The EverLearner

National Mock Exams 2025
POWERED BY ExamSimulator

OCR GCSE PE – Paper 2

This paper contains:
- Questions in the format of the OCR 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 **Tuesday 20th 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

The EverLearner

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 2 NME 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. Anabolic steroids are a type of performance-enhancing drug.
Name **one other** type of performance-enhancing drug.

<div align="right">Marks: [1]</div>

2. Look closely at this image. Which **one** of the following does the A stand for, according to the SMART principle of goal setting?

A Achievable

B Attitude

C Aerobic

D Adaptable

<div align="right">Marks: [1]</div>

3. Look closely at this image. Which **one** of the following is an example of sportsmanship in Association football?

A Kicking the ball out of play to prevent conceding a goal

B Kicking the ball away to waste time

C Kicking the ball at an opponent

D Kicking the ball out of play when an opposing player is injured

_____
_____
_____

Marks: **[1]**

4. Describe how a hockey player can show **fluency** and **predetermination** during a match.

Fluency: _____
_____
_____

Pre-determination: _____
_____
_____

Marks: **[2]**

5. This image shows the environmental continuum.
Justify the position of a basketball free throw on the continuum.

Open		Closed

Open or closed: _____
Justification: _____
_____
_____
_____

Marks: **[3]**

6. Tournaments are a form of competition in sport.
Evaluate the use of competitive tournaments as a strategy to improve participation at a youth sports club.

_____
_____
_____
_____
_____
_____

Marks: **[2]**

7. Describe **two** impacts of performance-enhancing-drug use on the sport of cycling.

_____

_____

_____

_____

_____

_____

Marks: **[2]**

8. Describe the negative effects of sponsorship on the commercialisation of sport.

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: **[4]**

9. Television and newspapers are two types of media that provide sports coverage.
Identify **one** other type of media that provides sports coverage.

_____

Marks: **[1]**

10. Look closely at this image.
Identify the missing part of the golden triangle.

The Golden Triangle

_____
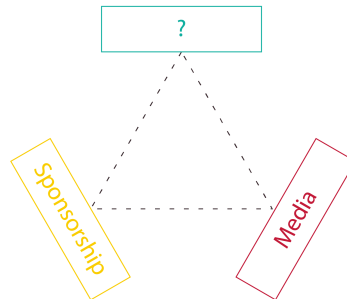
Marks: **[1]**

11. Identify **two** positive media influences on the commercialisation of Association football.

Influence 1: _____
_____

Influence 2: _____
_____

Marks: **[2]**

12. Look closely at this image.

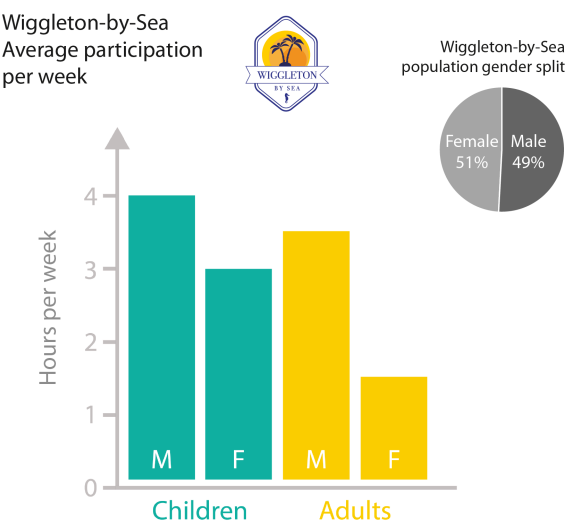State which category of participant has the lowest average hours of participation.

Wiggleton-by-Sea
Average participation
per week

Wiggleton-by-Sea
population gender split

Female
51%

Male
49%

Hours per week

4

3

2

1

0

M   F   M   F

Children   Adults

_____

Marks: **[1]**

13. Age and disposable income are two factors that affect participation in sport. Describe how these factors affect participation in sailing.

Age: _____

_____

_____

Disposable income _____

_____

_____

Marks: **[2]**

14. Explain the emotional benefits of participating in physical activity.

_____

_____

_____

_____

_____

Marks: **[2]**

15. Give an example of a type of food that is high in fibre.

‒‒

Marks: **[1]**

16. Look closely at this image.
Which type of guidance is the coach using?

‒‒

Marks: **[1]**

17. Identify **one** effect on performance from taking anabolic steroids.

‒‒

‒‒

Marks: **[1]**

18. The term '**aesthetic**' is often used when observing a dance routine.
Describe what is meant by an **aesthetic** performance in dance.

‒‒

‒‒

‒‒

‒‒

Marks: **[2]**

19. Explain how positive feedback and knowledge of results could be used to improve the skill of serving in tennis.
Explain why high levels of muscular endurance are beneficial to serving in tennis.

Marks: [6]

20. Retaliation and the use of drugs are reasons why a performer may become violent.
Identify **two other** reasons why a performer might commit an act of violence.

Reason 1: _____
Reason 2: _____

Marks: [2]

21. Define gamesmanship.

_____

_____

_____

_____

Marks: [2]

22. Explain why a boxer drinks water before and during a bout.

_____

_____

_____

_____

_____

_____

_____

_____

_____

Marks: [4]

23. Obesity is a possible consequence of reduced physical activity levels. Using this image, calculate the percentage of males classified as obese and females classified as overweight in Wiggleton-on-Sea.

BMI of the individuals in Wiggleton–by–Sea
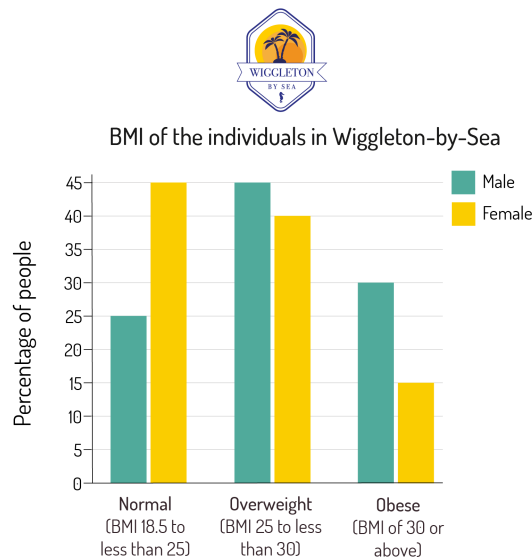
Percentage of males classified as obese: _____
Percentage of females classified as overweight: _____

<div align="right">Marks: [2]</div>

24. Describe **two** negative social effects of a sedentary lifestyle.

Negative effect 1: _____
_____
_____

Negative effect 2: _____
_____
_____

<div align="right">Marks: [2]</div>

25. Describe the roles of fats **and** proteins as part of a balanced diet.

Fats: _____
_____

Protein: _____
_____

<div align="right">Marks: [2]</div>

26. Describe **three** reasons a coach might set SMART targets for a performer as part of their training programme.

_____
_____
_____
_____
_____
_____
_____

Marks: **[3]**

27. Identify **three** mental preparation techniques to help a performer reduce anxiety levels.

Technique 1: _____
Technique 2: _____
Technique 3: _____

Marks: **[3]**

28. Evaluate the use of visual guidance for learning a motor skill.

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

Marks: **[4]**