The EverLearner

National Mock Exams 2024

POWERED BY ExamSimulator

OCR A-level 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/June.

This paper contains:
- Questions in the format of OCR A-level PE Paper 2
- 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/June 2024.

Mark schemes and model answers will be published on the following dates:
- **Mark scheme**: Early March
- **Model answers**: April
- **Revision**: 30th 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.

James Simms

Subject	Physical Education
Course	OCR Linear GCE PE Psychological Factors
Time allowed	1 hour 0 minutes

First name	
Last name	
Class	
Teacher	

Title	OCR A-level (H555) Paper 2 Psychological Factors National Mock Exam 2024

Guidance	• This paper is marked out of 60 marks. • You have 60 minutes (plus additional time for those who have Exam Access Arrangements). • Answer all questions. • A calculator is permitted for this exam. • This paper contains one 10-mark question. • Good luck.

Total marks	60

1. Breathing control is a somatic stress-management technique. Name **two** other somatic stress-management techniques.

Other somatic technique 1: _____

_____

Other somatic technique 2: _____

_____

Marks: **[2]**

2. Describe **two** characteristics of a performer in the **associative** stage of learning.

Characteristic one: _____

_____

Characteristic two: _____

_____

Marks: **[2]**

3. Describe **two** characteristics of a zone of optimal functioning.

Characteristic one: _____

_____

Characteristic two: _____

_____

Marks: **[2]**

4. Give **two** examples of effective leadership qualities being shown by a hockey coach.

Example 1: _____

_____

Example 2: _____

_____

Marks: **[2]**

5. Suggest **two** positive effects of intrinsic motivation.

_____

_____

_____

_____

_____

_____

Marks: **[2]**

6. You are coaching this cricket bowler. Give **one** piece of feedback to the bowler which is **both** a form of negative feedback **and** knowledge of performance.
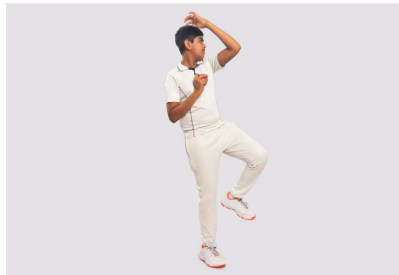
My feedback comment is: _____

_____

_____

Marks: **[2]**

7. Classify catching a ball in cricket on the environmental influence continuum **and** the organisational continuum. Explain your answer.

Environmental continuum: _____

Explanation: _____

_____

_____

Organisation continuum _____

Explanation: _____

_____

_____

Marks: **[4]**

8. Describe fixed practice. Give **one** example of fixed practice for a sport of your choice.

Description: _____

_____

_____

_____

Example: _____

_____

Marks: **[3]**

9. Evaluate the use of mechanical guidance when learning a skill.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: **[5]**

10. Describe retroactive transfer.

_____

_____

_____

_____

_____

_____

Marks: **[2]**

11. Evaluate the use of progressive part practice when learning a gymnastics routine.

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: **[4]**

12. Define self-efficacy.

_____

_____

_____

<div align="right">Marks: [1]</div>

13. Vealey's (1986) model of sports confidence investigates the relationship between competitiveness and self-confidence. Analyse Vealey's model of sports confidence.

Vealey's Sport Confidence Model (1989)

_____

_____

_____

_____

_____

_____

_____

<div align="right">Marks: [5]</div>

14. Describe the catastrophe theory of arousal.

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: **[4]**

15. Explain different motivational strategies a badminton coach could use to maintain a performer's engagement.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: **[6]**

16. Give a sporting example of the Ringelmann effect.

_____

_____

_____

Marks: **[1]**

17. Identify **two** characteristics of the norming stage of Tuckman's model of group development for a football team.

Characteristic one: _____

_____

Characteristic two: _____

_____

Marks: **[2]**

18. Suggest a disadvantage of using outcome goals to motivate a sports team.

_____

_____

_____

Marks: **[1]**

19. Assertive behaviours such as jabbing and punching are **not** forms of aggression in boxing, yet aggressive behaviours are likely to be seen in this sport.

Analyse the frustration-aggression hypothesis in relation to the aggression seen in boxing.

Explain how a coach might use operant conditioning to improve the performance of a boxer.

Marks: **[10]**

END OF PAPER