



National Mock Exams 2024

POWERED BY ExamSimulator

OCR 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 OCR 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:** 9th 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	OCR GCSE PE 9-1
Time allowed	1 hour 0 minutes

First name	
Last name	
Class	
Teacher	

Title	OCR 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 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 a 6-mark question.• Good luck.
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Total marks	60
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1. Define tidal volume.

Marks: [1]

2. What type of joint is the shoulder?

Marks: [1]

3. Identify the movement pattern that has occurred at the **right shoulder** in the image.



Marks: [1]

4. Identify which of the following describes a capillary.

- A** Vessel carrying blood away from the heart
- B** Site of gaseous exchange
- C** Vessel returning blood to the heart
- D** Vessel with a large lumen

Marks: **[1]**

5. Red-blood-cell production and storage of minerals are two functions of the skeleton.

Explain how **two other** functions of the skeleton benefit a high diver.

Marks: **[2]**

6. Identify the joint component responsible for the transmission of force from the **muscle onto a bone**.

Marks: [1]

7. Define muscular endurance.

Muscular endurance is: _____

Marks: [1]

8. The intercostals are a muscle group involved in breathing. Describe the role of **one other** breathing muscle.

Marks: [2]

9. Look at the following image.

State the correct plane of movement **and** axis of rotation for the leg action of the runner.



Plane: _____

Axis: _____

Marks: [2]

10. Identify a role of red blood cells from the following options.

- A** To suspend other blood cells
- B** To fight infection
- C** To clot the blood
- D** To bind with oxygen

Marks: [1]

11. Name the valve that prevents backflow of blood between the left ventricle to the left atrium.

Marks: **[1]**

12. State where in the body you would expect to find the phalanges.

Marks: **[1]**

13. Identify **one** potential hazard of an outdoor artificial sporting environment.

Marks: **[1]**

14. The components of an effective warm-up are listed alongside the impact of each component.

Which component of the warm-up has not been included?

Components of an effective warm-up

Pulse-raiser	Increased muscle temperature
Mobility exercises	Increased flexibility of joints
Stretching	Increased muscle pliability
Dynamic movements	Increased strength of contraction
?	Increase coordination of muscle pairs

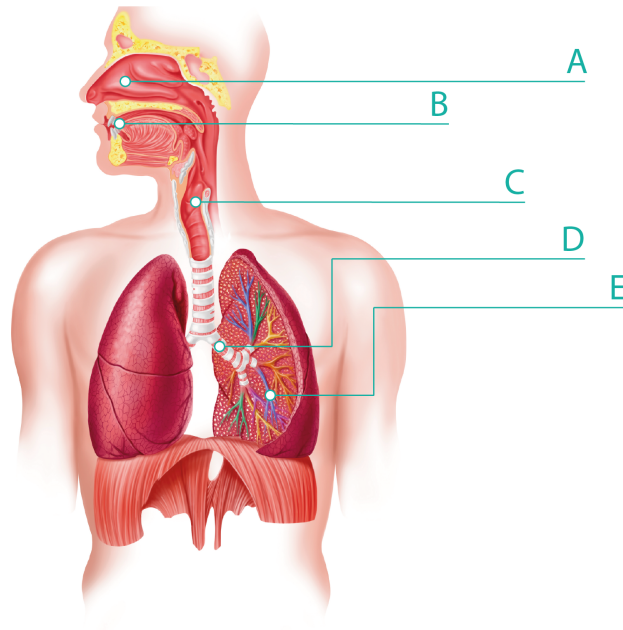
The missing warm up phase is: _____

Marks: [1]

15. Describe the role of the triceps during **both** the upwards **and** downwards phases of a biceps curl.

Marks: [2]

16. Look closely at this image. Which respiratory feature is labelled D?



Feature D is a: _____

Marks: [1]

17. A warm-up and cool-down can be used to minimise the risk of injury. State another way in which the **batsman** could minimise the risk of injury.



Marks: [1]

18. Other than a decreased likelihood of injury, state **one** benefit to the **batsman** of completing a warm-up.



Marks: **[1]**

19. Describe the role of an agonist muscle.

Marks: **[1]**

20. Which is the correct option for the acronym **FITT**?

- A** Frequency, Intensity, Training, Type
- B** Frequency, Intensity, Time, Type
- C** Frequency, Interval, Time, Type
- D** Force, Intensity, Time, Type

Marks: **[1]**

21. Define stroke volume.

Stroke volume is: _____

Marks: **[1]**

22. Define coordination.

Coordination is: _____

Marks: **[1]**

23. Give **one** practical example of a sporting movement that occurs around the longitudinal axis.

Marks: [1]

24. Identify the type of lever operating at the ankle when a gymnast balances on their tiptoes.

Marks: [1]

25. Which type of training would be most suitable for an outfield hockey player?

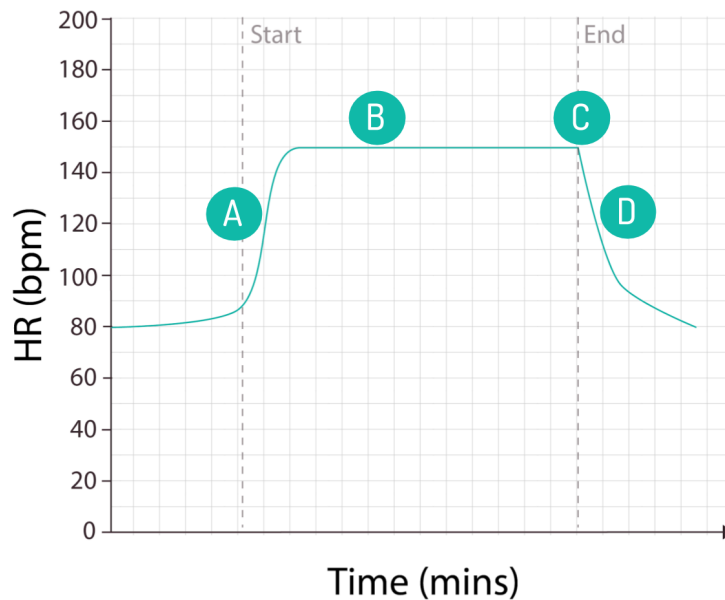
- A Weight
- B Plyometrics
- C Fartlek
- D Continuous

Marks: [1]

26. Describe the term overload.

Marks: [1]

27. Using the information provided in the graph, analyse what is happening to the participant's heart rate between points A and B **and** between points C and D.



Marks: [2]

28. Name a long-term effect of exercise on the cardiovascular system.

Marks: **[1]**

29. "Training with no breaks at a heart-rate range of 60%-80% maximum heart rate." What type of training is this referring to?

Marks: **[1]**

30. Explain how gaseous exchange occurs when exercising.

Marks: **[2]**

34. Give **three** examples of potential hazards in and around the swimming pool that could cause injury to the swimmer.

Marks: **[3]**

35. Name **two** suitable fitness tests for strength.

Marks: **[2]**

36. Describe the importance of muscular strength to a rugby player.

Marks: **[2]**

Marks: [6]

END OF PAPER