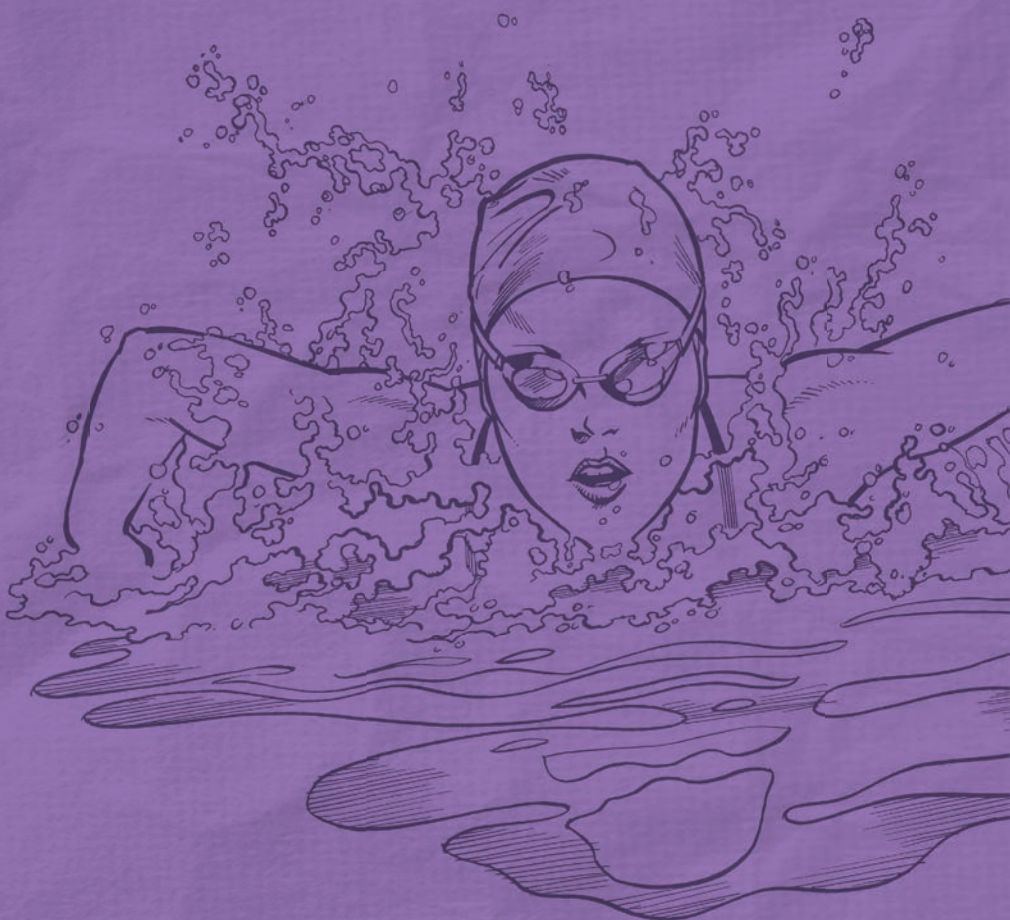
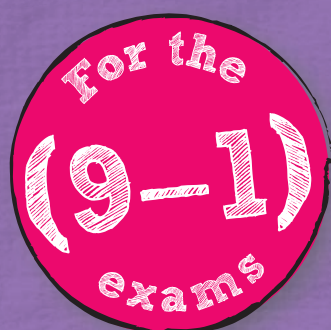


REVISE EDEXCEL GCSE (9–1)

Physical Education

PRACTICE PAPERS Plus⁺



REVISE EDEXCEL GCSE (9–1)

Physical Education

PRACTICE PAPERS Plus⁺

Series Consultant: Harry Smith

Authors: Jennifer Stafford-Brown and Kim Bird

These Practice Papers are designed to complement your revision and to help prepare you for the exams. They do not include all the content and skills needed for the complete course and have been written to help you practise what you have learned. They may not be representative of a real exam paper. Remember that the official Edexcel specification and associated assessment guidance materials are the only authoritative source of information and should always be referred to for definitive guidance.

