



# National Mock Exams 2025

POWERED BY **ExamSimulator**

## AQA A-level PE – Paper 2

**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 2 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 Friday 23rd of May 2025 at 13:30 (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*



<b>Subject</b>	Physical Education
<b>Course</b>	AQA linear GCE PE Paper 2: Factors affecting optimal performance in physical activity and sport
<b>Time allowed</b>	120 minutes

<b>First name</b>	
<b>Last name</b>	
<b>Class</b>	
<b>Teacher</b>	

<b>Title</b>	AQA A-Level Paper 2 - National Mock Exam 2025
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<b>Guidance</b>	<ul style="list-style-type: none"><li>• This paper is marked out of 105 marks.</li><li>• You have 120 minutes (plus additional time for those who have Exam Access Arrangements).</li><li>• The marks for each question are shown in brackets (use this as a guide for how much time should be spent on each question).</li><li>• You may use a calculator.</li><li>• Read each question carefully and answer <b>all</b> questions.</li><li>• If the timer reaches zero prior to you submitting your paper, the software will automatically submit your responses.</li><li>• Good luck!</li></ul>
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<b>Total marks</b>	105
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## SECTION A: Exercise Physiology and Biomechanical Movement

1. Which of the following is an example of qualitative data?

- A** Multi-stage fitness test results
- B** Interview
- C** Number of shots on target
- D** Long-jump distance

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Marks: **[1]**

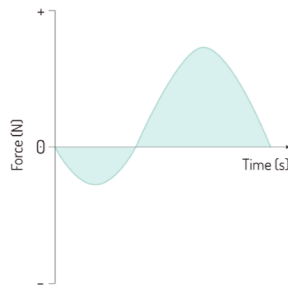
2. The collection of data can be either objective or subjective. Describe what is meant by **objective** data.

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Marks: **[1]**

3. Look at the impulse graph in the image. State the type of motion that is occurring.



- A** Acceleration
- B** Deceleration
- C** Constant velocity

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Marks: **[1]**

4. Outline **three** benefits of using cryotherapy as part of injury rehabilitation.

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Marks: **[3]**

5. Evaluate the use of Fartlek training for a games player.

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Marks: **[3]**

6. Explain how a decathlete can use their knowledge of the factors affecting horizontal displacement to achieve more points in the shot-putting event of a competition.

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Marks: **[3]**



Marks: [8]



Marks: **[15]**

## SECTION B: Sport Psychology

9. Which theory states that there is an ongoing linear relationship between arousal levels and performance quality?

- A Individual zone of optimal functioning
  - B Catastrophe theory
  - C Drive theory
  - D Inverted-U theory
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Marks: [1]

10. Which of the following is an example of an **intangible** reward?

- A Winning a trophy
  - B Receiving praise from a coach
  - C Receiving a medal for finishing in 3rd place
  - D Being awarded prize money
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Marks: [1]

11. Weiner's model of attribution includes locus of causality and locus of stability. Outline one attribution from tennis that takes **both** of these dimensions into account.

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Marks: [2]

12. State the **two** factors according to Vealey's model that can affect state sport confidence.

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Marks: [2]

13. Using a sporting example, explain how **one** of Vealey's factors affecting state sport confidence may affect a performer.

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Marks: [2]





Marks: **[8]**



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Marks: **[15]**

## SECTION C: Sport and Society and Technology in Sport

17. Which concept of physical activity do these characteristics relate to?

Extracurricular

Officiated

Voluntary

- A Physical recreation
  - B Sport
  - C Physical education
- 

Marks: [1]

18. "Conduct that falls below a reasonable person's standard, resulting in foreseeable harm." Which term is this describing?

- A Gamesmanship
  - B Deviance
  - C Negligence
  - D Duty of care
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Marks: [1]

19. Define the term negative deviance.

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Marks: [1]

20. Give a sporting example of negative deviance.

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Marks: [1]

21. Explain how UK Sport provides support to elite performers.

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Marks: [3]

22. State **two** possible disadvantages of a talent ID programme.

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Marks: [2]



Lined writing area consisting of 30 horizontal dashed lines.

Marks: **[8]**



A series of horizontal dashed lines for writing.

Marks: [15]