



National Mock Exams 2024

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WJEC GCSE 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, 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 the WJEC GCSE PE Paper
- 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:** 24th of April, 16:30-18:00

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	WJEC GCSE PE
Time allowed	2 hours 0 minutes

First name	
Last name	
Class	
Teacher	

Title	WJEC GCSE PE National Mock Exam 2024
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Guidance	<ul style="list-style-type: none">• This paper is marked out of 120 marks.• You have 120 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	120
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1. This image shows a GCSE PE student based in Aberaeron in Ceredigion, West Wales.

Explain why a GCSE PE student needs to maintain an energy balance during Year 11.



Marks: **[4]**

2. Identify **two** nutrients that can provide lots of energy to a GCSE PE student.



Macronutrient 1: _____

Macronutrient 2: _____

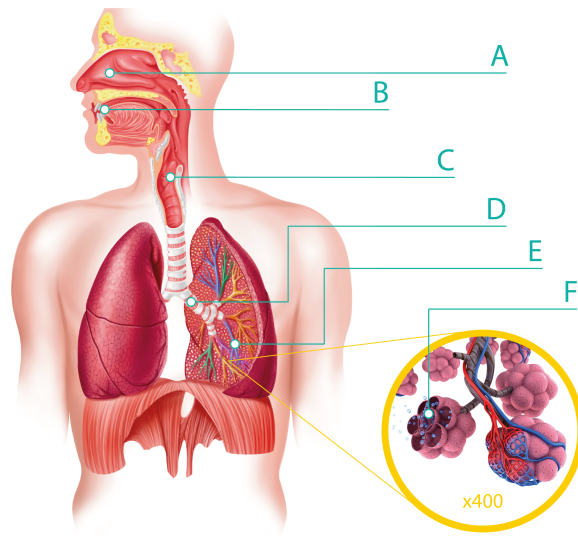
Marks: **[2]**

3. Explain how attending an extracurricular club can positively affect the social health of a GCSE PE student.



Marks: **[3]**

4. Identify feature D **and** feature F of the respiratory system and explain how both contribute to exercise.



Marks: [6]

5. The table shows a range of cardiac values for a group of GCSE and A-level PE students taking part in a practical lesson. Identify the following:

- The oldest participant
- The youngest participant
- The participant that is likely to be the most aerobically fit
- The missing value

Name	Resting heart rate	Maximum heart rate	Heart rate range
	BPM		
Celyn	55	203	148
Cerys	72	206	134
Dougie	80	205	125
Dafydd	91	205	?
Angharad	80	202	122
Glyn	68	203	135

Oldest participant is: _____

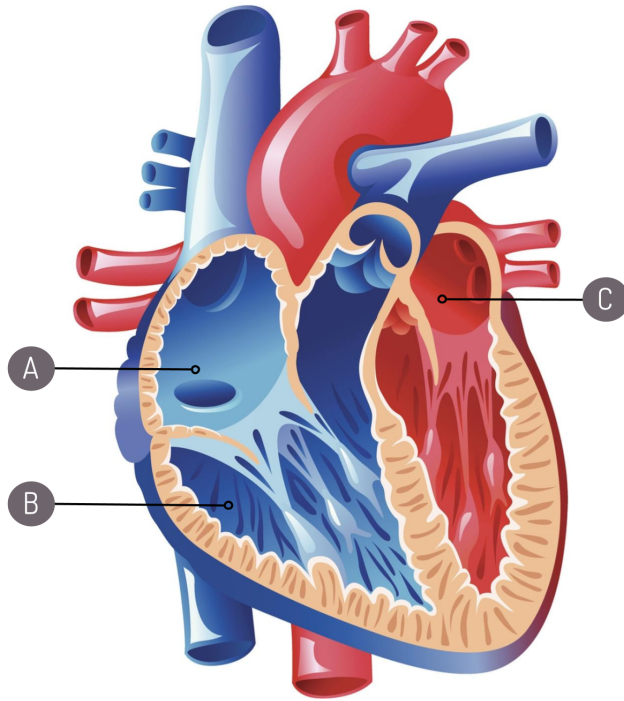
Youngest participant is: _____

Most aerobically fit participant is: _____

Missing value is: _____

Marks: **[4]**

6. Look closely at this image. Identify feature A, feature B **and** feature C.



A is the: _____

B is the: _____

C is the: _____

Marks: **[3]**

9. Explain why intrinsic motivation to be active is an important factor for teenagers.

Marks: [2]

10. The image shows Non Stanford, a Team GB and Welsh elite triathlete. Identify the components of fitness that Non has tested according to the image.



Fitness test	Score	Component of fitness
Sit-and-reach	28cm	A
Multi-stage fitness test	17	B
Illinois test	15.6s	C

A is: _____

B is: _____

C is: _____

Marks: [3]

11. Explain why fitness tests are important to an athlete like Non Stanford.



A series of horizontal dashed lines for writing the answer.