For further information, visit the Edexcel website.



Question difficulty

Look at this scale next to each exam-style question. It tells you how difficult the question is.

Contents

		Question Paper	Answers
SET 1	Component 1	1	85
	Component 2	15	88
SET 2	Component 1	28	91
	Component 2	43	95
SET 3	Component 1	58	99
	Component 2	73	103

About this book

The practice papers in this book are designed to help you prepare for your Edexcel Physical Education examinations.

In the margin of each paper you will find:

- links to relevant pages in the Pearson Revise Edexcel Physical Education (9–1) Revision Guide
- hints to get you started on tricky questions, or to help you avoid common pitfalls
- help or reminders about important phrases or key terms
- advice on how to get top marks in the higher-level questions.

If you want to tackle a paper under exam conditions, you could cover up the hints in the margin.

There are also answers to all the questions at the back of the book, together with information about how marks are allocated. Many of these are sample model student answers, especially for the longer writing questions. This means that there are many answers which could be given, so you could answer the question differently and still gain full marks. The model answer could still give you new ideas to help you to improve an answer.

About the papers

Look at the time guidance at the top of each paper if you wish to practise under exam conditions.

Remember that in the exam:

- You should use a black ink or ball-point pen.
- You should read every question carefully and answer all the questions in the space provided.
- Try to check your answers if you have time at the end.

Good luck!



Set 1 – Component 1**Time allowed: 1 hour 45 minutes**

You may use a calculator.
Total marks: 90

Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

Full-course students should attempt all questions.

Short-course students should attempt questions with this icon  . There are 38 marks available for short-course students in this paper, and you should aim to complete these questions in 40 minutes.



Short Full

1 (a) Which **one** of the following is a function of a long bone?

- ☐ A Protection
- ☐ B Weight bearing
- ☐ C Muscle attachment
- ☐ D Leverage

(1 mark)

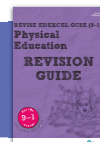


Short Full

(b) Which **one** of the following is a movement that can occur at a pivot joint?

- ☐ A Abduction
- ☐ B Adduction
- ☐ C Rotation
- ☐ D Extension

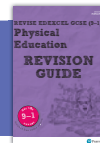
(1 mark)



Revision Guide
Page 2

Hint

Think about which bones are long bones to help you work out what their function is.

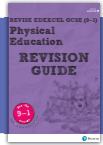


Revision Guide
Page 4

Hint

Think about which joints are pivot joints and the type of movement that happens there.

Set 1 Component 1



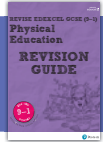
Revision Guide
Page 56

Hint

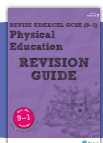
Vaulting is where a gymnast sprints to a vaulting horse and jumps off a spring board to get as much height as possible in order to perform gymnastic moves in the air. This will require high levels of power.

LEARN IT!

Remember: power is a product of strength and speed.



Revision Guide
Page 22



Revision Guide
Page 34

Hint

Long distance means that an activity or event is going to take place over a long period of time. Therefore a component related to stamina would be mainly used for this type of event.



Full course

Jan takes part in vaulting in gymnastics.

(c) Which **one** of the following would be the **most** appropriate training method to improve Jan's vaulting performance?

- ☐ A Spinning
- ☐ B Plyometric training
- ☐ C Continuous training
- ☐ D Yoga

(1 mark)



Short Full

(d) Which **one** of the following is the muscle that contracts during inspiration?

- ☐ A Deltoids
- ☐ B Latissimus dorsi
- ☐ C Alveoli
- ☐ D Diaphragm

(1 mark)



Full course

(e) Which **one** of the following is the **main** component of fitness required for a long-distance cycling event?

- ☐ A Muscular endurance
- ☐ B Co-ordination
- ☐ C Balance
- ☐ D Reaction time

(1 mark)



Full course

(f) Which **one** of the following would be a suitable test to measure a person's cardiovascular fitness?

- ☐ A Harvard step test
- ☐ B Illinois agility test
- ☐ C Vertical jump test
- ☐ D Grip dynamometer

(1 mark)



Full course

(g) Which **one** of the following is the aerobic target zone?

