



Model Answers

AQA GCSE PE – Paper 2

(Revision session on Wednesday 11th May 2022, 4.00–5.30pm)

This document contains:

- Model answers for the Practice Questions answered during the 2022 Revision series
- Questions in AEI order
- Where possible, examples of extended writing
- No one-mark or multiple-choice questions

How should schools use these papers?

This paper has been constructed specifically for use in preparation for and during the live revision shows provided by James Simms in May 2022. I encourage students to attempt the questions in advance of the revision shows.

Please, use these model answers in combination with the mark scheme and the revision session, available in the [AQA GCSE PE Revision page](https://pages.theeverlearner.com/2022-aqa-gcse-pe-revision) (<https://pages.theeverlearner.com/2022-aqa-gcse-pe-revision>).

All questions are taken from ExamSimulator. Please note, there are hundreds of additional questions on ExamSimulator covering the AEI topics. ExamSimulator is a premium resource available via [TheEverLearner.com](https://www.theeverlearner.com).

I hope this helps both students and teachers in their exam preparations.

James Simms

1. Using a sporting example, define a closed skill.





<p>1 A skill performed in a consistent environment requiring little to no adaptation. An example is a 2 long jump in a track and field competition.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

2. Using a sporting example, define a complex skill.

<p>A complex skill ¹requires decision making such as a ²batsman in cricket responding to the specific delivery they are facing.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

3.

Classify a goalkeeper's save on **the two** skill continua required in the image and justify your choices.

Skill	Basic / Complex	Open / Closed	Fine / Gross	Self-paced / Externally-paced
	Basic	Closed	Gross	Self-paced
	?	?	Gross	Externally paced
	Basic	Closed	Gross	Self-paced
	Basic	Closed	Fine	Self-paced

1
3
 A save is complex because it involves decision making about when and where to make the serve.
 2
4
 A save is open because it is performed uniquely in a different environment each time. The save depends entirely on the flight of the ball.

No comments provided.

Marks:[4/4]

4.

A volleyball player uses the basic information processing model to be able to execute a skill. Analyse the stages of the model for a volleyball player to be able to perform the skill to a high level.



Information processing is ¹ using all the information in the display ² in order to make the correct decision and it ⁴ involves four stages. The stages are: Input Decision making Output Feedback ⁴ Input is ⁴ the senses detecting cues from the display. For example, the volleyball player will ⁹ see the flight of the ball towards them or they might ¹⁰ hear a call of your ball by their teammate. ⁶ Decision making uses working memory ¹¹ and the player can selectively attend to the flight of the ball specifically rather than any other irrelevant stimuli. For example, the player might ¹² ignore the stance of the umpire next to the net but will attend to angle of the ball coming towards them. The player will ¹³ decide whether to dig, ⁵ set or spike the ball within decision making. The better the ¹⁹ selective attention, the better the quality of the movement. In other words, good selective attention leads to optimal performance levels and a higher chance that the dig shot will be well positioned. If the player gets the selective attention wrong and focuses ¹² on irrelevant information, there is a higher chance

No comments provided.

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the shot will hit the ground or the net leading to the loss of a point. Furthermore, if decision making is slow, the dig shot might ²⁵ not be recalled fast enough from the long term memory and the ball may pass the player by without a response. This ³⁸ links to reaction time which is the time between the onset of a stimulus and the initiation of a response. If reaction time is slow, the ball will be missed and the point lost. Output is the production of the chosen skills. If the player has decided to dig, they will recall the dig shot ¹⁴ from their long term memory and will send a ¹⁵ neural message to the arms and legs via the central nervous system to produce the order of muscle contractions required to perform the dig shot. Practising a great deal causes a better storage of movement in the long term memory and a greater chance that the accurate dig shot technique will be recalled. ²³ Because a dig shot is an open skill, the player should practise in an open or varied environment with balls being hit from different angles at different speeds. This will improve the quality of the output stage and the adaptability of the skill. Feedback is normally ¹⁶ received after the dig shot has been played but can occur during the skill too. For example, the player will receive ¹⁷ intrinsic feedback on the feel of the shot and whether it felt right but will also receive extrinsic feedback in the form of where the ball went to but also any comments from their coach or teammates about the shot. An example could be the coach shouting great block. ²⁷ Positive feedback such as praise will reinforce the correct dig shot and mean it is stored better in the LTM. Negative feedback will cause the player to change their response the next time they need to play a dig shot. In conclusion, decision making within the basic information processing model is critical for a volleyball player but so is their power. For this reason, volleyball players are

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advised to use plyometrics training to improve power but also to be able to control arousal levels through processes like mental rehearsal in order to find the optimal arousal level. Arousal affects information processing and if the wrong level of arousal is found, a player may miss the relevant cues such as the flight of the ball and focus on irrelevant information.

