



The EverLearner

National Mock Exams 2024

POWERED BY ExamSimulator

Model Answers Edexcel 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, 15:00-16:30), available via the Edexcel GCSE Revision page:

<https://pages.theeverlearner.com/2024-edexcel-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	Edexcel GCSE PE 9-1
Time allowed	1 hour 15 minutes

First name	
Last name	
Class	
Teacher	

Title	Edexcel GCSE PE 9-1 Paper 2 National Mock Exam 2024
--------------	---

Guidance	<ul style="list-style-type: none">• This paper is marked out of 60 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 a 9-mark question.• Good luck.
-----------------	--

Total marks	60
--------------------	----

1. Which of the following components of a balanced diet is a micronutrient?

- A Carbohydrates
- B Vitamins
- C Protein
- D Fats

B - Vitamins

Marks: **[1]**

2. Which of the following is a **negative** impact of smoking?

- A Diabetes
- B Vitamins
- C Obesity
- D Bronchitis

D - Bronchitis

Marks: **[1]**

3. Identify **one** benefit playing sport can have on emotional health.

Improved self esteem

Marks: [1]

4. Reduced blood pressure is a physical benefit of participating in sport.
State **two** other physical benefits.

Benefit 1: Reduced risk of osteoporosis

Benefit 2: Improved posture

Marks: [2]

5. A high-protein diet is important for a rugby player.
State **two** functions of protein.

Function 1: Growth of body tissue

Function 2: Repair of body tissue

Marks: [2]

6. Explain why hydration is important for a rugby player.

By staying hydrated, the player will not fatigue early in the match, allowing the player to maintain performance levels for the whole game. Good hydration will also reduce the chances of nausea, allowing the player to last the whole match without having to be substituted. Good hydration also regulates body temperature, which means the player can maintain performance in hot conditions.

Marks: [3]

7. Explain how a **sedentary** lifestyle can cause negative impacts on long-term health.

A sedentary lifestyle can be described as being extremely inactive.

One negative impact of leading a sedentary lifestyle is becoming obese. A second negative impact is having high blood pressure. Both of these impacts make completing everyday tasks problematic and increase an individual's probability of being hospitalised.

Marks: [4]

8. Define obesity.

Excessive fat accumulation that poses a health risk.

Marks: **[1]**

9. Explain why the optimum weight of a shot-putter is different to that of a marathon runner.

A marathon runner would have a lower optimum weight than a shot-putter. The shot-putter would have higher muscle mass compared to a marathon runner. By having more muscle mass, the shot-putter can carry greater momentum in executing a throw. By having a lower optimum weight, the marathon runner is able to carry their own body weight throughout the race.

Marks: **[3]**

10. Which of the following is an example of terminal feedback?

- A** As a netball player is about to take a shot, they receive feedback and change how they shoot.
- B** A netball player is given praise by their coach as they run on the court.
- C** The coach criticises a netball player about their performance.
- D** A netball player receives feedback about their shot after the ball has gone through the goal.

D - A netball player receives feedback about their shot after the ball has gone through the goal.

Marks: **[1]**

11. Which of the following sports is **most** associated with participants from a high socio-economic background?

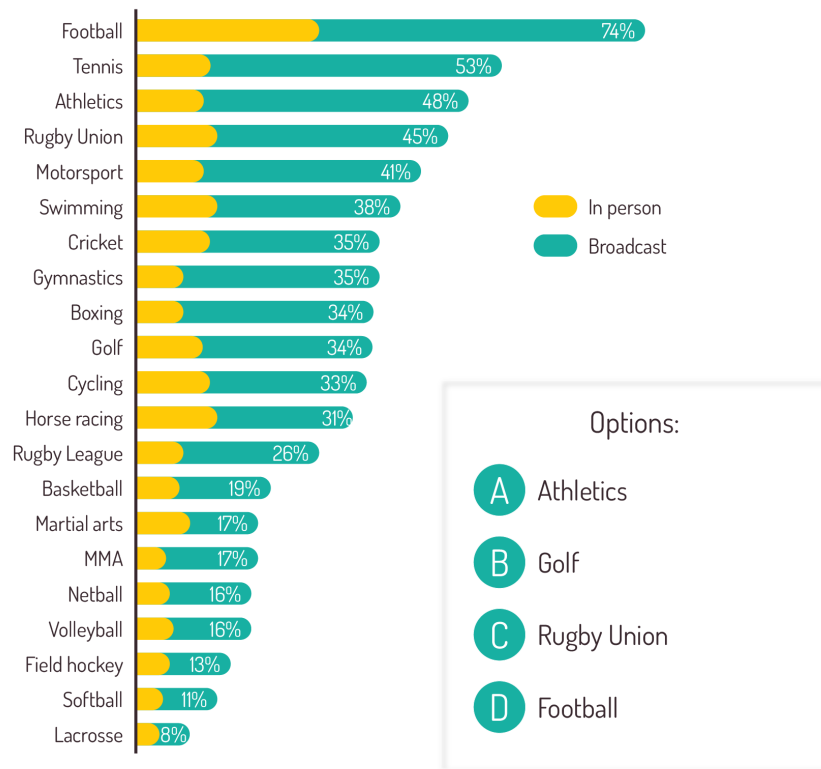
- A** Running
- B** Football
- C** Skiing
- D** Swimming

C - Skiing

Marks: **[1]**

Use the following data to answer questions 12 and 13.

