



National Mock Exams 2025

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IGCSE 0413 PE Paper

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 IGCSE PE 0413 Paper 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 7th of May 2025 at 12:00 BST** (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	IGCSE PE 0413
Time allowed	1 hour 45 minutes

First name	
Last name	
Class	
Teacher	

Title	IGCSE PE 0413 NME 2025
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Guidance	<ul style="list-style-type: none">• This paper is marked out of 100 marks.• You have 1 hour 45 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 to spend on each question).• Answer all questions.• You may use a calculator.• Good luck!
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Total marks	100
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1. Identify **two** reasons why a coach would carry out fitness tests on a performer.

1: _____

2: _____

Marks: [2]

2. One function of the skeleton is **protection**.

Describe **two** ways the skeleton can protect a performer in a hockey match.

Marks: [2]

3. Complete the table to show aerobic and anaerobic respiration and their characteristics.

Type of respiration	A	B
Equation	C	Glucose = Lactic acid + Energy
Duration	Long duration	Short duration
Intensity	D	E

A: _____

B: _____

C: _____

D: _____

E: _____

Marks: [5]

4. Describe how a performer repays oxygen debt after anaerobic exercise.

Marks: [2]

5. Describe the function of each of the following components of the shoulder joint:

Synovial fluid

Ligament

Cartilage

Synovial fluid:

Ligaments:

Cartilage:

Marks: [3]

6. Describe **one** function for each of the following components of blood:

Red blood cells

Platelets

Plasma

Red blood cells:

Platelets:

Plasma:

Marks: [3]

7. Suggest features of the alveoli that benefit a triathlete during the process of gas exchange.

Marks: **[4]**

8. Skills can be classified using different continua.

Classify a basketball lay-up on the three continua **and** justify each of your answers.



Continuum 1: _____

Classification: _____

Justification: _____

Continuum 2: _____

Classification: _____

Justification: _____

Continuum 3: _____

Classification: _____

Justification: _____

Marks: **[6]**

9. Describe an eccentric muscle contraction **and** give an example from athletics.

Marks: **[2]**

10. Which of the following nutrients is crucial for muscle repair and growth?

- A

 Carbohydrates
- B

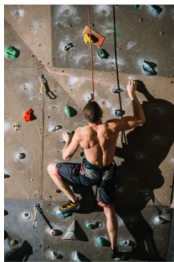
 Vitamins
- C

 Protein
- D

 Fats

Marks: 1

11. Complete the table for the climber moving from position A to position B.



Position A



Position B

	Type of movement	Agonist muscle	Antagonist muscle
Left elbow	Extension	A	B
Left shoulder	C	D	Latissimus dorsi

- A: _____
- B: _____
- C: _____
- D: _____

Marks: 4

12. Cian plays in rugby matches every weekend for his local club.
Identify **one** injury that Cian might sustain when playing rugby.

Marks: [1]

13. What is the C of RICE?

Marks: [1]

14. The photograph shows a performer playing padel which requires a high level of speed and coordination to be successful.
Explain how **two other** named components of fitness may benefit someone playing padel.



Component of fitness 1: _____
Benefit: _____

Component of fitness 2: _____
Benefit: _____

Marks: [4]

15. Identify one physiological **and** one psychological reason for warming up.

Physiological: _____

Psychological: _____

Marks: [2]

16. Mental rehearsal is a key relaxation technique used by many elite performers. Identify **one other** relaxation technique and state **two** benefits to using this technique.

Relaxation technique: _____

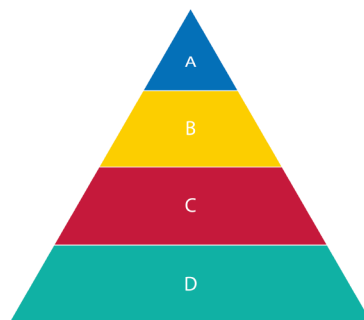
Benefit 1: _____

Benefit 2: _____

Marks: [3]

17. The characteristics of sport development are often shown in a pyramid. Identify the **four** levels of the sports development pyramid.

Sports Development Pyramid



A: _____

B: _____

C: _____

D: _____

Marks: [4]

18. The image shows a performer completing the upward phase of a biceps curl. Identify the class of lever acting at the elbow.



Marks: [1]

19. Explain how **gravity** affects the following performances:

A track cyclist

A golf ball being lifted

A track cyclist: _____

A golf ball being lifted: _____

Marks: [2]

20. Identify the different structures of the blood vessels **and** describe how these structures help each blood vessel with its primary function.

Arteries

Capillaries

Arteries structure: _____

Function: _____

Capillaries structure: _____

Function: _____

Marks: [4]

21. Explain how a performer's stage of learning affects the type of feedback used by a coach.

Marks: [2]

22. Describe **two** different ways television and broadcasting can **negatively** affect a sport.

1: _____

2: _____

Marks: [2]