- ☐ A 20–40% of your max heart rate
- ☐ B 40–60% of your max heart rate
- ☐ C 60–80% of your max heart rate
- ☐ D 80–90% of your max heart rate

(1 mark)



Full course



Adam is a 40-year-old male PE teacher. He takes part in the Illinois agility run test.

Table 1 shows ratings for the Illinois agility run test.

	Excellent	Above average	Average	Below average	Poor
Male (seconds)	<15.2	15.2–16.1	16.2–18.1	18.2–19.3	>19.3
Female (seconds)	<17.0	17.0–17.9	18.0–21.7	21.8–23.0	>23.0

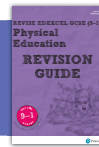
Table 1

(h) Which **one** of the following is the correct rating for Adam, who scored 17.5 in the Illinois agility run test?

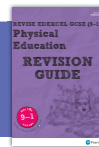
- ☐ A Excellent
- ☐ B Above average
- ☐ C Average
- ☐ D Below average

(1 mark)

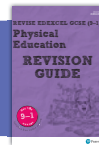
(Total for Question 1 = 8 marks)

Revision Guide
Page 42**Hint**

If you're not sure, try to think back to how you felt in fitness tests that you have taken part in.

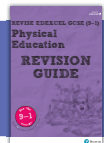
Revision Guide
Page 51**Hint**

There are two zones: aerobic and anaerobic. Anaerobic is at a higher percentage of maximum heart rate, so aerobic is going to be less than that.

Revision Guide
Page 44**Hint**

The table shows the ratings for males and females, so make sure you look at the correct row.

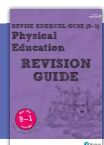
Set 1 Component 1



Revision Guide Page 8

Hint

For this question you should first identify what a ligament does and then relate this to how ligaments are used in the knee joint for running.



Revision Guide Pages 29–30

Hint

Think about what types of movement are taking place in a somersault. Look at the knee and elbow joints – what type of movement has occurred at these joints? This will help you to work out which plane of movement the movement takes place in. The axis of movement can then be determined from this.



Short Full

- 2 Ligaments are part of the skeletal system.

Explain the role of ligaments in the knee when a person is running.

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(Total for Question 2 = 3 marks)



Short Full

- 3 Figure 1 shows an athlete taking part in a back tucked somersault.



Figure 1

Analyse the plane and axis of movement that this movement takes place in.

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.....

(Total for Question 3 = 3 marks)



Short Full

Use of
data

- 4 Use the data in **Figure 2** to analyse how redistribution of blood flow takes place when taking part in sport and physical activity.

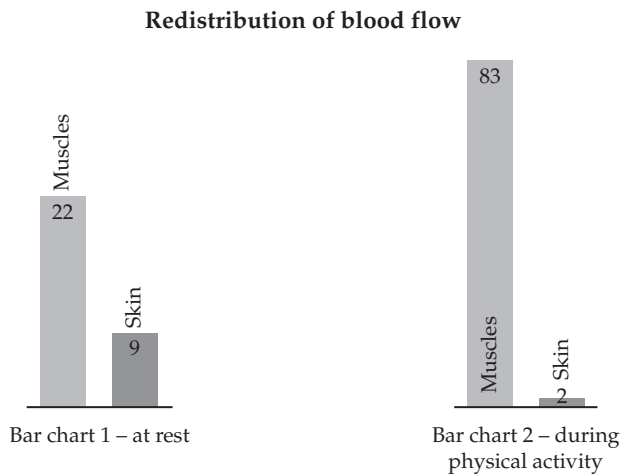


Figure 2

.....

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(Total for Question 4 = 3 marks)



Short Full

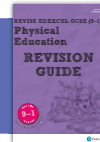
- 5 Blood vessels form part of the cardiovascular system. Complete **Table 2** by:

- (a) stating one structure of each blood vessel
- (b) stating one function of each blood vessel.

