



National Mock Exams 2025

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Edexcel 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 Edexcel 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 13:00 (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	Edexcel GCSE PE 9-1
Time allowed	1 hour 30 minutes

First name	
Last name	
Class	
Teacher	

Title	Edexcel GCSE PE Paper 1 National Mock Exam 2025
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Guidance	<ul style="list-style-type: none">• The total mark for this paper is 80 marks.• You have 1 hour 30 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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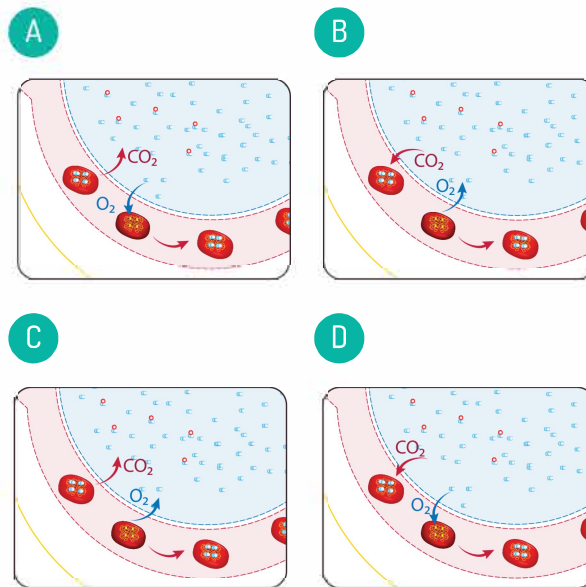
Total marks	80
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1. Exercise causes short-term effects on the body. Which one of the following is a short-term effect on the cardiovascular system?

- A Decreased capillarisation
- B Increased number of alveoli
- C Increased stroke volume
- D Decreased cardiac output

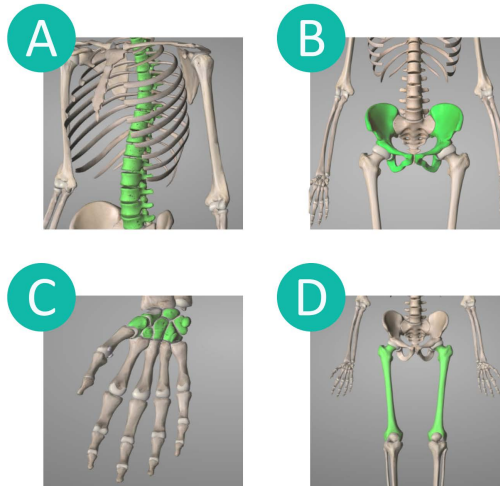
Marks: [1]

2. Which one of the following shows the correct net movement of gases from the capillary to the muscle tissue during gaseous exchange?



Marks: [1]

3. Which one of the following images shows a flat bone?



Marks: [1]

4. Which one of the following is the correct **primary** function of plasma?

- A Carrying oxygen
- B Carrying nutrients
- C Preventing blood loss
- D Preventing infection

Marks: [1]

5. Muscle attachment and storage of calcium and phosphorus are two functions of the skeleton.

Explain how **one other** function of the skeleton allows a boxer to perform successfully.

Marks: **[2]**

6. Complete the table by:
- (i) Stating the range of movement possible at the type of joint.
 - (ii) Stating an example of the type of joint in the body.

Type of joint	Range of movement possible at each type of joint	Example of the type of joint in the body
Hinge	A	B
Pivot	C	D

A:

B:

C:

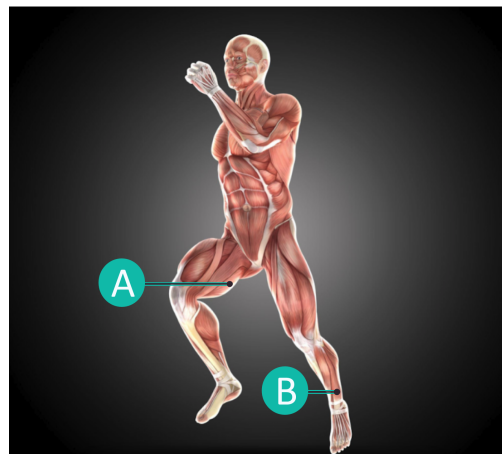
D:

