National Mock Exams 2025

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OCR 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 OCR 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 17:00** (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	OCR GCSE PE 9-1
Time allowed	1 hour 0 minutes

First name	
Last name	
Class	
Teacher	

Title	OCR GCSE PE Paper 1 National Mock Exam 2025

Guidance	• This paper is marked out of 60 marks. • You have 60 minutes (plus additional time for those who have Exam Access Arrangements). • Answer all questions. • A calculator is permitted for this exam. • This paper contains a 6-mark question. • Good luck.

Total marks	60

1. Identify **one** bone that articulates at the shoulder joint.

_____

Marks: **[1]**

2. Describe **one** way in which the skeleton provides support for a gymnast during a floor routine.

_____

_____

_____

Marks: **[1]**

3. Describe **one** role of ligaments at a joint.

_____

_____

_____

Marks: **[1]**

4. Describe the role of cartilage at the knee joint during a long jump.

_____

_____

_____

_____

_____

Marks: **[2]**

5. Identify **one** characteristic of veins.

_____

_____

Marks: **[1]**

6. Other than veins, state **two** types of blood vessel.

Blood vessel 1: _____
Blood vessel 2: _____

7. Which **one** of the following is **not** a muscle in the upper body?
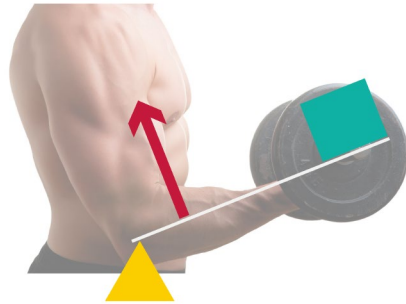
(A) Deltoid

(B) Gastrocnemius

(C) Trapezius

(D) Pectorals

8. For which **one** of the following athletics events would plyometric training be least helpful for?

(A) 1500 metres

(B) Discus

(C) Marathon

(D) Triple jump

9. Look closely at this image.
Identify the class of lever.

_____

10. Explain why some levers have a mechanical advantage.

_____
_____
_____
_____
_____
_____

11. Define adduction.

_____
_____
_____

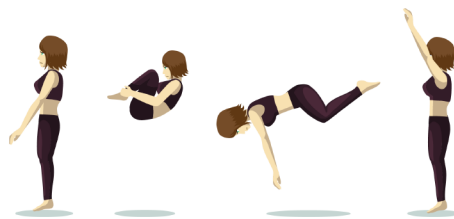**12.** Identify **one** suitable fitness test to assess the leg power of a basketball player.

Fitness Test: _____

13. Look closely at this image.
Identify the plane of movement this skill is occurring along.

Plane: _____

14. Look closely at this image.
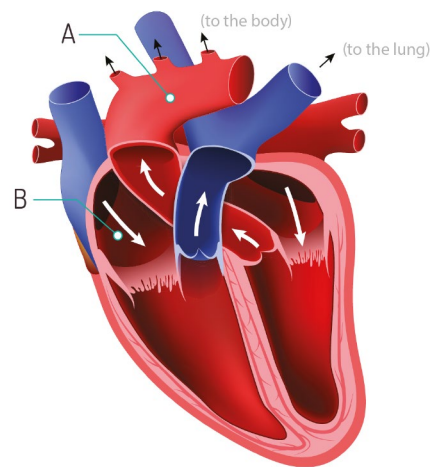Identify the axis of rotation this skill is occurring around.

Axis: _____

15. State **one** short-term effect of exercise on the respiratory system.

_____

_____

_____

Marks: **[1]**

16. Look closely at this image.
Identify the parts of the heart labelled A and B.

A: _____

B: _____

Marks: **[2]**

17. Define minute ventilation.

_____

_____

Marks: **[1]**

18. Describe the role of the intercostals during expiration.

_____

_____

_____

Marks: **[1]**

19. Define the principle of overload.

_____

_____

_____

Marks: **[1]**

20. The sit and reach test measures flexibility.
Look closely at this table. Identify which performer has the highest single score across the two tests.

Table showing the sit-and-reach test scores of performers
before and after completing a training programme

Name	Sit-and-reach test score 1 (<u>before</u> training programme)	Sit-and-reach test score 2 (<u>after</u> training programme)
Vicky	14cm	21cm
Claudio	6cm	10cm
Anita	17cm	26cm
Nelson	20cm	23cm

Performer with the highest test score: _____

Marks: **[1]**

21. Calculate which performer has shown the least improvement in their sit and reach test score.

Table showing the sit-and-reach test scores of performers before and after completing a training programme

Name	Sit-and-reach test score 1 (<u>before</u> training programme)	Sit-and-reach test score 2 (<u>after</u> training programme)
Vicky	14cm	21cm
Claudio	6cm	10cm
Anita	17cm	26cm
Nelson	20cm	23cm

Performer showing least improvement: _____

Marks: **[1]**

22. Describe how each performer could improve their sit and reach test score further by applying specificity to their training programme.

