



The EverLearner

National Mock Exams 2024

POWERED BY **ExamSimulator**

Model Answers

OCR 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 (Wednesday, 29th of May 2024, 15:00-16:30), available via the OCR GCSE PE Revision page:

<https://pages.theeverlearner.com/2024-ocr-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	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.

Making friends

Marks: [1]

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

Sport and sponsorship

Marks: [2]

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

Religious dress can restrict participation in certain sports. Discrimination through religion can also make some feel they "don't belong" in certain sports and this can also limit participation.

Marks: [2]

4. Describe the characteristics of a skilful movement.

A skillful movement is coordinated and looks effortless.

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

A- Knowledge of results

Marks: [1]

6. Define health.

A complete state of physical, social and emotional well-being.

Marks: [1]

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

The Department for Culture, Media and Sport

Marks: [1]

8. Define obesity.

Excessive fat accumulation that is a risk to an individual's health

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

D- Stimulants

Marks: **[1]**

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

Selective attention

Marks: **[1]**

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

A role of fibre is to aid digestion.

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

Before the race, Kate eats a light breakfast so she is not bloated during the race.

Immediately prior to racing, Kate consumes fast acting sugars for energy. Post- race, Kate eats heavily to replace released energy stores.

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.

B- Mechanical guidance

C- Manual guidance

D- Verbal guidance

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.

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

Marks: [1]

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



Increase the number of interceptions by two per match.

Marks: [1]

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

An increased chance of coronary heart disease.

Marks: **[1]**

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

One strategy to encourage engagement would be to keep membership and group classes cost effective to increase access to being physically active. Secondly, adapted activities to suit the age range could be promoted via social media, such as walking football.

Marks: **[2]**

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

The performer receives free clothing and equipment as a result of being sponsored. The performer gains financially from sponsorship and this leads to sufficient earnings to become a full-time professional.

Marks: **[2]**

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

Gamesmanship can increase a performer's chances of winning. The performer or team might be pressured into exhibiting gamesmanship by their coach.

Marks: [2]

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

Increase in body temperature

Marks: [1]

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

Vitamins and minerals are good for general health. They also maintain the efficiency of bodily functions.

Marks: [2]

22. Explain why a fast-food company may choose to sponsor an elite sports team.

A fast-food company gains brand exposure from sponsoring a sports team. This will lead to increased revenue and allow the company to align themselves positively within the sport or amongst the performers within the team. A fast-food company will also get tax concessions from sponsoring a team, which results in even greater profits.

Marks: **[4]**

23. Using examples, describe **two** different types of media that influence the coverage of elite sport.

Social media influences elite sports coverage, as it is able to provide instant updates on matches and performances. An example is an elite team using their Instagram account to provide highlights of key moments. TV channels also influence the coverage of elite sport. There are now dedicated sports channels (such as Sky Sports) that broadcast elite sport 24/7.

Marks: [4]

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

Tennis serve is a closed skill (Yes/No) Yes

Tennis serve is an open skill (Yes/No) No

Tennis serve is a simple skill (Yes/No) Yes

Tennis serve is a complex skill (Yes/No) No

Marks: [2]

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

A tennis serve is a closed skill, as it's performed in a stable environment and is a repetitive action.

Marks: **[2]**

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

A tennis player could show good sportsmanship by praising their opponent for hitting a good shot. The player could also show sportsmanship by not hitting the ball directly at their opponent from close range.

Marks: **[2]**

27. Explain how disposable income **and** time commitments affect participation rates in tennis.

Tennis is a relatively expensive sport to play due to the cost of memberships and equipment. Therefore, access for people from low socio-economic backgrounds is reduced. If an individual has high levels of disposable income, they are more likely to be able to spend money on leisure activities, such as tennis, so this will increase participation. Tennis is also a time-consuming sport and an individual will be more likely to participate if they have free time available. Therefore, a person who works full time will have less opportunity to participate than a person who works part time or is retired. Family commitments can also lead to reduced time for leisure activities, which can lower participation rates.

Marks: **[4]**

28. Explain reasons why an elite rugby player may become violent during a match.

An elite rugby player may become violent due to the pressure of winning. This pressure can build up and lead to spontaneous acts of violence. Rugby is a contact sport, which increases the chances of violent acts compared to non-contact sports. The player may also become violent due to frustration from poor officiating, leading to not playing to the rules and using violence to overcome their opponents. Lastly, the player may retaliate after an opposing player has been violent towards them.

Marks: **[4]**

29. Using practical examples, evaluate the influence of the ITV coverage on the men's Rugby World Cup in 2023.

Explain why an international rugby player might use plyometrics to prepare for a Rugby World Cup.



The ITV coverage of the Rugby World Cup assists in taking the sport to a global audience. For example, the coverage allows games to be live streamed, which means people can watch anywhere in the world on demand. By increasing the global audience, it helps to grow the sport and, in turn, increase participation rates. Sponsors can use the coverage for brand exposure. For example, car companies have sponsored ITV coverage. This allows the sponsor to increase revenue and rugby also increases revenue by being paid by the sponsor or media company. The coverage also helps to create role models. If a player is seen to show sportsmanship towards an opponent or official, this gives rugby a positive image and increases its popularity and reputation in the public eye. Plyometrics is a method of training used to increase power. It involves using bounding, hopping and jumping movements. Plyometrics will improve a rugby player's ability to jump higher. This will be useful when jumping to catch the ball in the line-out or to catch a high kick in open play. Plyometrics also improves explosive movements. This will help the rugby player sidestep an opponent easily.

Marks: **[6]**

END OF PAPER