



Model Answers

AQA GCSE PE – Paper 2

This document contains:

- Model answers for the National Mock Exam questions
- Model examples of extended writing

How should schools use these papers?

These model answers are written to support PE teachers and students review the National Mock Exam 2024 and to prepare for the live revision session delivered by James in May 2024. We strongly recommend that students learn these model answers in preparation for the summer exams 2024. The questions posed and the answers provided are based on significant analysis and model BOTH content and skills.

Please, use these model answers in combination with the National Mock Exam paper, mark scheme and the revision session (Tuesday, 28th of May 2024, 16:30-18:00), available via the AQA GCSE PE Revision page:

<https://pages.theeverlearner.com/2024-aqa-gcse-pe-revision>

All questions are taken from ExamSimulator. ExamSimulator is a premium resource available via TheEverLearner.com.

I hope this helps both students and teachers in their exam preparations.

James Simms



Subject	Physical Education
Course	AQA GCSE PE 9-1
Time allowed	1 hour 15 minutes

First name	
Last name	
Class	
Teacher	

Title	AQA 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 78 marks.• You have 75 minutes (plus additional time for those who have Exam Access Arrangements).• Answer all questions.• A calculator is permitted for this exam.• This paper contains both a 6-mark and a 9-mark question.• Good luck.
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Total marks	78
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1. Which of the following is correct for the **T** in SMART targets?

- A Time-bound
- B Type
- C Tedium
- D Time-efficient

A - Time Bound

Marks: **[1]**

2. Which **one** of these is the accurate definition of **extrinsic** motivation?

- A The drive to achieve
- B The drive to perform well or to win in order to gain external rewards
- C The drive that comes from within the performer
- D The drive to win at all costs

B - The drive to perform well or to win in order to gain external rewards

Marks: **[1]**

3. Which of the following is a **mental**-health benefit of exercise?

- A Improved fitness
- B Cooperation
- C Avoiding obesity
- D Reduced stress

D - Reduced stress

Marks: **[1]**

4. Which of the following athletics events is most suited to an **ectomorph** body type?

- A 100m
- B High jump
- C Discus
- D Javelin

B - High jump

Marks: **[1]**

5. Which percentage range of **protein** characterises a balanced diet?

A 15-20%

B 20- 25%

C 25- 30%

D 30- 35%

A - 15-20%

Marks: [1]

6. Sponsorship brands feature heavily on social media.
State **three** types of sponsorship.

Type 1: Clothing sponsorship

Type 2: Equipment sponsorship

Type 3: Stadium sponsorship

Marks: [3]

7. Social media is a factor influencing the Golden Triangle in modern sport.

Discuss the impact that social media might have on a spectator of association football.

A spectator can use social media as an opportunity to purchase brand merchandise that is associated with their team. Social media can also be used by spectators as an education tool, to give them more knowledge of rules and competitions within football. Another positive is that social media allows spectators to easily connect with other like-minded spectators. This can lead to a sense of community. However, a negative of social media is that it can lead to spectators being open to racist or sexist abuse from other spectators, which increases mental-health issues.

Marks: [4]

8. Define direct aggression.

Give **two** sporting examples of aggression in sport.

Direct aggression: Aggression that involves physical contact with others

Sporting example 1: An example is punching in a boxing bout.

Sporting example 2: A second example is a high tackle in rugby

Marks: [3]

9. Define indirect aggression.

Give **two** sporting examples of indirect aggression in sport.

Indirect aggression: When aggression is taken out on an object

Sporting example 1: For example, smashing a tennis racket.

Sporting example 2: A second example is a a slam dunk in basketball.

Marks: **[3]**

10. Describe the impact race **and** peers may have on an individual's engagement in physical activity.

Race: There is clear evidence that there is clear evidence of uneven ethnic minority
group representation in some sports. This leads to a lack of positive role models
for ethnic-minority participants and can stifle participation rates.

Peers: Peers can act as positive role models and this might mean a friend takes up a
sport. Peers can also influence the type of sport that is played by someone, as
they want to copy their peer.

