



Model Answers

Edexcel GCSE PE – Paper 2

(Revision session on Thursday 12th 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 Edexcel GCSE PE Revision page (<https://pages.theeverlearner.com/2022-edexcel-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.

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

James Simms

1.

One physical health benefit when taking part in exercise is reducing the chance of obesity. State **two** other physical benefits.

<p>There is a ² reduced risk of osteoporosis and ⁴ reduced blood pressure.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

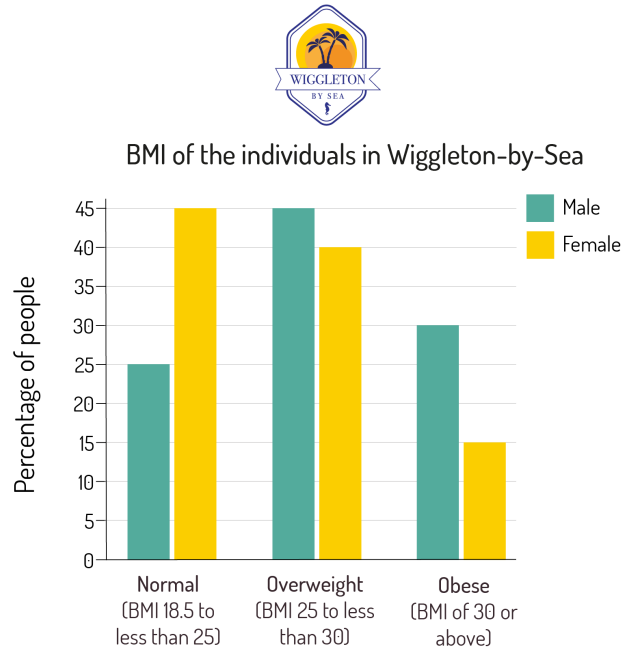
2.

One emotional health benefit when taking part in exercise is stress relief. State **two** other emotional benefits.

People get ¹ a feel good factor and this can help to ² reduce mental health issues such as depression or anxiety.	No comments provided.
	Marks:[2/2]

3.

The graph shows the Body Mass Index (BMI) of adults in Wiggleton-by-Sea. Analyse the graph and make comparisons between males and females.



1

20% more females have normal healthy weight compared to

2

males. Males tend to be more overweight by 5% but, worryingly,

3

more obese by a factor of 15% compared to women.

No comments

provided.

Marks:[3/3]

4. Osteoporosis is a medical condition that leads to fragile bones. Suggest one activity that would reduce the risk of osteoporosis and **justify** your choice.

<p>1 Long distance running or continuous training because it is a form 2 of weight bearing exercise.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

5.

Using a named mineral in your answer, explain why mineral intake is important for sports performance.

<p>4 Iron is essential for building red blood cells and this allows a performer to transport oxygen efficiently and work at higher intensities aerobically. 5 6</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

6. Explain why a power athlete must use protein supplementation **at the right time** in their diet.

<p>1 Proteins cause muscle repair through the adaptation process.</p> <p>2 Protein supplements are especially important after exercise</p> <p>3 because this is when adaptations happen.</p>	No comments provided.
	Marks:[3/3]

7.

Max is a professional weightlifter and is considering his diet for next season's competitions. Evaluate the need for Max to consume a balanced diet.



Balanced diet is eating the ¹ right amount of the right variety of ² foods. It is the right balance of carbohydrate, proteins and fat as well as the need for ³ plenty of vitamins and minerals as well as ⁴ staying hydrated. Protein is required ⁵ for muscle strength and ¹¹ Max is likely to eat large quantities of protein, especially after training, so that his muscles adapt and become stronger to lift heavier weights. ⁶ Carbohydrates are a source of energy and fuel Max through a two hour weight session. Therefore, ¹² Max is highly likely to eat a larger quantity and proportion of carbohydrates to fuel his training and performances. Max does also need to ⁷ consume ¹³ fat as fat is a form of stored energy. However, Max is likely to consume less fat as a proportion of diet as proteins and carbohydrates are more important. This actually means ¹⁴ Max is not eating a normal balanced, healthy diet. Max needs to ⁸ consume vitamins and minerals for good health, to preserve his immune system and to ensure that he can keep training and not ⁹ experience reversibility. He also eats fibre to maintain a healthy

No comments provided.

7.

Max is a professional weightlifter and is considering his diet for next season's competitions. Evaluate the need for Max to consume a balanced diet.

digestive system and so that he can absorb other nutrients efficiently. Finally, Max must drink **plenty of water to maintain cell function** and **avoid cramp during training sessions**.

Marks:[9/9]

This table includes details of the organisational continuum.

8. Describe high organisation **and** provide **two** different sporting examples of high organisational skills.

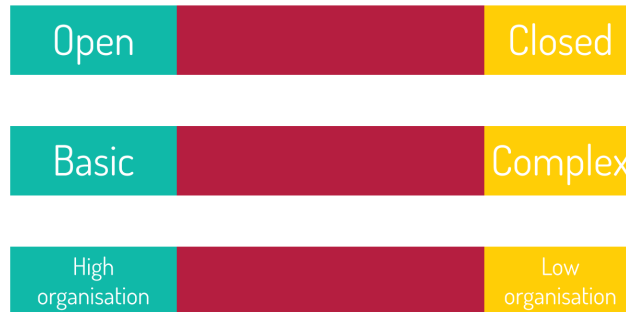
Level of organisation (High/Low)	Description	Sporting examples
Low organisation	<u>Can</u> be broken down into subroutines	<ul style="list-style-type: none"> • Front crawl stroke • Dance routine
High organisation	?	?

