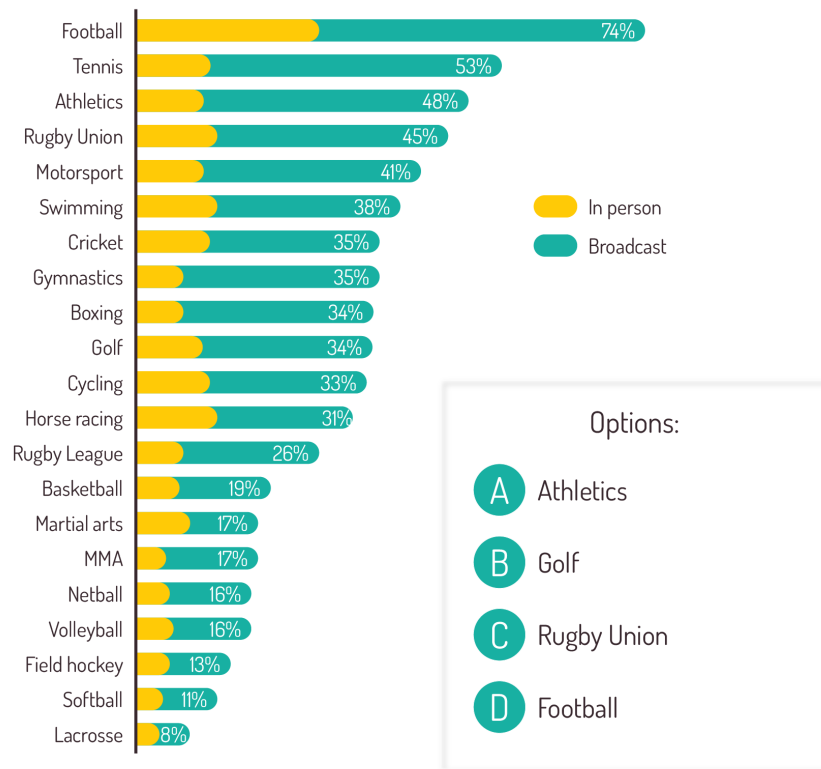
11. Which of the following sports is **most** associated with participants from a high socio-economic background?

- A** Running
- B** Football
- C** Skiing
- D** Swimming

Marks: **[1]**

Use the following data to answer questions 12 and 13.

Live viewing figures



12. Review the data of live viewing figures of sports in the UK. Identify which sport has the highest viewing figures.

Marks: [1]

13. Review the data of live viewing figures of sports in the UK. Calculate the percentage difference in live viewing figures between **athletics** and **golf**.

Percentage difference: _____

Marks: [1]

14. Classify a tennis serve on the **open-closed** and **simple-complex** continua.

Justify your answers.

Placement open-closed: _____

Justification open-closed: _____

Placement simple-complex: _____

Justification simple-complex _____

Marks: **[4]**

15. Praise from a coach is one example of extrinsic feedback.

State **two** other examples.

Example 1: _____

Example 2: _____

Marks: **[2]**

16. Explain **one** advantage and **one** disadvantage of using extrinsic feedback for an **elite** performer.

Advantage: _____

Disadvantage: _____

Marks: [4]

17. The table shows two elements of SMART target-setting a swimming coach could use to optimise performance.

Describe each element **and** give a sporting example from swimming.

SMART target element	Description	Example
Measurable	?	?
Achievable	?	?

Measurable Description: _____

Swimming example: _____

Achievable description: _____

Swimming example: _____

Marks: [4]

18. Other than socio-economic group and gender, identify **two** factors which influence participation in sport.

Factor 1: _____

Factor 2: _____

Marks: **[2]**

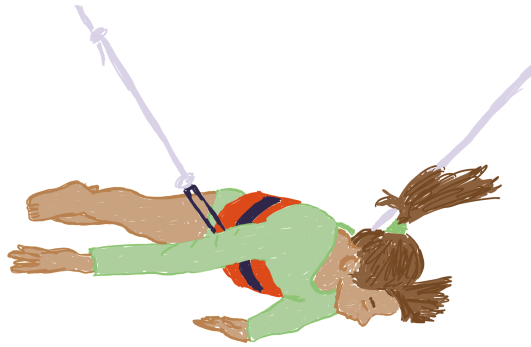
19. Explain how socio-economic group **and** gender can affect participation in Association football.

Socio-economic: _____

Gender: _____

Marks: **[4]**

20. Look closely at this image. Describe **one** advantage of using mechanical guidance for the trampolinist.



Marks: [1]

21. Describe **one** disadvantage of the trampolining coach using verbal guidance.

Marks: [1]

22. Video analysis is one example of guidance used to optimise sporting performance.

Identify this type of guidance **and** a different sporting example.

Type of guidance: _____

Sporting example: _____

Marks: [2]

23. Describe the benefits of using mental rehearsal for a sprinter prior to the race.



Benefit 1: _____

Benefit 2: _____

Marks: [2]

24. Define deviance.

Marks: [1]

25. State **two** ways in which the media can increase the chances of deviant acts occurring in sport.

1: _____

2: _____

Marks: [9]

END OF PAPER