Marks: **[4]**

7. Describe the range of movement possible at a ball-and-socket joint.

Marks: **[3]**

8. The image below shows the muscular system while running. Identify the two muscles labelled A and B in the image.



A: _____

B: _____

Marks: **[2]**

9. Shanice is a badminton player who requires quick movements and lunging actions to cover the court and reach the shuttle.

Examine the antagonistic muscle action taking place at the hip to allow her to move **into** a lunging position.

Marks: [3]

10. A triathlon is a long-distance race that consists of swimming, cycling and running.

Explain how the characteristics of **two different** muscle-fibre types aid a triathlete in their performance.

Marks: [4]

11. State one feature of arteries which allows them to transport blood at high pressure.

Marks: **[1]**

12. Explain why it is essential for veins to contain valves.

Marks: **[2]**

13. Describe the term capillarisation.

Marks: **[1]**

14. Describe the changes in the chest cavity which allow inhalation to take place.

Marks: **[2]**

15. Jonas uses different energy systems when playing competitive rugby. Define aerobic respiration.



Marks: [1]

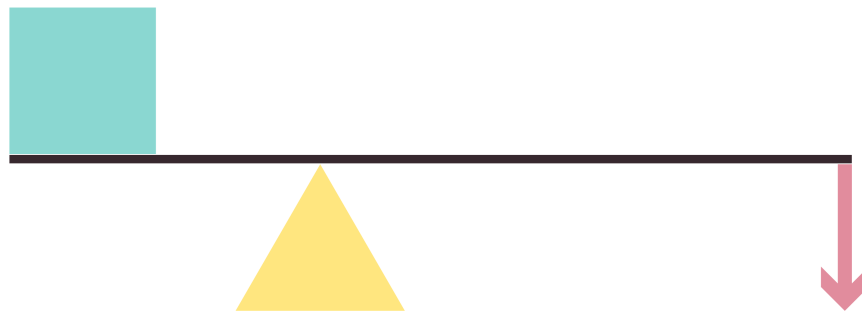
16. Give one example of when a rugby player will be working **anaerobically** during a match.

Marks: [1]

17. Explain why lactic acid can be produced during respiration.

Marks: [2]

18. Identify the class of lever system.



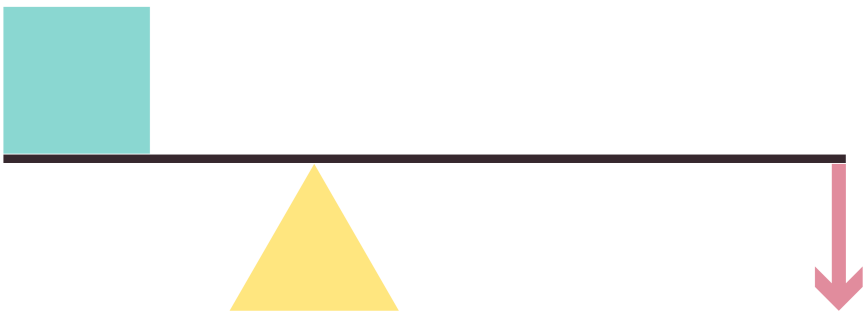
Marks: [1]

19. Give a sporting example of this lever system.





Marks: [1]

20. Explain why this lever system operates at mechanical advantage.



Marks: **[2]**

21. Movement in the body occurs in a range of planes and around different axes. Complete the table by stating the plane and axis for the two skills.