Table showing the sit-and-reach test scores of performers before and after completing a training programme

Name	Sit-and-reach test score 1 (<u>before</u> training programme)	Sit-and-reach test score 2 (<u>after</u> training programme)
Vicky	14cm	21cm
Claudio	6cm	10cm
Anita	17cm	26cm
Nelson	20cm	23cm

_____

_____

_____

Marks: **[1]**

23. Describe continuous training.

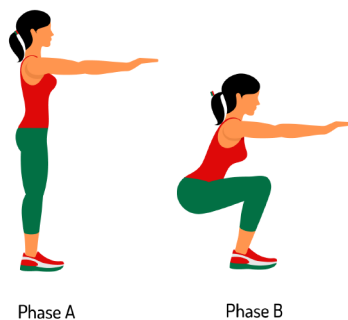Give **one** example of a sporting activity where continuous training is beneficial.

Description: _____

_____

_____

Example: _____

_____

Marks: **[2]**

24. Look closely at this image. Phase A is the upward phase. Phase B is the downward phase.

State the type of movement occurring at the knee during the **upward** phase.

Phase A   Phase B

_____

Marks: **[1]**

25. Look closely at this image. Phase A is the upward phase. Phase B is the downward phase.
Identify the agonist and the antagonist muscles at the knee during the **upward** phase.

Phase A   Phase B
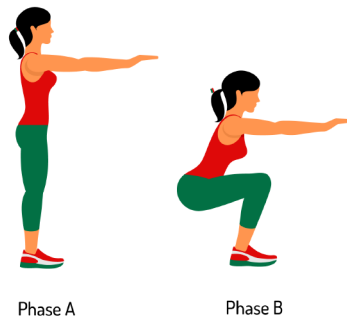
Agonist: _____

Antagonist: _____

Marks: [2]

26. Explain why agility and muscular endurance are more important fitness components for playing Association football than 100m sprinting.

_____

_____

_____

_____

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_____

Marks: [3]

27. Look closely at this image.
Identify the **two** fitness components that are most important to a 100m sprinter at the start of a race.

A Reaction time

B Cardiovascular endurance

C Coordination

D Power

Component of fitness 1: _____
Component of fitness 2: _____

Marks: **[2]**

28. Identify **two** long-term effects of exercise on the muscular system.
Explain how each effect could benefit a 100m sprinter.

Long term effect 1: _____
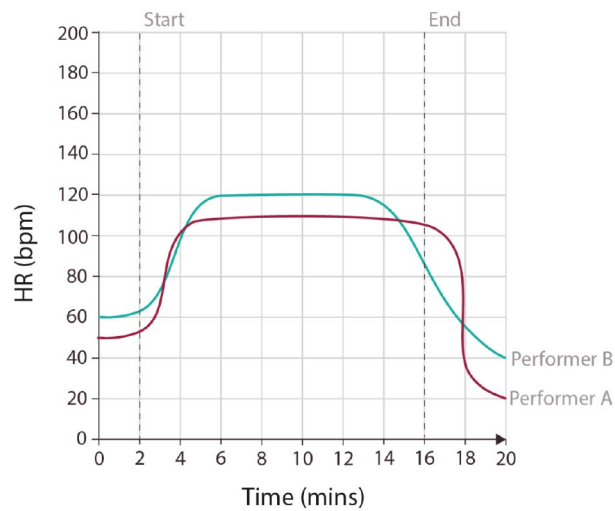Benefit of long term effect 1: _____
_____
_____
Long term effect 2: _____
Benefit of long term effect 2: _____
_____
_____

Marks: **[4]**

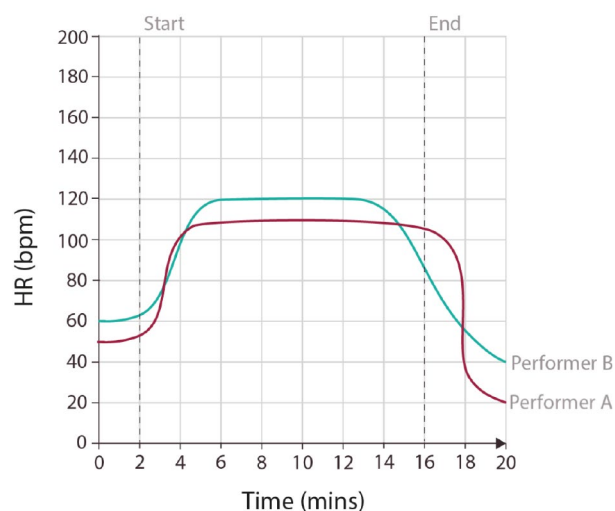**29.** Look closely at this graph, which shows the heart rate of two different performers during an exercise session.
Which performer has the lowest resting heart rate?

Performer with lowest resting heart rate: _____

30. Calculate the **difference** in heart rate for performer B from resting heart rate to their heart rate after six minutes.

Difference in heart rate: _____

31. Identify **two** ways to minimise the risk of injury in sport and give a sporting example of each.

_____

_____

_____

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Marks: **[4]**

32. State **one** example of an aerobic activity and **one** example of an anaerobic activity.
Using these examples, compare aerobic and anaerobic exercise.

_____

_____

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_____

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_____

Marks: **[4]**

33. Identify **one** potential hazard of playing on a grass tennis court.

_____

_____

Marks: **[1]**

34. A tennis player completes a cool-down after a long match.
Identify **one** component that could be included in the cool-down and describe **two** benefits of completing a cool-down for the tennis player.

Component of cool down: _____
Benefit of cool down 1: _____

_____

Benefit of cool down 2: _____

_____

Marks: **[3]**

35. Explain the redistribution of blood flow for a performer **during** a tennis match. Describe the use of imagery **before** the match to optimise the tennis player's performance.

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Marks: [6]