Marks: **[4]**

11. Explain how sportsmanship **and** gamesmanship displayed by a tennis player in a game can affect an opponent.

Sportsmanship: A tennis player can display sportsmanship by shaking hands with their opponents at the start of a match. This signals to the opponent that the player will be fair during the game and adhere to the rules, meaning the game will be played in a positive spirit.

Gamesmanship: Gamesmanship by a tennis player could be displayed by wasting time between points. This disrupts the flow of the game and the opponent's concentration, resulting in a decline in the opponent's performance.

Marks: **[4]**

12. Give an example of a complex skill.
Justify your answer.

Sporting example: An example of a complex skill is a goalkeeper diving to make a save in football.

Justification: This skill is complex because it requires decision-making to decide when to initiate the dive based on the power and trajectory of the ball.

Marks: **[2]**

13. Give an example of a gross skill.

Justify your answer.

Sporting example: An example of a gross skill is sprinting in a 100m race

Justification: The skill is gross because it involves large muscle groups to execute the skill (the hamstrings and quadriceps flex and extend at the knee when sprinting).

Marks: **[2]**

14. Define the term obesity.

Obesity is having an excessive amount of fat that is detrimental to health.

Marks: **[1]**

15. Explain how obesity leads to a decrease in **social** health.

Obesity can often lead to social isolation, due to lack of mobility to leave the house. This results in feelings of loneliness and being unable to connect with friends regularly.

Marks: **[2]**

16. Obesity leads to poor performance in badminton.

Justify this statement.

Justification 1: Performance in badminton will be poor because the participant will have low levels of cardiovascular endurance and will tire quickly during a long rally.

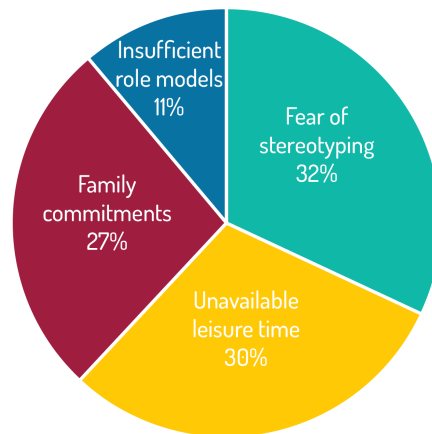
Justification 2: Also, the participant will not have sufficient agility to change direction when the shuttle is hit to different parts of the court, making it easier for an opponent to hit winners.

Marks: [2]

17. Look at the image closely.

Using the information provided, calculate the number of respondents who answered with each of the different reasons.

Reasons why females aged 25-40 do not participate in exercise
Total number of respondents - 2500 females



Unavailable leisure time: 750

Family commitments: 675

Fear of stereotyping: 800

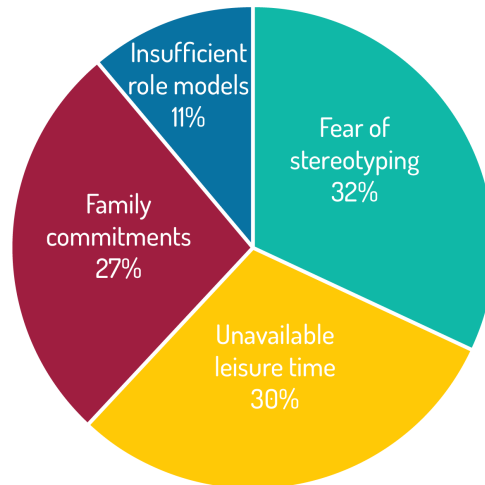
Insufficient role models: 275

Marks: [4]

18. Explain how the reasons shown in the diagram are **barriers** for females accessing physical activity.

Reasons why females aged 25–40 do not participate in exercise

Total number of respondents - 2500 females



Unavailable leisure time might be due to family commitments, as often females are the primary child carer in households. Family commitments might be due to taking young children to their clubs and activities instead, which takes up any leisure time available.

