



National Mock Exams 2025

POWERED BY **ExamSimulator**

AQA A-level PE – Paper 1

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. Please note the following:

- We believe this paper has a very strong association with the actual external exam in 2025 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 potential educational experiences of students in other schools/colleges.
- Finally, please use this paper together with the mark scheme and make sure you attend the revision session in May.

This paper contains:

- Questions in the format of the AQA A-level PE Paper 1 2025
- 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 revision sessions offered by James Simms on **Monday 12th of May 2025 at 15:30** (available to all subscribing schools live and on demand; a shorter version for non-subscribers will be available on YouTube after the live session).

This paper is available to be set, answered and marked online via [ExamSimulator](#). [ExamSimulator](#) is a premium resource available via TheEverLearner.com and provides immediate diagnostics of student writing performance after every exam answer. [Get in touch with us](#) to start a free trial.

James Simms



Subject	Physical Education
Course	AQA linear GCE PE Paper 1: Factors affecting participation in physical activity and sport
Time allowed	120 minutes

First name	
Last name	
Class	
Teacher	

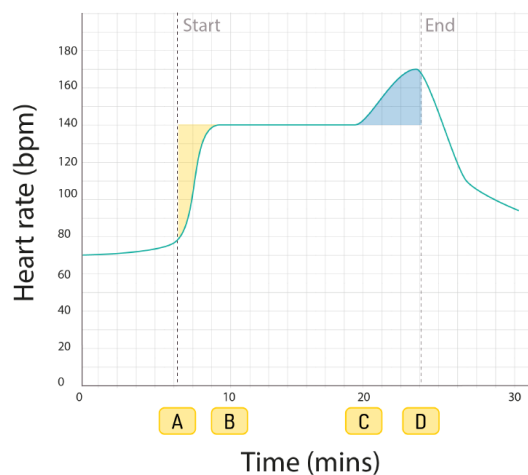
Title	AQA A-Level Paper 1 - National Mock Exam 2025
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Guidance	<ul style="list-style-type: none">• This paper is marked out of 105 marks.• You have 120 minutes (plus additional time for those who have Exam Access Arrangements).• The marks for each question are shown in brackets (use this as a guide for how much time should be spent on each question).• You may use a calculator.• Read each question carefully and answer all questions.• If the timer reaches zero prior to you submitting your paper, the software will automatically submit your responses.• Good luck!
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Total marks	105
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SECTION A: Applied Anatomy and Physiology

1. Look at the image. Which point on the x-axis indicates the moment when cardiovascular drift begins to have a noticeable impact on heart rate?



Marks: [1]

2. Which of the following is true in relation to the Bohr shift?

- A Occurs as a result of decreased blood pH.
- B Occurs as a result of increased blood pH.
- C Results in a higher affinity between haemoglobin and oxygen at the muscle.
- D Dissociation curve moves to the left.

Marks: [1]

3. Analyse the effects of EPOC on an all-round gymnast between apparatus during a competition.

Marks: **[3]**

4. Look at the image of a football goalkeeper diving to make a save. Complete the table for the movement at the right shoulder as shown in the image.



Articulating bones	A
Type of joint	B
Plane of movement	C
Axis of rotation	D

A:

B:

C:

D:

Marks: **[4]**

5. Explain Starling's law in relation to a cross-country runner going uphill.

Marks: **[3]**

6. The table shows the percentage of muscle fibres for three performers. Analyse the sporting activities that **each** performer is most likely to specialise in. Refer to the data in the table to support your answer.

Athlete	% of muscle fibres sampled from the rectus femoris		
	Type I slow oxidative	Type IIa fast oxidative glycolytic	Type IIb fast glycolytic
Daffyd	9	14	77
Andrea	60	19	11
Humphrey	30	51	19

[illegible]

Handwriting practice lines consisting of 30 sets of three horizontal dashed lines.

7. The image below shows the history of world-record swims by British swimmer Adam Peaty in the 50m and 100m breaststroke swimming events. Evaluate the contribution of **both** the ATP-PC **and** the anaerobic glycolytic systems for a sprint swimmer like Adam.

Adam Peaty: World-record swims



Image by Fernando Frazão/Agência Brasil -
<http://agenciabrasil.ebc.com.br/rio-2016/foto/2016-08/norte-americana-katie-ledecky-bate-recorde-mundial-nos-400m>, CC BY 3.0 br, <https://commons.wikimedia.org/w/index.php?curid=50546826>

50m Breaststroke

25.95 – 25 July 2017, Budapest, Hungary
25.67 – 28 July 2017, Budapest, Hungary
25.41 – 20 November 2022, Melbourne, Australia

100m Breaststroke

57.92 - 17 April 2015, London, England

57.55 - 6 August 2016, Rio de Janeiro, Brazil

57.13 - 7 August 2016, Rio de Janeiro, Brazil

57.10 - 4 August 2018, Glasgow, Scotland

56.88 - 21 July 2019, Gwangju, South Korea

55.49 - 21 November 2021, Eindhoven, Netherlands

(Short Course)

[illegible]

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SECTION B: Skill Acquisition

8. Which **one** of the following is the correct sequence of Schmidt's schema theory?

- A** Initial conditions →
Response specification →
Sensory consequences →
Outcome
 - B** Initial conditions →
Outcome →
Sensory consequences →
Response specification
 - C** Sensory consequences →
Initial conditions →
Outcome →
Response specification
 - D** Initial conditions →
Sensory consequences →
Response specification →
Outcome
-

Marks: [1]

9. Which **one** of the following is an example of a discrete skill?

- A** Trampolining routine
 - B** Road cycling
 - C** Golf putt
 - D** Triple jump
-

Marks: [1]

10. State **three** ways to avoid a learning plateau.

Marks: [3]

11. Identify **two** ways a coach can avoid negative transfer.

Marks: [2]

12. Using an example, explain how improving selective attention can help to reduce response time. Accept any other suitable examples.

Marks: [2]

13. Evaluate the use of extrinsic feedback for an experienced batsman in cricket.

[illegible]

Marks: [3]

14. Analyse the use of different types of practice for a gymnast.

[illegible]

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Handwriting practice lines consisting of 30 sets of three horizontal dashed lines.

Marks: [15]

SECTION C: Sport and Society

16. Which of the following is a **health** benefit of increased participation?

- A** Decreased risk of a stroke
 - B** Increased aerobic capacity
 - C** Improved communication skills
 - D** Increased confidence
-

Marks: **[1]**

17. Which of the following are characteristics of a modern-day amateur?

- A** Only from middle class, lower status than professionals
 - B** Can be from any class, higher status than professionals
 - C** Only from middle class, higher status than professionals
 - D** Can be from any class, lower status than professionals
-

Marks: **[1]**

18. State **two** characteristics of popular recreation.

Marks: **[2]**

19. Explain how urbanisation contributed to the development of rational recreation.

Marks: **[3]**

20. Define the terms "discrimination" and "prejudice".

Marks: **[2]**

21. Analyse the relationship between elite sports clubs and the companies that sponsor them.

Marks: **[3]**

Games.

sports in the media. Refer to the data from the table in your answer.



TV viewing figures of Paris 2024 Olympic and Paralympic Games

Coverage	Viewers	Viewers as percentage of UK population
Olympic Games BBC Sport	36.1 million	59%
Paralympic Games Channel 4	18.5 million	30.4%

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Marks: [8]

Evaluate the impact of socialisation and social stratification on Nadine's participation in sport.

[illegible]

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Marks: [15]