Blood vessel	structure	function
Capillary		
Vein		

Table 2

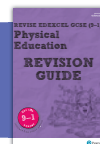
(Total for Question 5 = 4 marks)



Revision Guide
Page 18

Hint

First of all, you should comment on the increase in blood flow to the muscles during exercise. You will then need to explain how the blood vessels increase in diameter, using the correct technical term to increase blood flow to the muscles. As the blood is being redistributed you should also comment on how a decrease in blood flow to the skin occurs, using accurate technical terminology.

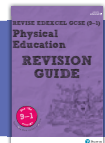


Revision Guide
Page 17

Hint

For the structure you should think about any special features that distinguish a type of blood vessel from the other types of blood vessels, making it specific to its function. Think about the thickness of the vessel wall, size of the lumen, etc.

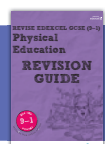
Set 1
Component 1



Revision Guide
Page 11

Hint

Look at the knee joint and the position the knee joint starts in, and then look at the movement that occurs when it goes from A to B. Which muscles are contracting to allow the movement to occur? You should also consider what type of muscle contraction is occurring at that muscle. Remember, the movement is downwards so the muscle that is contracting is working against gravity but getting longer.



Revision Guide
Pages 18–19

Hint

For this question you should identify the main role of red blood cells in the body. This can then be related to long-distance running.



Short Full

6 Figure 3 shows a person taking part in a lunge.

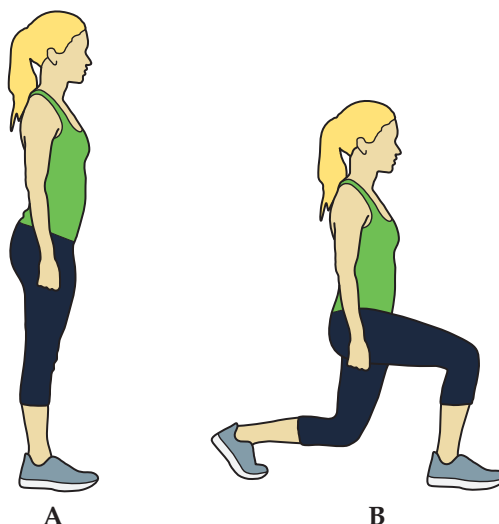


Figure 3

Analyse the movement and muscle action at the knee in Figure 3 as the person moves from position A to B.

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(Total for Question 6 = 4 marks)



Short Full

7 Analyse the role of red blood cells for long-distance running.

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(Total for Question 7 = 4 marks)



Full course

- 8 Taking part in sport and physical activities can lead to injuries occurring.

Complete the following statement about the types of injuries that can occur when taking part in rugby.

When taking part in rugby, a blow to the head could lead to a person getting.....

If a player were to land awkwardly they may break a bone, which is known as a, or suffer from a torn muscle, which is known as a

(Total for Question 8 = 3 marks)



Short Full



Use of data

- 9 Figure 4 shows the trace from a spirometer.

The graph has been divided into different sections: A, B, C and D.

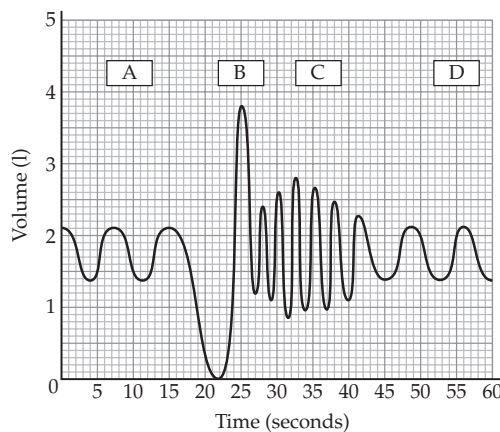


Figure 4

- (a) Identify which section of the spirometer trace shows values recorded when a person is taking part in sport and exercise.

..... (1 mark)



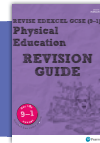
Short Full

- (b) Give reasons for your answer to part (a).

.....

 (3 marks)

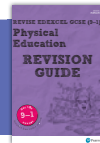
(Total for Question 9 = 4 marks)



Revision Guide
Pages 67, 68
and 70

Hint

This part of the question relates specifically to injuries to the head. Even if you do not know much about rugby, think about the types of head injury you know.

