



# National Mock Exams 2025

POWERED BY **ExamSimulator**

## OCR 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 OCR A-level PE Paper 2 2025
- 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 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*



Subject	Physical Education
Course	OCR Linear GCE PE Psychological Factors
Time allowed	1 hour 0 minutes

First name	
Last name	
Class	
Teacher	

Title	OCR A-level (H555) Paper 2: Psychological Factors National Mock Exam 2025
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Guidance	<ul style="list-style-type: none"><li>• This paper is marked out of 60 marks.</li><li>• You have 60 minutes (plus additional time for those who have Exam Access Arrangements).</li><li>• Answer all questions.</li><li>• A calculator is permitted for this exam.</li><li>• This paper contains one 10-mark question.</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. Explain why Dollard's frustration-aggression hypothesis is considered an interactionist theory of aggression.

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Marks: [2]

2. Look closely at the words and phrases in the image. Select the **two** words or phrases that are the most relevant to the associative phase of learning

Automatic  
Unconscious control  
Jerky  
Practice  
Mental picture  
Increased fluency

Choice 1: 

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Choice 2: 

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Marks: [2]

3. Identify **one** feature of progressive-part practice.

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Marks: [1]

4. Identify **one** weakness of progressive-part practice.

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5. Define learned helplessness.

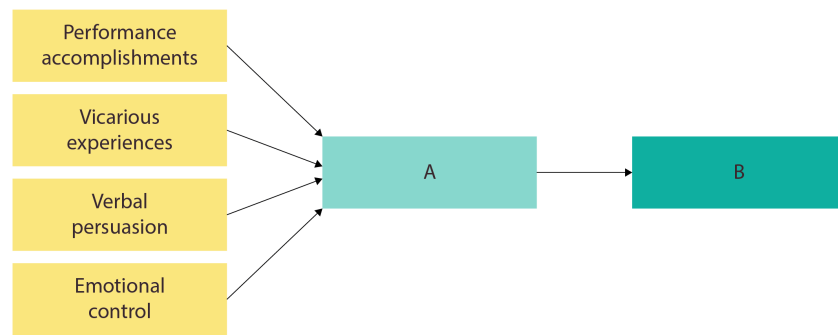
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Marks: [2]

6. Look closely at the image. Identify the two missing elements of Bandura's model of self-efficacy.

### Bandura's Theory of Self-Efficacy



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

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

Marks: [2]

7. Describe the **relationship** between the short- and long-term memory stores according to Atkinson and Shiffren's memory model.

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Marks: [6]

8. Using a sporting example of your choice, define what is meant by a gross skill.

Definition: 

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Example: 

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Marks: [2]

9. Using the same example from the previous question, identify its position on the organisational and pacing continua.

Organisational continuum: 

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Pacing continuum: 

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Marks: [2]

10. Evaluate the effectiveness of visual guidance for an **elite** sports performer.

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Marks: [5]

11. An ice skater continuously adjusts their weight transfer as they spin on one skate.

Identify **one** type of feedback that the skater is relying upon to achieve this.



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Marks: [1]

12. Identify **one** way in which a javelin coach could prevent negative transfer when coaching a new skill.

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Marks: [1]

13. Imagine you are observing a javelin coaching session.

Identify **three** characteristics of a javelin thrower in the autonomous stage of learning within the session.

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Marks: [3]

14. Discuss the possible impact of an audience on the performance quality of an ice hockey team.

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Marks: [6]

15. Identify **one** strategy for preventing social inhibition.

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Marks: [1]

**16.** Explain why an activity leader might use an autocratic approach to leadership.

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Marks: **[3]**

**17.** Evaluate social learning theory as an explanation for aggression within sport.

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Marks: **[5]**

**18.** Define assertion.

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Marks: **[1]**



**19.** Using specific examples, explain how a badminton player could attribute a series of disappointing performances.

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Marks: **[4]**

**20.** A table tennis player is struggling to win matches in tournaments.

Explain how a coach could use operant conditioning to improve the chances of the player winning.

Discuss the extent to which the catastrophe theory of arousal could explain the player's performances.

Marks: **[10]**