



# National Mock Exams 2025

POWERED BY **ExamSimulator**

## Edexcel GCSE 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 Edexcel GCSE 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 **Wednesday 21st 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.



Subject	Physical Education
Course	Edexcel GCSE PE 9-1
Time allowed	1 hour 15 minutes

First name	
Last name	
Class	
Teacher	

Title	Edexcel GCSE PE Paper 2 NME 2025
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Guidance	<ul style="list-style-type: none"><li>• The total mark for this paper is 60 marks.</li><li>• You have 1 hour 15 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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Total marks	60
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1. Which of the following affects optimum weight?

- ☒ A Sport
  - ☐ B Osteoporosis
  - ☐ C Age
  - ☐ D Gender
- 

Marks: [1]

2. Which of the following diseases is **not** associated with smoking over a long period of time?

- ☒ A Cirrhosis
  - ☐ B Bronchitis
  - ☐ C Emphysema
  - ☐ D Lung cancer
- 

Marks: [1]

3. Physical activity and sport can improve both cooperation and competition. Identify the type of health benefit they provide.

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Marks: [1]

4. State **two** physical benefits of physical activity and sport **and** explain how they improve performance.

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Marks: [4]

5. Define the term 'sedentary lifestyle'.

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Marks: [1]

6. Describe **two** ways in which modern society contributes to a sedentary lifestyle.

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Marks: [2]

7. Explain the importance of the following dietary requirements for a rugby player:

(i) Fats

(ii) Minerals

(iii) Water

Fats: .....

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Minerals: .....

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Water: .....

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Marks: [6]

8. Explain the impact on performance of excess fat in a rugby player's diet.

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Marks: [2]

9. Which one of the following is best described as: "When a skill is practised repeatedly with no breaks"?

- ☐ A Massed practice
  - ☐ B Kinaesthetic practice
  - ☐ C Verbal practice
  - ☐ D Variable practice
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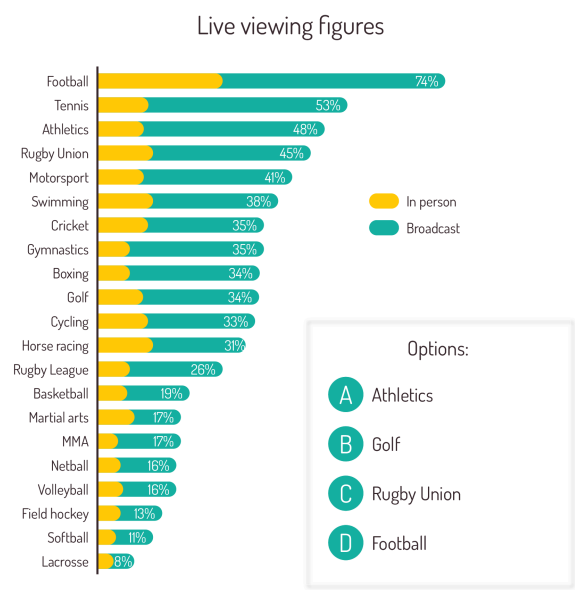
Marks: [1]

10. Which one of the following is **not** an example of visual guidance?

- ☐ A Video guidance
  - ☐ B A demonstration
  - ☐ C Wall chart
  - ☐ D Tactical instructions
- 

Marks: [1]

11. Look at the graph and answer options provided. Which of the four sports has the highest live, in-person viewing figures?



Marks: [1]

12. Which of the following correctly represents the 'golden triangle'?

- A Elite - Performance - Grassroots
- B Sport - Commercialisation - Media
- C Sport - Performance - Media
- D Elite - Performance - Sponsorship

Marks: [1]

13. Complete the table by classifying a badminton net shot as either:

- (i) Open or closed
- (ii) Basic or complex
- (iii) Low or high organisation



Skill continua	Badminton net shot
i) Open or closed	A
ii) Basic or complex	B
iii) Low or high organisation	C

A: \_\_\_\_\_

B: \_\_\_\_\_

C: \_\_\_\_\_

Marks: **[3]**

14. Explain **two** reasons why distributed practice would be suitable for a beginners' badminton session.

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Marks: **[4]**



15. Many coaches use mechanical guidance in their swimming sessions. Give **one** example of mechanical guidance for a novice swimmer.

Marks: [1]

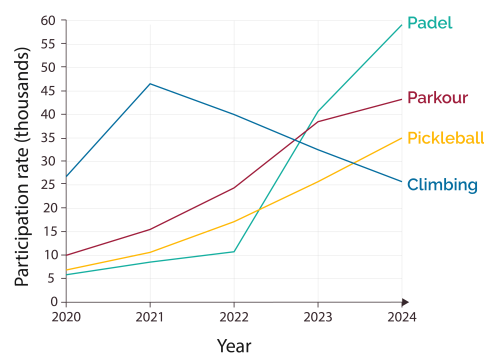
16. State **one** disadvantage of mechanical guidance for a novice swimmer.

Marks: [1]

17. The graph below shows the participation rates in new and emerging sports in the UK.

Analyse the data to compare the changing patterns in participation rates from 2020 to 2024 for the following sports:

- (i) Padel
- (ii) Climbing



Padel: \_\_\_\_\_

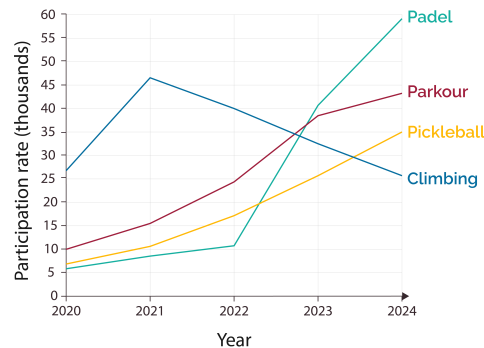
Climbing: \_\_\_\_\_

Marks: [2]

18. Using the data in the graph:

(i) Predict the **most** likely trend in the participation rates of pickleball.

(ii) Justify this prediction.



(i): \_\_\_\_\_  
(ii): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Marks: [2]

19. Identify **two** ways a disability may affect an individual's engagement in physical activity and sport.

Reason 1: \_\_\_\_\_  
\_\_\_\_\_  
Reason 2: \_\_\_\_\_  
\_\_\_\_\_

Marks: [2]

20. Identify **two** ways an individual's socio-economic group may affect their engagement in physical activity and sport.

Reason 1: \_\_\_\_\_  
\_\_\_\_\_  
Reason 2: \_\_\_\_\_  
\_\_\_\_\_

Marks: [2]

21. Live TV coverage of football matches has affected match-day attendance figures.

Explain how this can impact on a football club.

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Marks: [4]

22. Describe the difference between gamesmanship and deviance.

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Marks: [2]

23. Intrinsic and concurrent feedback are two types of feedback used during a rugby game. Describe **both** intrinsic and concurrent feedback.

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Marks: [2]

**24.** Justify why intrinsic and concurrent feedback are more effective for elite rugby players than for novice rugby players.

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Marks: **[2]**

**25.** A darts player is using mental rehearsal in preparation for throwing their first dart in a tournament.

Explain one way in which mental rehearsal has a positive effect on their performance.

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Marks: **[2]**

**26.** Jay is a hammer thrower and his PB is 72.10m. He uses goal setting to improve his performance and his current goal is:

**"I want to improve my hammer throw distance slightly in the next two months."**

Evaluate whether Jay's goal is likely to be effective.

Marks: [9]