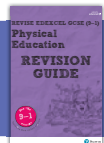


Revision Guide
Page 21

Hint

You should look to identify what each part of the trace represents and then you will be able to work out which part of the trace relates to participation in sport and exercise.

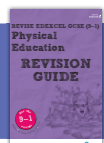
Set 1
Component 1



Revision Guide
Page 78

Hint

Think about what happens to your body when you take part in a pulse raiser – does your body temperature increase? You should then consider how an increase in body temperature can be beneficial before taking part in sport and physical activity.



Revision Guide
Page 71

Hint

Anabolic steroids are performance-enhancing drugs – think about how the body responds to the use of these drugs. Consider the main components required by a sprinter to excel in their sport and then relate the use of anabolic steroids to sprinting performance.



Full course

- 10** (a) Identify an activity that could be used in a pulse raiser as part of a warm up.
..... (1 mark)



Full course

- (b) Explain why a person should take part in a pulse raiser as part of a warm up before taking part in sport and physical activity.
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..... (3 marks)

(Total for Question 10 = 4 marks)



Full course

- 11** Explain why a sprinter may be tempted to cheat and take anabolic steroids to improve their performance.
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(Total for Question 11 = 3 marks)



Full course

- 12 RICE is a process that should be followed if a person suffers from a soft tissue injury when taking part in sport and physical activity. Identify what the letters I and C stand for in RICE.

.....

.....

(Total for Question 12 = 2 marks)

- 13 Skeletal muscle is made up of different fibre types.

Assess the importance of the following muscle fibre types for a 5000-metre runner.



Short Full

- (a) Type 1

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.....

.....

.....

..... (3 marks)



Short Full

- (b) Type IIx

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..... (3 marks)

(Total for Question 13 = 6 marks)



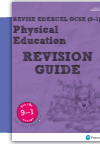
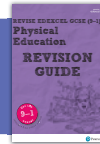
Short Full

- 14 Give **two** examples of how the body regulates its temperature in hot environments.

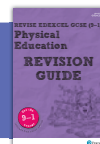
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(Total for Question 14 = 2 marks)

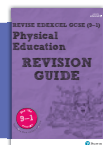
Revision Guide
Page 70Revision Guide
Page 14**Hint**

Consider the properties of each muscle fibre type in relation to how fast they contract, how quickly they fatigue, etc. Relate this to 5000-metre running – at what point in the race would a 5000-metre runner use each fibre type?

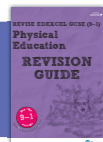
Revision Guide
Page 15**Hint**

What happens to your body when you are hot – how do you look and feel?

Set 1
Component 1



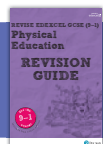
Revision Guide
Page 52



Revision Guide
Page 62

Hint

You should comment on the trend in resting heart rate over the course of the 6-week training period and then relate this to physiological adaptations that can occur from a cardiovascular endurance training programme.



Revision Guide
Page 42

Hint

When you are asked to 'justify', remember you need to make a point and then say why you have made that point.



Full course

15 Zoe wants to increase her cardiovascular fitness.

- (a) State one training method that Zoe could use to increase her cardiovascular fitness.

(1 mark)

- (b) Zoe takes part in a 6-week training programme that involves running to increase her cardiovascular endurance.

Table 3 shows her resting heart rate over the 6 week period.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Resting heart rate (bpm)	81	79	76	74	73	72

Table 3



Full course



Use of data

- (i) Using the data in Table 3 analyse why Zoe's resting heart rate has changed over the course of the 6-week training programme.

(4 marks)



Full course

- (ii) Justify one fitness test that could be used to test Zoe's cardiovascular endurance.

(2 marks)



Full course

Zoe has decided she would like to enter a 5-kilometre running race.

- (c) Explain how Zoe should use **three** of the FITT principles to help to prepare her for the race.

(6 marks)

(6 marks)

(Total for Question 15 = 13 marks)



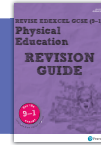
Short Full

- 16 Identify the **two** types of movements that can occur at the ankle joint.