Live viewing figures



12. Review the data of live viewing figures of sports in the UK. Identify which sport has the highest viewing figures.

D - Football

Marks: [1]

13. Review the data of live viewing figures of sports in the UK. Calculate the percentage difference in live viewing figures between **athletics** and **golf**.

Percentage difference: 14%

Marks: [1]

14. Classify a tennis serve on the **open-closed** and **simple-complex** continua.

Justify your answers.

Placement open-closed: A tennis serve is a closed skill

Justification open-closed: This is due to it being performed in a stable and predictable environment

Placement simple-complex: A tennis serve is a simple skill

Justification simple-complex This is due to the serve having few decision-making elements

Marks: **[4]**

15. Praise from a coach is one example of extrinsic feedback. State **two** other examples.

Example 1: Praise from a teammate

Example 2: Comments from the crowd

Marks: **[2]**

16. Explain **one** advantage and **one** disadvantage of using extrinsic feedback for an **elite** performer.

Advantage: Extrinsic feedback can come from a coach giving tactical information to a performer. If this feedback is positive, it can lead to the performer being motivated and improving confidence.

Disadvantage: However, it could be argued that extrinsic feedback is more advantageous for a beginner performer, as an elite performer is able to feed back intrinsically and this might be more beneficial to optimise performance.

Marks: [4]

17. The table shows two elements of SMART target-setting a swimming coach could use to optimise performance. Describe each element **and** give a sporting example from swimming.

SMART target element	Description	Example
Measurable	?	?
Achievable	?	?

Measureable Description: The swimmer will have a measured objective to work towards

Swimming example: Improve the split times for each length in a race

Achievable description: A target with the right level of challenge for the swimmer, so not too easy or too hard

Swimming example: For example, the swimmer will gradually bring their time down each week.

Marks: [4]

18. Other than socio-economic group and gender, identify **two** factors which influence participation in sport.

Factor 1: Age

Factor 2: Disability

Marks: **[2]**

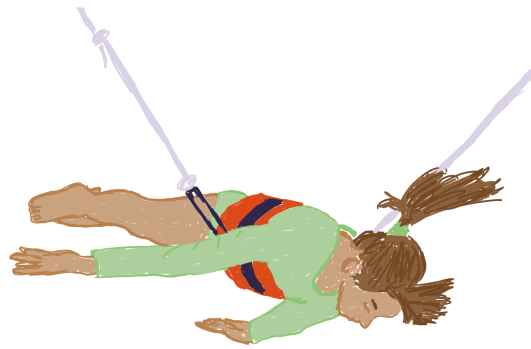
19. Explain how socio-economic group **and** gender can affect participation in Association football.

Socio-economic: Football is a relatively cheap sport to play, so people from low socio-economic backgrounds do not usually have cost as a barrier to participation.

Gender: There is gender inequality in football, with boys having greater opportunity to play. This leads to comparatively low participation rates for girls.

Marks: **[4]**

20. Look closely at this image. Describe **one** advantage of using mechanical guidance for the trampolinist.



Mechanical guidance can make the performer feel safe when performing the skill. This will improve confidence.

Marks: [1]

21. Describe **one** disadvantage of the trampolining coach using verbal guidance.

If verbal guidance is used, the performer does not get to see a demonstration or image of how the skill should be performed so may not build a correct mental picture.

Marks: [1]

22. Video analysis is one example of guidance used to optimise sporting performance.

Identify this type of guidance **and** a different sporting example.

Type of guidance: Visual guidance

Sporting example: An athletics coach demonstrates the hurdle technique to a performer

Marks: [2]

23. Describe the benefits of using mental rehearsal for a sprinter prior to the race.



Benefit 1: Mental rehearsal will help the performer to avoid distractions and improve concentration.

Benefit 2: It also helps the athlete to visualise a successful performance, which can assist in winning the race.

Marks: [2]

24. Define deviance.

Behaviour that differs from perceived social, moral and legal norms.

Marks: [1]

25. State **two** ways in which the media can increase the chances of deviant acts occurring in sport.

1: Media coverage can increase the pressure on athletes to win. This pressure can lead to the athletes having a win at-all-costs attitude.

2: The media also hypes up derby matches between rival teams, which can lead to spectator hooliganism.

26. Modern sport is highly commercialised.

Using a range of sporting examples, evaluate the impact of sponsorship **and** advertising on performers in the 21st century.

Sponsorship and advertising in sport allow performers to generate income. An example would be a clothing brand paying an athlete to wear their clothes. This allows the athlete to have financial security, so they can focus fully on their training and competition.

Sponsors might also pay to have their brand associated with an event or competition. For example, FedEx sponsoring the PGA golf tour. This leads to greater prize money that the performer will benefit from. Sponsorship and advertising can also highlight positive role models. For example, Marcus Rashford has used his role-model status to sign lucrative sponsorship deals with various companies. This helps to grow a positive public perception of the sport and enhance the performer's image. However, sponsors can interfere with the schedules of athletes, as they are often asked to make public appearances. This can distract the athlete and result in a deterioration in performance. Another negative is that the athlete could be asked to endorse products seen as unethical. For example, footballers are often asked to wear shirts with gambling sponsors. This can lead to a negative public perception of the athlete. In conclusion, sponsorship and advertising can have both positive and negative impacts on a sports performer.

Marks: [9]

END OF PAPER