Fear of stereotyping might be due to females still feeling conscious of male-dominated sports that are seen as uninviting. Insufficient role models might be due to a lack of equality in media coverage compared to men's sport.

Marks: [4]

19. State **three** advantages of spectators being present at a live sporting event.

1: Spectators help to create an atmosphere at matches.

2: Spectators increase revenue through the sale of tickets and merchandise

3: A large spectator following results in a sense of community and belonging

Marks: **[3]**

20. State **three** disadvantages of spectators being present at a live sporting event.

1: Spectators may add to pressure for the performers, increasing their anxiety levels.

2: Large crowds could result in hooliganism occurring.

3: Large crowds can also lead to safety concerns for stewards and stadium staff.

Marks: **[3]**

21. Describe **two** positives and **two** negative side effects of anabolic agents.

Positive 1: A positive is that anabolic agents assist in the increase of muscle mass

Positive 2: They also reduce recovery time after injury

Side effect 1: However, side effects can include health risks such as liver damage

Side effect 2: Side effects can also cause heart attacks

Marks: **[4]**

22. Discuss the use of blood doping on an elite road cyclist.



A positive of blood doping for a road cyclist is that it increases red-blood-cell count.

This means the cyclist has increased oxygen delivery to the muscles, which delays fatiguing. Blood doping will also allow the cyclist to work at higher aerobic intensities,

which means training adaptations will accelerate quicker than a non-doper and the

cyclist will be able to work more intensely during a race. A negative is that blood doping

can lead to blood thickening, increasing the chances of a heart attack or blockage in

the blood vessels.

Marks: **[4]**

23. Define **both** the term skill **and** the term ability.

Skill: Skill is learned behaviour

Ability: Ability is an innate trait that you are born with.

Marks: **[2]**

24. Define performance **and** outcome goals.

Give a sporting example of each type of goal.

Performance goal: Performance goals focus on working towards personal standards.

Sporting example: An example is a gymnast setting a goal to point their toes more when holding a balance.

Outcome goal: An outcome goal focuses on the end result only.

Sporting example: An example of an outcome goal is a rugby player setting a goal to score three tries in a match.

Marks: **[4]**

25. Muscle fatigue and increased body temperature are both consequences of dehydration.

Using a skill from a game, analyse **two** other consequences of dehydration.

Dehydration can be described as excessive loss of water. A consequence of dehydration is loss of reaction time. This could affect performance in tennis negatively, as a player needs to react to return a serve. If the player is unable to do this, it will result in losing points. The player's lack of reaction time will also mean their opponent does not have to enter into long rallies and will be able to conserve energy. A second consequence of dehydration is an increase in heart rate. This will negatively impact return of serve, as the heart has to work harder in a game that is usually three to five sets. The result is fatigue occurring more rapidly, so the quality of serve returns will deteriorate.

Marks: [6]

26. Analyse the use of different types of guidance for a beginner in trampolining.



A beginner trampolinist can benefit from different types of guidance to learn a skill.

Manual guidance can be described as the use of physical support when learning. An

example is the coach catching the trampolinist as they land on the trampoline. This

helps the performer to feel safe and more confident in performing the skill. As a result,

progress is accelerated. Verbal guidance can be described as the coach giving

instructions through the use of voice. An example would be a coach talking the

performer through the technique to complete a front drop. The advantage of this type of

guidance is that it's quick, cheap and easy for the coach to deliver. This means

coaching sessions can be delivered at a brisk pace. Visual guidance is the use of

demonstrations, videos or images to coach a skill. An example of visual guidance is a

coach showing a video of another trampolinist completing a seat drop. The beginner is

then able to copy this skill. Visual guidance allows the beginner trampolinist to build a

mental picture of the skill and it will also motivate the performer to replicate the "perfect

model" that has been demonstrated to them. High levels of motivation will lead to an

increase in focus during training.

A series of 25 horizontal dashed lines spanning the width of the page, intended for writing or drawing.

Marks: [9]

END OF PAPER