Movement 1

Movement 2

(Total for Question 16 = 2 marks)

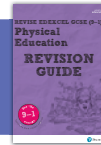


Revision Guide

Page 50

Hint

You should work out what FITT stands for. Select three components from the four and state what each letter stands for, then relate this to how it should be used in a training programme which is specific to a 5-kilometre running race.



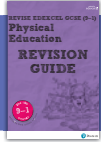
Revision Guide

Page 7

Hint

The ankle can perform a type of flexion and extension; however, the names of the types of movement are specific to only the ankle – you will only gain credit if you use the correct terminology for ankle joint movements.

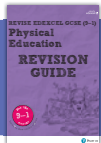
Set 1
Component 1



Revision Guide
Page 60

Hint

Bone density is related to the mineral content of the bones. You will need to consider types of exercise that will stimulate an increase in bone mineral uptake.



Revision Guide
Page 60

Hint

To justify the type of exercise you will need to explain what it is about the type of exercise that helps to increase bone density.



Full course

17 Manpreet has been advised to take part in exercise to try to increase the density of her bones.

- (a) Identify **two** types of exercise that Manpreet could take part in that would help to increase the density of her bones.

.....
..... (2 marks)



Full course

- (b) Justify how **one** type of exercise identified in part (a) would increase bone density.

.....
.....
.....
..... (2 marks)

(Total for Question 17 = 4 marks)

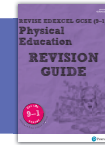


Full course

- 18 Hartigoods is a sports centre that runs body pump fitness classes. Sue decides to take part in these classes as she wants to improve her strength.

Evaluate whether body pump classes would be an appropriate training method for Sue to improve her strength.

(Total for Question 18 = 9 marks)



Revision Guide

Pages 57–58

Hint

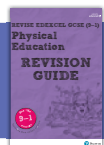
Body pump fitness classes involve lifting relatively light weights many times to music. For each music track, different muscle groups are exercised using a barbell or dumbbells. Classes usually last for 45 minutes.

Aiming higher

You should consider what type of training is required to increase strength, and how this leads to an increase in strength, including muscle micro tears. The component of fitness trained should also be considered, including sets and reps, and compared to strength training.

Hint

‘Evaluate’ means you will be expected to arrive at an overall conclusion to explain if the class would improve Sue’s strength. Although it would lead to some strength gains, the main component being trained is muscular endurance. Therefore you should state what would be more appropriate to train strength.



Revision Guide

Pages 36–37

Hint

For this question, you will need to consider what each component of fitness is and then how it would be used in the position of a football goalkeeper. In what instances would reaction time be needed as well as power? (You should give examples.)

You should then arrive at a conclusion, as the command verb for the question is 'evaluate'.

Aiming higher

In this situation you may find that both components of fitness are required at a high level. However, usually one component of fitness is required to a greater degree.



Full course

- 19 A football goalkeeper needs high levels of a number of components of fitness in order to be effective in their sport.

Evaluate the importance of reaction time and power for a football goalkeeper to perform effectively in their position.

(Total for Question 19 = 9 marks)

Set 1 – Component 2



Time allowed: 1 hour 15 minutes

You may use a calculator.
Total marks: 70

Answer ALL questions. Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

Full-course students should attempt all questions.

Short-course students should attempt questions with this icon  . There are 22 marks available for short-course students in this paper, and you should aim to complete these questions in 25 minutes.



Short Full

- 1 (a) Which **one** of the following is a consequence of a sedentary lifestyle?

- ☐ A Low blood pressure
☐ B Increased muscle tone
☐ C Decreased risk of osteoporosis
☐ D Diabetes

(1 mark)



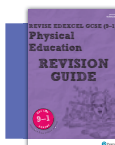
Full course

A swimming coach gives one of their swimmers paddles to wear on their hands to develop hand positioning in the water when they swim.

- (b) Which type of guidance is this?