23. Describe a named test that a coach would use to assess a player's coordination.

Name of test: _____

Description: _____

Marks: **[4]**

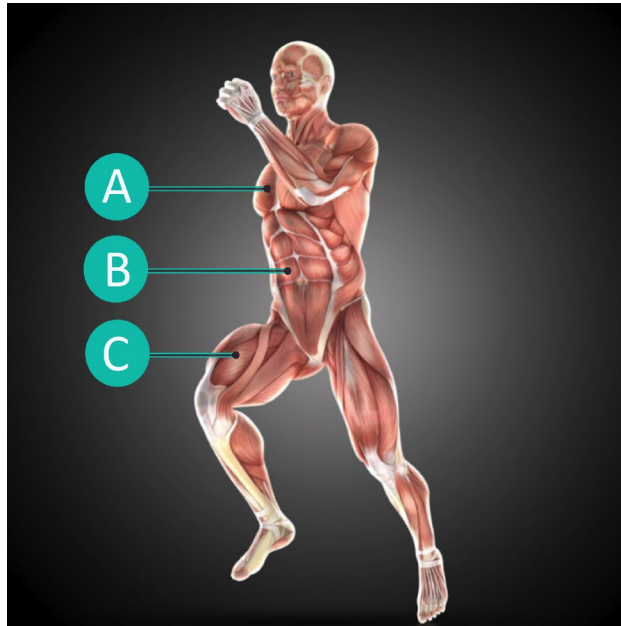
24. Describe, using **two** examples, how taking part in regular physical activity can improve a person's mental health and well-being.

1: _____

2: _____

Marks: **[2]**

25. Identify the muscles A, B and C.



A: _____
B: _____
C: _____

Marks: [3]

26. Identify **one** named feature of fast-twitch muscle fibres **and** explain how it would benefit the following performers:

Marathon runner

100m sprinter

High jumper

Feature of fast twitch fibre: _____

Marathon runner: _____

100m sprinter: _____

High jumper: _____

Marks: [4]

27. Suggest how **two** named principles of training can be applied to an interval training programme.

Principle of training 1: _____

Application: _____

Principle of training 2: _____

Application: _____

Marks: **[4]**

28. Describe **three** features of Fartlek training that are different to continuous training.

1: _____

2: _____

3: _____

Marks: **[3]**

29. Suggest two advantages **and** one disadvantage of plyometric training.

Advantage 1: _____

Advantage 2: _____

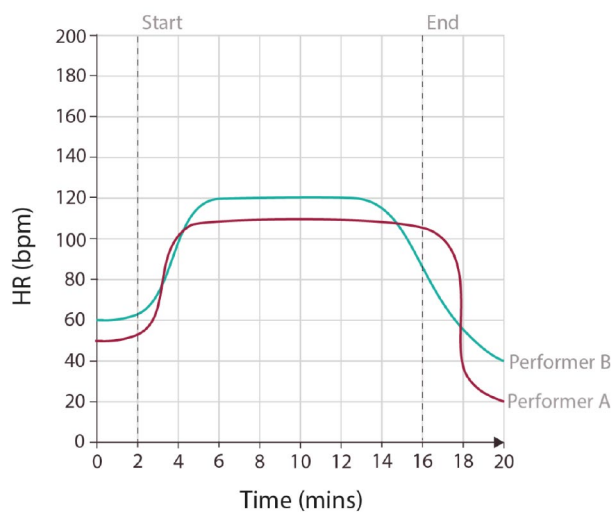
Disadvantage: _____

Marks: **[3]**

30. An increase in heart rate is a short-term effect of exercise.
State **two other** short-term effects of exercise.

Marks: [2]

31. Suggest **two** reasons for the difference in heart rate between performer A and performer B.



1:

2:

Marks: [2]

32. Explain, using different examples from a named team game, how each of the following levels of arousal may affect performance:

Underarousal

Optimal arousal

Overarousal

Team sport: _____

Underarousal: _____

Optimal arousal: _____

Overarousal: _____

Marks: **[3]**

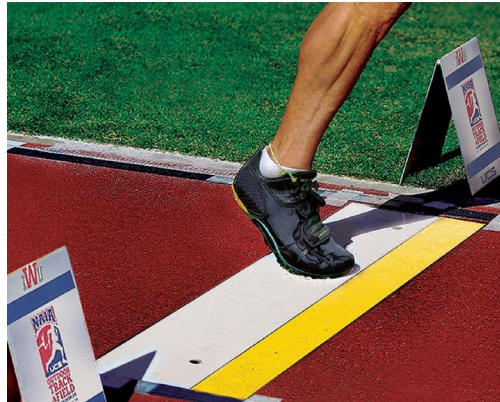
33. Describe, using a named physical activity, an example of sportsmanship and gamesmanship.

Sportsmanship: _____

Gamesmanship: _____

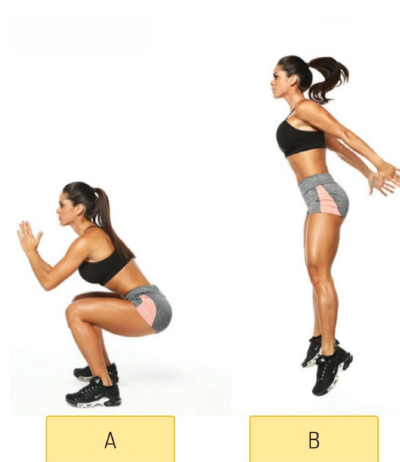
Marks: **[2]**

34. The image shows a performer in the take-off phase of the long jump. When sketching the lever system at the ankle, which component will be in the middle?



Marks: [1]

35. Explain how a named force, other than gravity, acts on the performer when moving from position A to position B.



Force: _____

Explanation: _____

Marks: [2]

36. Describe **two** lifestyle choices that can impact physical health.

1: _____

2: _____

Marks: **[2]**

37. Gianni is a 100m sprinter who is contemplating using a performance-enhancing drug.

State **one** performance-enhancing drug that might benefit Gianni's performance and justify your choice.

Performance enhancing drug: _____
Justification: _____

Marks: **[3]**