34

Marks:[9/9]

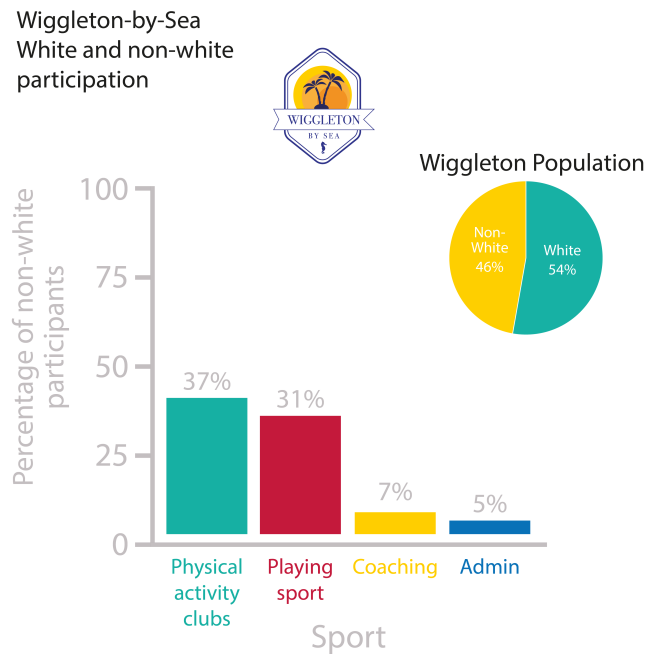
5.

Gender and age are two factors that affect engagement patterns in physical activity. Identify three others.

<p>1 Ethnicity, 2 peer group and 3 disability.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

6.

Using this graphical data to support your answer, explain how ethnicity affects involvement in sport and physical activity in Wiggleton-by-Sea.



1 Non - white participants are **under - represented in all roles** based on the graph because the non - white population is 46% but no level of participation reaches 46%. 2 **No - white people are extremely under - represented in coaching and admin** roles which are occupied almost entirely by white individuals. This must mean that many non - white participants (37% doing clubs are non - white and 31% playing sport are non - white) are 3 **not continuing to become coaches, officials and volunteers at clubs.** 4 This, in turn, means there are **very few role models** for young non - white community members to aspire to.

No comments provided.

Marks:[4/4]

7. Explain how media coverage can positively affect sport.

<p>Increased media coverage can ¹ promote interest in a sport. An excellent example is Wimbledon fever when tennis courts in the UK are filled for two weeks. The sport also has more income to ⁴ invest in grassroots provision such as local clubs and youth development. Furthermore, ⁵ increasing numbers of competitions ⁶ can be held which, in turn, ⁷ leads to spectatorship. Finally, the more visible the sport, the ² more role models can be seen by young people and these role models can inspire participation.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

8.

In 2020, the high-profile football player, Marcus Rashford used Twitter to campaign for free school meals.

Evaluate the use of social media for a performer **and** the sport.



1 Social media is an interactive media such as 3 Instagram or 4 Reddit. It allows an elite performer such as 4 Marcus Rashford to engage directly 5 with followers and, as long as the postings are positive, 5 Marcus Rashford s employer (Manchester United) will encourage him to post to increase visibility. 6 Manchester United even employ trained teams of social media experts to ensure that messages are positive and uniting. The advantages to the performer are that they 7 can raise their own profile which means that they are 8 more likely to attract sponsorship deals and, 9 therefore, 9 increase their earnings. In Marcus Rashford case, he is also able to 10 promote important causes that matter to him such as under - privileged young people and their access to food at school. However, there are downsides. Marcus Rashford has in the past received 12 abusive messages including racism and, on the whole, 13 these messages have gone unpunished. This can be very damaging to anyone and especially a young person like Marcus Rashford still trying to find their way in the world. Furthermore,

No comments provided.