- ☐ A Mechanical
☐ B Verbal
☐ C Visual
☐ D Manual

(1 mark)



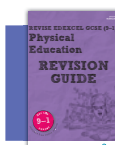
Revision Guide
Page 88

LEARN IT!

A 'sedentary lifestyle' is where there is little, irregular or no physical activity.

Hint

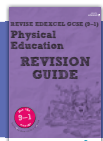
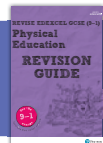
Don't select more than one answer for each of the multiple-choice questions. If you do, it is likely that none of your answers will count.



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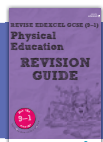
Hint

As the swimmer is actually putting on paddles this form of guidance is given by an object.



Hint

Look at the areas in the bar chart that have the highest participation across both males and females.



Hint

Note the energy intake and output is the same, so consider if a person would put on any body fat or not in this situation.



Full course

SMART targets are used to improve or optimise performance.

(c) Which **one** of the following is the correct term for the S in SMART targets?

- ☐ A Setting
- ☐ B Specific
- ☐ C Simple
- ☐ D Socio-economic

(1 mark)



Full course



Use of data

Figure 1 shows the participation rates of males and females aged from 11 to 18 years in physical activity and sports in the town of Wingbrown.

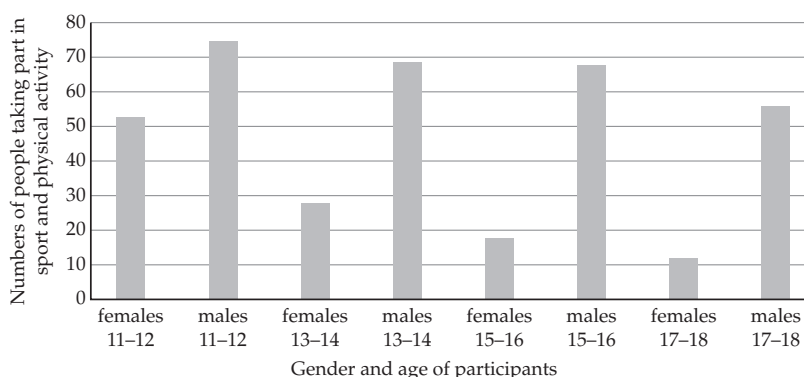


Figure 1

(d) Using the data in **Figure 1**, which age range has the highest participation in sport and physical activity for both males and females?

- ☐ A 11-12 years
- ☐ B 13-14 years
- ☐ C 15-16 years
- ☐ D 17-18 years

(1 mark)



Short

Full

(e) Complete the sentence. The energy balance equation shows that if energy in is the same as the energy out then a person's body composition will ...

- ☐ A maintain a healthy weight
- ☐ B decrease in body fat
- ☐ C increase in healthy weight
- ☐ D maintain bone density

(1 mark)



Full course

- (f) Which **one** of the following personal factors is associated with the **socio economic** group that affects participation in physical activity and sport?

- ☐ A Ethnicity
☐ B Disability
☐ C Gender
☐ D Cost

(1 mark)

(Total for Question 1 = 6 marks)



Short Full

- 2 (a) Identify what is meant by **physical** health.

.....
 (1 mark)

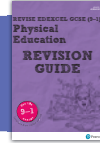


Short Full

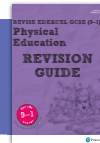
- (b) Give **three** examples of how physical health can be improved by participation in sport and physical activity.

- 1
 2
 3 (3 marks)

(Total for Question 2 = 4 marks)

Revision Guide
Page 105**Hint**

Learn the categories of personal factors and examples of each of the categories.

Revision Guide
Page 83**Hint**

Remember that 'identify' in this question is asking you to recall a fact.

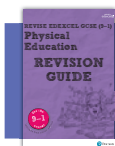
Hint

There are different types of health. Make sure your response is specific to physical health.

Hint

There are lots of benefits to physical health so you just need to think of three.

Set 1
Component 2



Revision Guide
Page 95

Hint

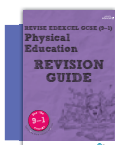
The environment takes into account all the things around a person. Think about when you are playing sport, what sorts of things can impact on your performance that are related to the environment?

