



National Mock Exams 2024

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OCR 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 OCR 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:** 29th 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 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 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. Name **one** social-health benefit of participating in physical activity.

Marks: [1]

2. The media makes up part of the "golden triangle" of commercialisation. Name the remaining **two** parts of the "golden triangle".

Marks: [2]

3. Suggest **two** ways in which a person's religion can affect their participation in sport.

Marks: [2]

4. Describe the characteristics of a skilful movement.

Marks: [2]

5. Look closely at the options.

Which type of feedback focuses on the outcome of a skill?

- A Knowledge of results
- B Knowledge of performance
- C Extrinsic
- D Positive

Marks: [1]

6. Define health.

Marks: [1]

7. Other than Sport England, name **one** other organisation which oversees the provision of sport and physical activity in the UK.

Marks: [1]

8. Define obesity.

Marks: [1]

9. Look closely at the options.

Which type of drug would a slalom skier take to ensure they react quickly at the start of the run?

- A Anabolic steroids
- B Beta blockers
- C Diuretics
- D Stimulants

Marks: [1]

10. Other than positive thinking and mental rehearsal, identify **one** other mental preparation technique a performer could use.

Marks: [1]

11. Describe the role of fibre in a balanced diet.

Marks: [1]

12. Kate is an elite triathlete.

Analyse the types of nutritional choices that Kate is making **throughout** her race day according to the image provided.



4 hours before	0.5 hours before	During race	<0.5 hours after race	2 hours after race
425 kcal	75 kcal	250 kcal per hour	325kcal	1,250 kcal

Marks: **[3]**

13. Look closely at this image. Three types of guidance are missing from their examples.

Identify the missing guidance types.

Type of guidance	Example
Visual guidance	A basketball coach demonstrates to the player how to perform a lay-up shot.
B	A trampoline coach uses a harness to assist the performer in completing high-tariff skills to build their confidence.
C	A tennis coach assists a performer in their backhand technique by holding the performer's arm in the correct position.
D	A gymnastics coach talks through how the performer can improve their front somersault.

Marks: **[3]**

14. Performers often use the SMART principle to set goals. Identify which of the following options is a timed goal.

A

The performer sets a goal to increase the weight lifted on the leg press by 5%.

B

The performer sets a goal to increase the number of repetitions completed on the leg press.

C

The performer sets a goal to increase the number of repetitions completed on the leg press per session, for a six-week period.

D

The performer sets a goal to reduce the rest time between sets when completing the leg press.

Marks: [1]

15. Give **one** example of a measurable goal that could be set for the performer with the ball in the image.



Marks: [1]

16. State a physical consequence of leading a sedentary lifestyle.

Marks: [1]

17. Describe **two** strategies that can be used to encourage engagement in sport for a participant aged 65+.

Marks: [2]

18. Give **two** examples of the positive effect that sponsorship can have on a sports performer.

Marks: [2]

19. Identify **two** reasons for gamesmanship in sport.

Marks: **[2]**

20. State a consequence of becoming dehydrated when taking part in sport.

Marks: **[1]**

21. State **two** reasons why a performer requires vitamins and minerals in a balanced diet.

Marks: **[2]**

25. For either the difficulty **or** environmental continuum, explain your decision.

Marks: **[2]**

26. State **two** ways in which a tennis player could show good sportsmanship **during** a match.

Marks: **[2]**

Marks: [6]

END OF PAPER