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Marcus Rashford could ¹⁴lose privacy and be faced with an ¹⁵endless cycle of needing to be in the public eye in order to promote his brand. The advantages to the sport are that football ¹⁶is more visible to many more people and the increased respect and following could lead to more fans and, therefore, a ¹⁷growth in ¹⁸sponsorship opportunities. ¹¹More youngsters are likely to engage in grassroots football with Marcus Rashford as their ¹¹role model and social media spaces can be used to educate whether about football itself or wider social issues. Marcus Rashford could ²⁰post ²⁰coaching and training tips to his followers directly and even answer their questions. On the other hand, if social media is used to share ²²negative role models such as doping or violence in sport, this can be harmful. Furthermore, ²³minority sports such as ²⁴Parlympic sports cannot compete with big budget sports like football and are ²⁴unable to employ teams of social media marketers. These minority sports can become more and more marginalised as a result. In conclusion, I strongly believe that social media has the capacity to be very positive for both performers and sports but this needs to be managed carefully. Even if Marcus Rashford, for example, was to do something negative such as swear on Match of the Day or worse, he would be able to use his social media presence to share his message of apology and regret. For this reason, I believe that social media and sport have many happy years of companionship ahead.

Marks:[6/6]

9. "The development of technology has improved standards of refereeing in rugby union." Discuss this statement.

<p>1 TMO has dramatically increased the consistency of decisions in rugby. Furthermore, 3 high - quality microphone systems between the referee, TMO and the touch officials makes communication instantaneous and almost never misunderstood. This means that 5 elite rugby has far - better refereeing on the whole. However, it is not all positive. Because of the TMO, 2 on - field referees may become reluctant at making decisions and this can cause a lot of delays in play. Furthermore, technology is exclusive and 6 grass roots rugby gets no benefit at all.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

10. Identify one positive **and** one negative effect of the use of diuretics in sport.

<p>Diuretics, whilst illegal ¹ can help a boxer make weight. However, they can cause severe ² dehydration.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

11. Discuss the use of anabolic steroids in boxing.



The main benefit is the ¹ **increase in muscle mass which is linked to an overall increase in strength and power**. Furthermore, athletes are benefitted if they are injured and they need ² **to recover faster**. However, a negative is that steroids, because they are taken by athletes in massive doses, can cause serious health problems including ³ **kidney problems**. Finally, steroids are known to affect gender markers. An example is that men can experience ⁴ **a lower sperm count** and even ⁴ **infertility** whilst ⁴ **women might have disrupted menstrual cycles**.

④ Another good point for 4.

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Marks:[4/4]

12. Suggest **three** reasons hoolignism may occur at a sporting event.

<p>① Local rivalry such as a derby match. Excessive alcohol consumption. Masculine gang culture leading young men off the rails.</p>	<p>⑥ Nice point but a repeat of 6.</p>
	<p>Marks:[3/3]</p>

13.

Other than all-seater stadia and restricted alcohol sales, identify **three** strategies employed by professional football clubs to prevent hooliganism.

Games can be made to be ¹ **midday kick offs** which means it is harder to get drunk before the game. There could ³ **more police and** ² **stewards** at the games and also a **segregation of fans**. Finally, ⁴ certain **individuals could be banned** if they have a history of hooliganism.

No comments provided.

Marks:[3/3]

14.

In recent years, football clubs have introduced all-seater stadia and alcohol restrictions to prevent hooliganism.
Evaluate the effectiveness of these strategies.

All - seater stadia lead to a ¹ calmer atmosphere than terraces but, ² on the other hand, they are very expensive and only the top ³ echelon of clubs can afford to rebuild. ⁴ Restricted alcohol sales means people behave better and more calmly but spectators are still able to drink in the pub on the way to the game.

No comments provided.

Marks:[4/4]

15.

Explain why a jockey in cross-country horse riding needs both carbohydrates **and** protein in their diet.



1 Carbohydrates are the preferred source of energy at all intensities. A jockey would eat carbohydrates so that they could 2 maintain performance throughout the race without experiencing 3 fatigue. Proteins help muscle tissue to grow. Therefore, the 4 jockey needs protein to develop enough strength to be able to control the horse when running at high speeds.

No comments provided.

Marks:[4/4]

16.

Increased heart rate is one effect of dehydration.
State three other effects of dehydration.

<p>1 Increased blood viscosity. Increased 2 body temperature. 4 Muscular cramps.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

17. Justify the importance of hydration for a squash player.



Increased blood viscosity will ⁴ lead to less oxygen being delivered to the leg muscles ² and the squash player being slower during points. Increased temperature could cause the squash player to ⁷ overheat on court. Muscle cramps could lead to squash player being unable to reach a drop shot meaning they lose the point.

No comments provided.

Marks:[3/3]

Feedback:

No feedback provided.