



National Mock Exams 2025

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WJEC GCSE 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 WJEC GCSE PE Paper 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 Tuesday 6th 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	WJEC GCSE PE
Time allowed	2 hours 0 minutes

First name	
Last name	
Class	
Teacher	

Title	WJEC GCSE PE NME 2025
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Guidance	<ul style="list-style-type: none">• This paper is marked out of 100 marks.• You have 120 minutes (plus additional time for those who have Exam Access Arrangements).• Answer all questions.• A calculator is permitted for this exam.• If the timer reaches zero prior to you submitting your paper, the software will automatically submit your responses.• Good luck.
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Total marks	100
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1. Analyse the video clip to determine **two** functions of the skeleton that are being used in the rugby scrum and how **each** function is beneficial to a rugby player's performance within the scrum.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Marks: [4]

2. Fast-twitch muscle fibre types are required in a rugby scrum. Identify **two** characteristics of fast-twitch muscle fibres.



Marks: [2]

3. Describe the function of ligaments.



Marks: [1]

4. Explain the importance of protein to a rugby player's performance.



Marks: [2]

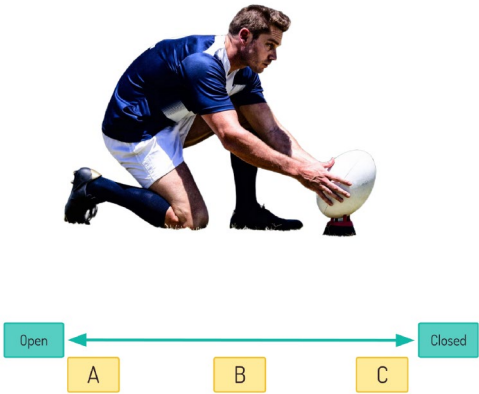
5. Complete the table, identifying the nutrients described.

Nutrient	Description
A	Develops bone growth.
B	The main source of slow release energy.

A: _____
B: _____

Marks: **[2]**

6. The image shows a rugby player taking a conversion. Identify which letter represents the correct placement on the open/closed continuum.
Justify your answer.



Letter: _____
Justification: _____

Marks: **[2]**

7. The table shows fitness tests that were completed by a rugby player in comparison to the team's average. Analyse the results that were collected.

Fitness test	Result	Rugby team average
Multi-stage fitness test	15.7	13.1
Vertical jump test	75cm	68cm
Sit-and-reach test	12cm	23cm
30m sprint test	4.40 seconds	4.20 seconds

Marks: **[4]**

8. Explain why it is important to cool down after a rugby match.

[illegible]

Marks: [4]

9. BMX is a male-dominated sport. Discuss **two** barriers which could limit females from participating in BMX riding.



Marks: [4]

10. Identify a strategy that could increase female participation in BMX riding.



Marks: [1]

11. Explain the importance of visual guidance for cognitive-stage learners attempting to perform a new BMX trick.



Marks: [2]

12. Explain how knowledge of performance would help a young girl who is learning a new BMX trick.



Marks: **[3]**

13. A sedentary lifestyle is a lifestyle lacking in physical activity. State **two** risks to physical health of not exercising.



Risk 1: -----

Risk 2: -----

Marks: **[2]**

14. Explain the **positive** and **negative** effects of technological developments for an improving BMX rider.

[illegible]

Marks: [4]

15. Except during the Olympics, BMX is rarely shown on free-to-view TV. Evaluate the effect of media coverage on minority sports such as BMX.

[illegible]

16. David Jack Wilson, a Welsh para badminton player, is currently in the Team GB squad training for the LA Paralympics. At the beginning of his training, he completes a range of different fitness tests. For the following tests, identify the components of fitness **and** describe the protocols.



Stork test component of fitness: _____

Stork test protocol: _____

Ruler drop test component of fitness: _____

Ruler drop test protocol: _____

Marks: **[6]**

17. When the Welsh national badminton squad train together, they focus on plyometrics.

Using examples of upper- **and** lower-body exercises, describe plyometrics.



Marks: **[4]**

18. As a promising Welsh para badminton player, David Jack Wilson would like to improve his speed and agility. Using sporting examples, explain why **both** components of fitness are important to a badminton player.



Speed: _____

Agility: _____

Marks: **[4]**

19. Analyse **two** muscular contractions that occur during a badminton match and their impact on performance.

[illegible]

Marks: [6]

20. Identify the **two** different lever systems occurring at the shoulder **and** ankle as the badminton player hits the shuttle.



Shoulder: _____

Ankle: _____

Marks: [2]

21. Explain the importance of flexibility **and** cardiovascular endurance for a junior netball team.



Flexibility: _____

Cardiovascular endurance: _____

Marks: **[4]**

State one appropriate target that she might use **and** give three reasons why target setting is important.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Marks: [4]

Marks: [1]

24. Describe how a young netballer can use these **three** principles of training to improve performance:

Specificity

Progression

Variance



Specificity: _____

Progression: _____

Variance: _____

Marks: **[3]**

25. Discuss whether fitness testing is an appropriate method of assessing a junior netball team's sporting ability.

[illegible]

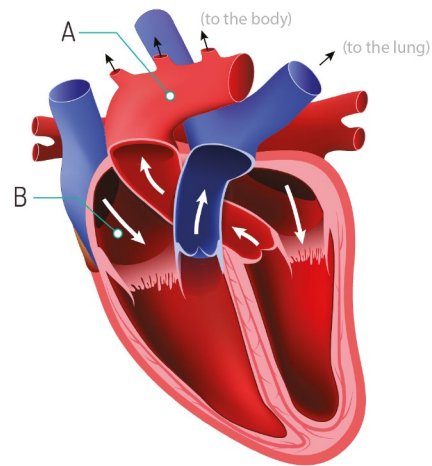
Marks: [6]

26. Discuss the functions of the cardiorespiratory and vascular systems that could influence a boxer's performance in the ring.



Marks: **[6]**

27. Identify the **two** labels of the heart.



A: _____

B: _____

Marks: [2]

28. Explain why a boxer may only breathe twice during a 15-second exchange of punches with the opposition.

[illegible]Marks: **[3]**

29. Boxers need to train efficiently in order to "peak" at the right time.
Identify the correct intensities for each of the following training zones:

Aerobic

Anaerobic

Weight loss



Aerobic: _____

Anaerobic: _____

Weight loss: _____

Marks: [3]

30. In addition to intensity, what **other** factor determines the main energy system used during a boxing competition?



Marks: [1]

31. Using examples from boxing, explain the difference between gamesmanship and deviance.



Marks: **[2]**