LEARN IT!

Remember that a continuum is a straight line between two extremes.

Hint

Don't forget, when asked to 'explain', you need to give reasons for your answer.



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Hint

Read the information provided before the question and from this pick out two types of guidance being carried out by the coach.

Hint

Circle or underline key words in the information that will help you to identify the types of guidance.



Full course

Alex plays rugby for his school team.

- 3 Explain **two** ways the environment can change in relation to the open-closed continuum in which Alex plays rugby.

1.....
.....
.....
.....
2.....
.....
.....
.....

(Total for Question 3 = 4 marks)



Full course

- 4 A coach is developing her team's interception skills. She demonstrates techniques that can be used and describes key things the girls should be doing when performing these techniques.

- (a) Identify the **two** types of guidance given by the coach to develop the netball team's intercepting techniques.

Type of guidance 1

Type of guidance 2 (2 marks)



Full course

- (b) Describe how the coach could use manual guidance to develop the netball team's intercepting techniques.

.....

.....

.....

.....

.....

(2 marks)

(Total for Question 4 = 4 marks)



Full course

- 5 Sportsmanship is something that many National Governing Bodies actively encourage all participants to follow when they take part in sport.

Explain why sportsmanship is encouraged by National Governing Bodies.

.....

.....

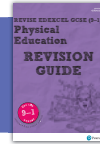
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(Total for Question 5 = 3 marks)

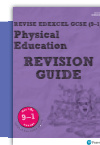


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Hint

Identify what manual guidance is and then give an example of how it can be used to improve intercepting skills.



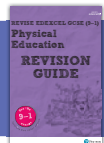
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Hint

Think about sportsmanship in the sports you play and then relate this to why the National Governing Bodies want to encourage it.

Set 1
Component 2



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Full course



Use of
data

- 6 **Figure 2** shows the participation in different sports related to the socio-economic group (SEG) in the town of Eight Oaks.
Low socio-economic group (Low SEG) indicates low personal wealth; high socio-economic group (High SEG) indicates high personal wealth.

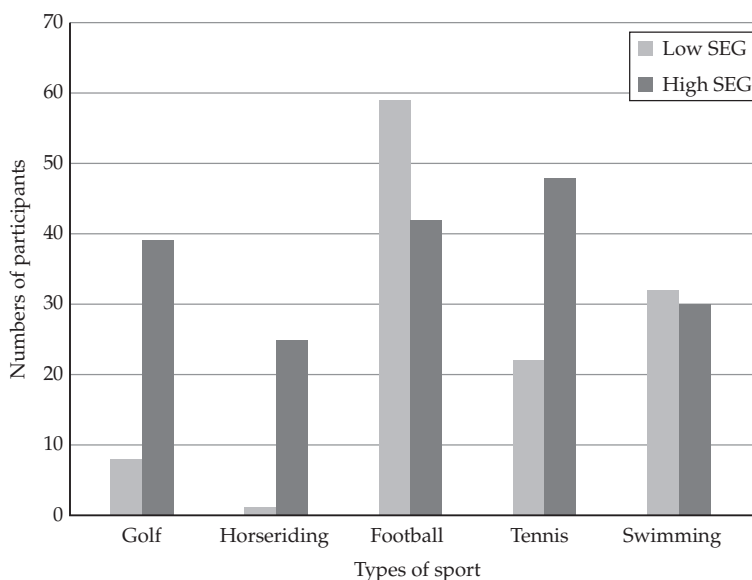


Figure 2

- (a) Using the data in **Figure 2**, identify which sport has the lowest participation rates for the Low SEG.

(1 mark)



Full course

- (b) Describe **one** reason to justify your answer to (a).

(2 marks)



Full course

- (c) Analyse the data to explain which sport has highest participation rates for the Low SEG.

(2 marks)

(Total for Question 6 = 5 marks)

Hint

Think about what being in the Low SEG means and how this relates to the costs of the sport that you have selected for part (a).

Hint

Use the information in the graph to help you.

Hint

Explain why you think people from a Low SEG would take part in that sport instead of the other sports.