The EverLearner

National Mock Exams 2025

POWERED BY ExamSimulator

AQA GCSE 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 GCSE 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 **Thursday 1st 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

The EverLearner

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 Paper 1 NME 2025

Guidance	• The total mark for this paper is 78 marks. • You have 1 hour 15 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!

Total marks	78

1. Which of the following is **not** considered an anaerobic activity?

A Triathlon

B Long jump

C Javelin throw

D Weightlifting

Marks: [1]

2. Which component of fitness is measured using a handgrip dynamometer?

A Agility

B Speed

C Strength

D Power

Marks: [1]

3. Which of the following blood vessels transports oxygenated blood to the body?

A Aorta

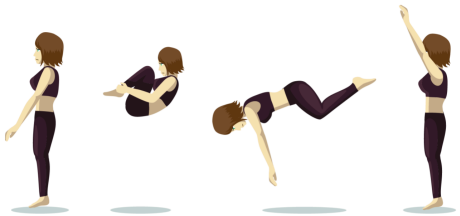
B Pulmonary artery

C Vena cava

D Pulmonary vein

Marks: [1]

4. Look at the image. Which axis of rotation is the performer moving around?



A Sagittal

B Transverse

C Longitudinal

Marks: [1]

5. Which one is the correct definition of EPOC?

A Volume of oxygen consumed in recovery below resting rate

B Volume of oxygen consumed during exercise above resting rate

C Volume of oxygen consumed in recovery above resting rate

D Volume of oxygen consumed during exercise below resting rate

Marks: [1]

6. Look at the image of a biceps curl. Which muscle is the main antagonist at the elbow during phase 2?

Phase 1 Phase 2

A Deltoid

B Biceps

C Pectorals

D Triceps

Marks: [1]

7. Name **two** bones that articulate at the elbow.

1: _____
2: _____

Marks: [2]

8. State two types of movement possible at a ball-and-socket joint.

1: _____
2: _____

Marks: [2]

9. Look at the image. Identify the joint action taking place at the **knee** as the performer moves from A to B.

_____

Marks: [1]

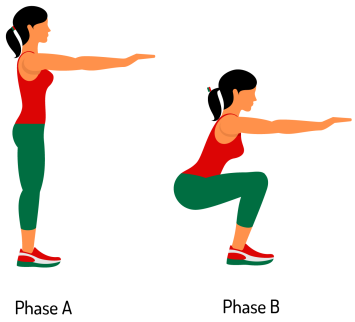
10. Look at the image. Identify **both** the agonist **and** antagonist at the **knee** as the performer moves from A to B.

Agonist: _____

Antagonist: _____

Marks: [2]

11. Look at the image. State the type of muscle contraction that is taking place in the agonist muscle at the **knee** as the performer moves from A to B.



_____

Marks: [1]

12. Define extension at a hinge joint. Use a sporting example in your answer.

Marks: [2]

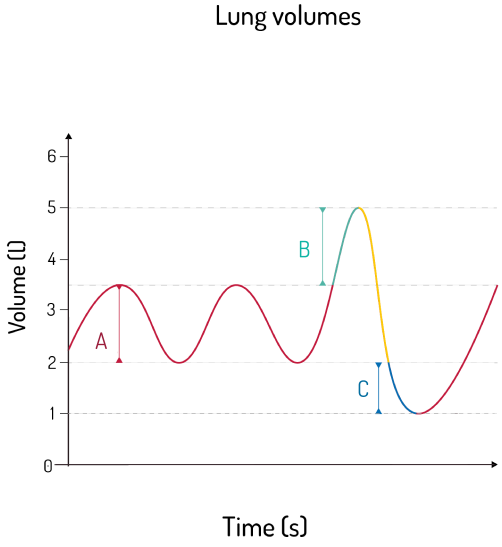
13. Describe **two** features of a synovial joint and how they help to prevent injury.

1:

2:

Marks: [2]

14. The image shows a spirometer trace. Identify the missing volumes labelled A, B and C.



A:

B:

C:

Marks: [3]

15. What is cardiac output?

Marks: [1]

16. Performers and coaches may use different types of data to plan a training programme.
Describe **quantitative** data.

Marks: [1]

17. Sonaya is a 22-year-old swimmer who competes in the 50m freestyle.
State **one** component of fitness that is important for Sonaya. Justify your choice.

Component of fitness:
Justification:

Marks: [3]

18. Sonaya is a 22-year-old swimmer who competes in the 50m freestyle.
Name and describe a fitness test that Sonaya may complete before planning her training programme.

Test:
Description:

Marks: [3]

19. Gaseous exchange takes place at the alveoli.
Describe the process of gaseous exchange.

Marks: [4]

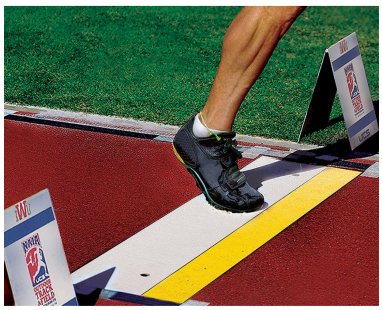
20. Identify **three** immediate effects of exercise.

Marks: [3]

21. Building muscular strength and improving muscular endurance are both long-term effects of exercise.
Explain how **two other** long-term effects of exercise affect sports performance.

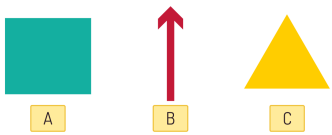
Marks: [4]

22. The image shows a long jumper at the point of take-off.
Identify the class of lever at the ankle.



Marks: [1]

23. Look at the image.
Describe the position of A, B and C for the class of lever at the ankle during a long jump take-off.



Marks: [3]

24. Define a training threshold.

Marks: [1]

25. John is a 16-year-old triathlete (swimming, cycling and running) who wants to improve his fitness levels.
Calculate his aerobic **and** anaerobic training zones.

Marks: [2]

26. John is a 16-year-old triathlete (swimming, cycling and running) who wants to improve his fitness levels.
Identify the **three** phases of the training season that he will need to consider when planning his training.

Marks: [3]

27. Explain how a 200m sprinter could apply the principle of specificity to their training programme.

Marks: [2]

28. Discuss the suitability of the multi-stage fitness test for a netball player.

Marks: [5]

29. Look at the image. Identify the plane of movement and the axis of rotation during the goalkeeper's dive.

Plane: _____

Axis: _____

Marks: [2]

30. Evaluate the importance of flexibility for a football goalkeeper.

_____

_____

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_____

Marks: [4]

31. For a training programme to be effective, coaches and performers should apply the principle of progressive overload.
Justify the importance of progressive overload within a training programme.

Marks: [6]

32. Nilam has been playing hockey for five years and wants to improve her fitness using Fartlek training.
Discuss the effectiveness of Fartlek training for a hockey player.

Marks: [9]