



National Mock Exams 2024

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IGCSE PE Paper

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 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 the IGCSE PE Paper 2024
- Multiple-choice questions
- Short-answer questions

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:** 24th of April, 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.

James Simms



Subject	Physical Education
Course	IGCSE PE 0413
Time allowed	1 hour 45 minutes

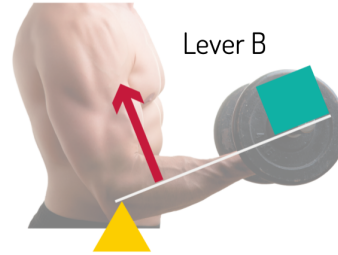
First name	
Last name	
Class	
Teacher	

Title	IGCSE PE 9-1 and 0413 National Mock Exam 2024
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Guidance	<ul style="list-style-type: none">• This paper is relevant for both iGCSE PE 9-1 students and iGCSE PE 0413.• This paper is marked out of 100 marks.• You have 105 minutes (plus additional time for those who have Exam Access Arrangements).• Answer all questions.• A calculator is permitted for this exam.• Good luck.
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Total marks	100
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1. Look closely at this image. Which two lever classifications are represented?

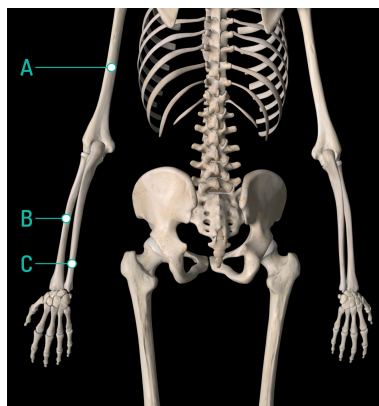


Lever A is a:

Lever B is a:

Marks: [2]

2. Look closely at this image. Name the three long bones that are labelled with letters A, B and C.



Bone A is the:

Bone B is the:

Bone C is the:

Marks: [3]

3. Describe the function of a long bone.

Marks: [1]

4. Identify the range of movement at a hinge joint.

Marks: [1]

5. Identify the range of movement at a ball-and-socket joint.

Marks: [2]

6. Describe three positive effects of exercise and fitness on social health.

Positive effect 1: _____

Positive effect 2: _____

Positive effect 3: _____

Marks: **[3]**

7. Describe the relationship between health and fitness.

Marks: **[2]**

8. Suggest two short-term effects of exercise.

Short-term effect 1: _____

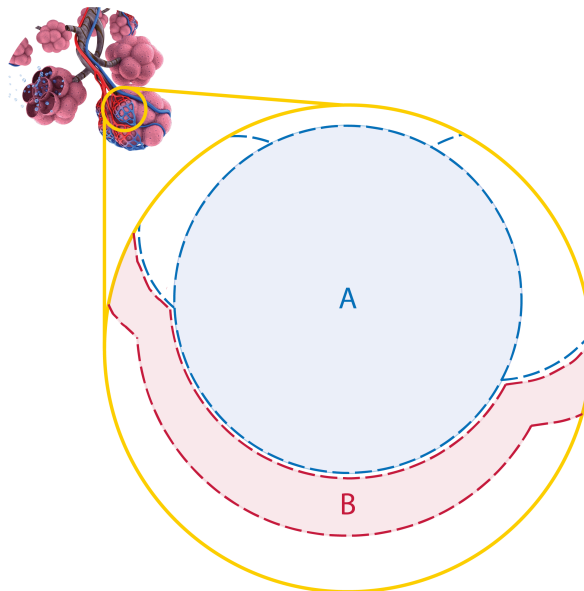
Short-term effect 2: _____

Marks: **[2]**

9. Explain how the structure of the heart changes to improve efficiency as a result of long-term training..

Marks: [6]

10. Look closely at this image. Identify feature A **and** feature B.



A is: _____

B is: _____

Marks: [2]

11. Describe gaseous exchange at the lung.

Marks: [2]

12. Describe a characteristic of a capillary that helps gaseous exchange.

Marks: [1]