Sports skill	Plane	Axis
 A cartwheel in gymnastics	A	B
 A pirouette in ballet	C	D

A: -----

B: -----

C: -----

D: -----

Marks: **[4]**

22. Which one of the following is being described?
""The ability to meet the demands of the environment.""

- A Health
- B Fitness
- C Exercise
- D Performance

Marks: [1]

23. Juan takes part in the vertical-jump test during his PE lesson. He scores 10.8cm. Which one of the following is the correct score rating for Juan?

- A Excellent
- B Above average
- C Average
- D Below average

Sit-and-reach test

The following table is for 16- to 19-year-olds

Gender	Excellent	Above average	Average	Below average	Poor
Male	>14	14.0 - 11.0	10.9 - 7.0	6.9 - 4.0	< 4
Female	>15	15.0 - 12.0	11.9 - 7.0	6.9 - 4.0	< 4

Data from DAVIS, B. et al. (2000) Physical Education and the study of sport, 4th ed. London: Harcourt Publishers.

Marks: [1]

24. Which one of the following injuries occurs when a muscle is overstretched?

- ☐ A Fracture
 - ☐ B Sprain
 - ☐ C Dislocation
 - ☐ D Strain
-

Marks: [1]

25. Which of the following is the correct percentage of exhaled oxygen during exercise?

- ☐ A 14%
 - ☐ B 16%
 - ☐ C 18%
 - ☐ D 20%
-
-
-

Marks: [1]

26. Darren competes in fitness racing, which combines running and workout stations. In total, he runs 8km and completes 8 high-intensity workout stations during each race, which include throwing, jumping and lifting.
Define the term muscular strength.

Marks: **[1]**

27. Explain why Darren requires the following components of fitness to be successful in his fitness race:

- (i) Muscular endurance
- (ii) Power

(i):

(ii):

Marks: **[4]**

28. Justify, using the data, why Darren is ranked number one in his team going into the fitness-racing event.

Fitness test	Darren	Bilal	Yaz	Mark
Sit-and-reach	Good	Very good	Very good	Very good
Cooper 12-minute run	Very good	Good	Very good	Average
Hand-grip	Very good	Very good	Very good	Very good
30m sprint	Very good	Very good	Average	Good

Marks: 2

29. A netball team want to improve their speed and flexibility.
 Complete the table below by:
 (i) Stating which method of training would be most appropriate for them.
 (ii) Stating an advantage of each training method.

Component of fitness	Training method	Advantage
Speed	A	B
Flexibility	C	D

A:

B:

C:

D:

Marks: **[4]**

30. Part way through the season, the netball team have decided to work on their cardiovascular fitness.
 Justify their choice of Fartlek training instead of continuous training.

Marks: **[2]**

31. Erika is 22 years old. Calculate her maximum heart rate.

Marks: [1]

32. Erika will be completing training in her anaerobic target zone. State the percentages she will need to work between.

Marks: [1]

33. Describe how rest and recovery can reduce the risk of injury.

Marks: [2]

34. State, using different examples, **two different** methods used by a showjumping team to reduce the risk of injury when riding a horse.

Method and example 1:

Method and example 2:

Marks: [4]

35. The image contains several performance-enhancing drugs (PEDs). For each of the performers below, state which performance-enhancing drug would most likely be used and explain how it would benefit their performance:

(i) Archer

(ii) Weightlifter

(iii) Injured athlete

- Anabolic steroids
- Human growth hormone
- Beta-blockers
- Blood doping
- Stimulants
- Narcotic analgesics

Archer PED: _____

Benefit: _____

Weightlifter PED: _____

Benefit: _____

Injured athlete PED: _____

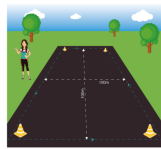
Benefit: _____

Marks: **[6]**

36. Lilah has just joined the regional swim team. At the start of the six-month training programme, her coach wants to measure the whole team's fitness levels. Evaluate the suitability of the three fitness tests in the image to measure the team's fitness for swimming.



Sit and reach test



Cooper 12-minute run test



One-minute press-up test

Handwriting practice lines consisting of multiple horizontal dashed lines for writing.

Marks: [9]