Marks: **[6]**

12. Evaluate the use of continuous training to improve CV endurance.

Marks: **[2]**

13. Other than continuous training, identify **two** training methods that could be used for CV endurance.

Marks: **[2]**

14. Explain how Non Stanford could apply the principle of reversibility to her training.

Marks: **[2]**

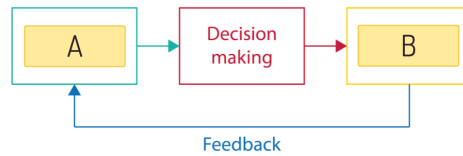
15. Explain how media coverage influences the choices that athletes make.

Marks: **[2]**

16. Identify the missing features of the basic information processing model **and** explain how they apply to the cycling phase of Non Stanford's racing.



Information Processing



A is:

Applied to Non Stanford:

B is:

Applied to Non Stanford:

Marks: **[4]**

17. Explain how imagery could improve Non Stanford's performances.



Marks: [2]

18. Please look closely at this image.

Complete a movement analysis of the elbow joint as the footballer throws the ball.



Type of joint: _____

Type of movement: _____

Agonist: _____

Marks: [3]

19. Define stroke volume.

Marks: [1]

20. Explain why stroke volume increases during exercise.

Marks: [2]

21. Other than an increase in stroke volume, explain **one** other short-term impact of exercise on the heart.

Short term impact of exercise on the heart: _____

Explanation: _____

Marks: [3]

22. Look closely at the options.

Identify which percentage range is in the aerobic training zone.

- A 40-50% of maximum heart rate
- B 50-60% of maximum heart rate
- C 70-80% of maximum heart rate
- D 80-90% of maximum heart rate

Marks: [1]

23. Explain why agility **and** flexibility are important to the female footballer during a match.



Agility: _____

Flexibility: _____

Marks: [2]

24. Identify **three** phases of a warm-up.

Phase 1

Phase 2

Phase 3

Marks: **[3]**

25. Identify the correct type of guidance in this image.



- A Manual
- B Mechanical
- C Verbal
- D Visual

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Marks: **[1]**

26. Evaluate the role of other types of guidance for the performer.

Type of guidance 1: _____

Evaluation: _____

Type of guidance 2: _____

Evaluation: _____

Marks: **[6]**

27. Analyse this video of a Welsh road cyclist in training in Powys and state the following:

- Type of joint at the knee
- Movement occurring at the knee as the rider pulls up on the pedal
- Type of joint at the elbow
- Movement occurring at the elbow throughout.



Type of joint at the knee: _____

Movement at the knee: _____

Type of joint at the elbow: _____

Movement at the elbow: _____

Marks: **[4]**

28. Identify the dominant muscle fibre type for the performance and explain why it is more important than the other types.



Marks: **[4]**

29. Identify the type of contraction occurring in the quadriceps as the cyclist pushes down on the pedals and explain how the contraction occurs.



Marks: **[4]**

30. Identify the type of tissue that transmits force from a contracting muscle to a bone.

Marks: **[1]**

31. Describe **two** consequences of a sedentary lifestyle.

Marks: **[2]**

32. Classify the performance of cycling on the open-closed and the self-externally paced continua and justify your choices.



Marks: **[4]**

33. Evaluate fixed **and** varied practice for a road cyclist.

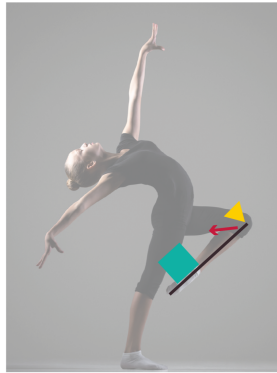
Marks: [5]

34. Look closely at this image.
Identify the lever operating at the knee.



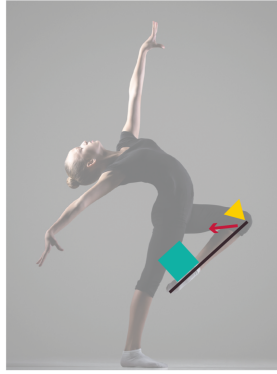
Marks: [1]

35. Identify the type of joint at the knee.



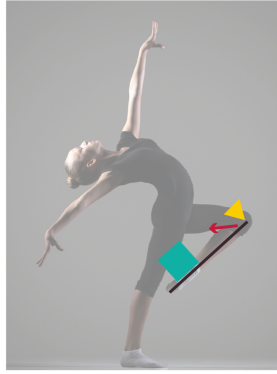
Marks: **[1]**

36. Describe the role of protein as part of a balanced diet.



Marks: **[3]**

37. Explain why anaerobic energy release is important to the performer.



Marks: **[2]**

38. Describe **two** characteristics of skilled performance.

Marks: **[3]**

39. Explain how a performer would calculate their anaerobic training zone.

Marks: [2]

40. Discuss the use of goal setting to improve sporting performance.

Marks: [6]

41. Explain why physical exercise is considered to be good for mental well-being.

Marks: **[2]**

END OF PAPER