13. Suggest **three** outcomes of overarousal for a sports performer.

Outcome 1:

Outcome 2:

Outcome 3:

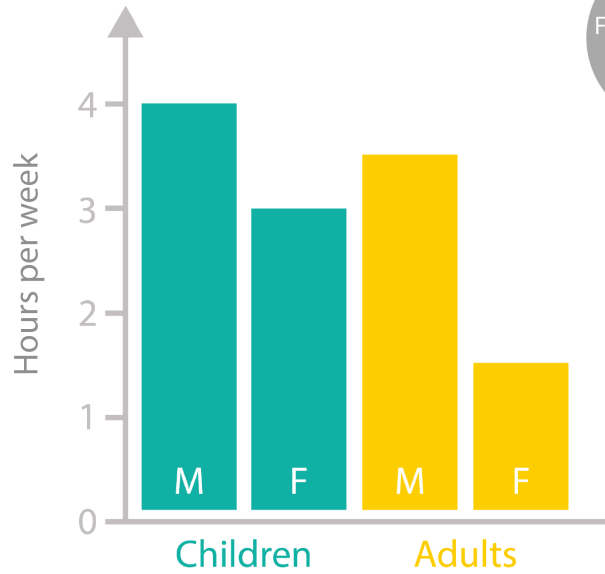
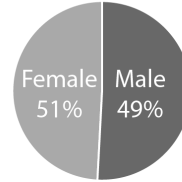
Marks: [3]

14. Using this graph to support your answer, identify the impact of gender on participation in physical activity in Wiggleton-by-Sea.

Wiggleton-by-Sea
Average participation
per week



Wiggleton-by-Sea
population gender split



Marks: **[6]**

15. Suggest reasons why a sports performer may take anabolic steroids.

Marks: **[3]**

16. Suggest **four** reasons for anabolic steroids being prohibited in sport.

Marks: **[4]**

17. Describe the process of blood doping.

Marks: **[3]**

18. Justify why a combination of verbal and visual guidance is advantageous for novice performers.

Marks: **[1]**

19. Describe and give a sporting example of mechanical guidance.

Description:

Sporting example:

Marks: **[2]**

20. Define speed.

Marks: [1]

21. Describe the relative importance of speed for the following performers.



Squash player



Marathon runner



Weightlifter

Marks: [6]

22. Explain the reasons for fitness testing.

Marks: **[2]**

23. Describe the sit-and-reach test protocol.

Marks: **[2]**

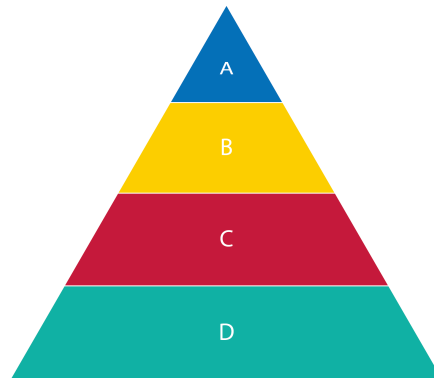
28. Define the following terms:

- Leisure time
- Physical recreation
- Play
- Sport

Marks: **[4]**

29. Look closely at this image. Name section A **and** section B of the sports development pyramid.

Sports Development Pyramid



Section A is: _____

Section B is: _____

Marks: [2]

30. Look at this image and identify the highlighted muscle.



Marks: [1]

31. Explain the antagonistic muscle action.

Marks: **[2]**

32. Describe how the muscles in the arm work together to create flexion at the elbow.

Marks: **[2]**

35. Justify the importance of a cool-down after a rugby match.

Marks: **[2]**

36. Continuous training is often used by cross-country runners. Suggest **two** further methods of training a cross-country runner might benefit from.

Method of Training 1:

Method of Training 2:

Marks: **[2]**

37. Describe two advantages **and** two disadvantages of plyometric training.

Advantage 1: _____

Advantage 2: _____

Disadvantage 1: _____

Disadvantage 2: _____

Marks: **[4]**

END OF PAPER