1 High organisation skills cannot be broken down into subroutines
2 and examples are a 2 tennis groundstroke 3 and a high jump
 technique.

No comments provided.

Marks:[3/3]

9. This image shows all three skill continua.
Justify the position of a javelin throw on **two** of the continua.



1 Javelin throwing is a closed skill because it occurs in an environment that does not change. Javelin is high organisation because it cannot be easily broken down into subroutines.

No comments provided.

Marks:[4/4]

10.

This table includes details of the organisational continuum.
State the terms that should replace **A and B** in the image.

Level of organisation (High/Low)	Description	Sporting examples
A	<u>Can</u> be broken down into subroutines	<ul style="list-style-type: none"> • Front crawl stroke • Dance routine
B	<u>Cannot</u> be broken down into subroutines	<ul style="list-style-type: none"> • Long jump • Golf swing

1

A is low organisation. B is high organisation.

2

No comments provided.

Marks:[2/2]

11.

A badminton player and his coach aim to improve his shots by 5%. Explain how they could use the SMART principle to improve his goal.

<p>The goal needs to be more ¹ specific. For example, measure the ² goal specifically by making it 5% fewer shots landing out of ³ court. This will improve accuracy. The goal also needs to be ³ time ⁴ - bound. I would recommend that this goal needs to be achieved within 6 weeks. Any longer and the goal has not been achieved.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

12.

A junior shot-putter decides she wants to set a goal of throwing an additional 2m on average. Explain how she could use the SMART principle to improve her goal.

<p>1 The goal needs to be more realistic. 2 metres is a big improvement and this 2 could be reduced to 1 metre. The goal needs to be 3 time - bound and should be achieved within 4 weeks 4 or a specific time period.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

13.

This image shows a player performing a volleyball spike.
Explain why concurrent feedback is not suitable for this performance.



1

A spike is a **very quick and explosive** action. **There is not enough time for concurrent feedback to occur.**

2

No comments provided.

Marks:[2/2]

14.

Justify the following statement.

Extrinsic is the most important type of feedback for beginners in sport.

<p>1 Extrinsic feedback comes from an external source such as the coach. This means that a novice receives an experienced insight. Extrinsic feedback helps with the detection of errors and this must come from an external source because a novice does not yet know the feel of the correct movement in order to detect their own errors.</p>	<p>No comments provided.</p>
	<p>Marks:[4/4]</p>

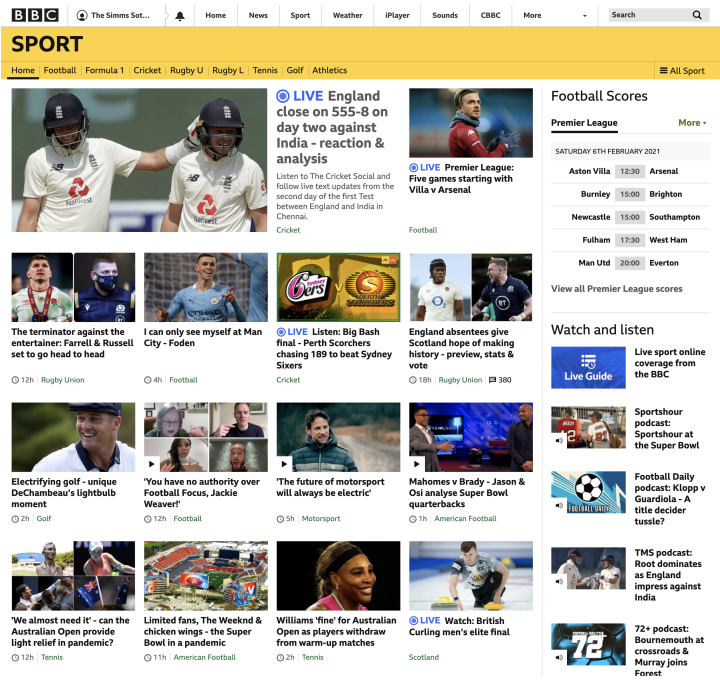
15.

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

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

16.

According to a study in 2021, the BBC Sport homepage featured images of male performers 17 times more frequently than female performers. Explain how media coverage might affect female participation in sport and physical activity.



Media coverage ⁴ can create gender stereotypes such as sport is ⁵ for boys and men and women both follow this stereotype. This ⁶ causes fewer female role models to emerge and this, in turn, ² creates a further tendency that men are sporty and women are not.

No comments provided.

Marks: [4/4]

17. Explain how a company benefits from sponsoring a sport.

The product ¹gains publicity and people are then ²more likely to buy that product. Furthermore, ⁴sport is seen as healthy and products linked to sport will be linked to this healthy message. In total, this can ⁶increase profit for the business.

No comments provided.

Marks:[4/4]

18.

Using an example of deviant behaviour in your answer, describe the consequences of an elite performer displaying deviance.

Deviance could be a performer taking an illegal ¹ PED like an anabolic steroid. When Dwain Chambers did this, he made his races unfair as he had an advantage over others. By being caught, he ² damaged the reputation of athletics and created a very ⁶ negative role model. The performer and the ⁷ sport lost credibility.

No comments provided.

Marks:[4/4]

Feedback:

No feedback provided.