



Model Answers

OCR GCSE PE – Paper 2

(Revision session on Thursday 12th May 2022, 5.45–7.15pm)

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 OCR GCSE PE Revision page (<https://pages.theeverlearner.com/2022-ocr-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.

Participation in sport can often be affected by discrimination. Describe **three** forms of discrimination that exist in contemporary society.

<p>3 Sexism can cause fewer females than males to take part in sports like rugby. 4 High costs can cause those with less disposable income to take part in expensive sports like cricket. 6 Homophobia can cause gay people to avoid sports like men s football.</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

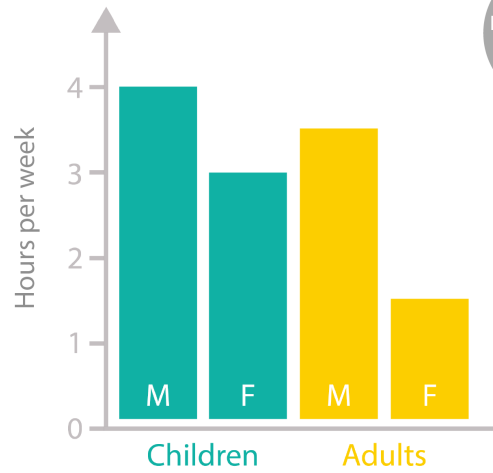
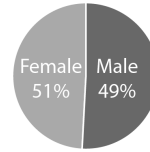
2.

Using this graph to support your answer, analyse the impact of gender on participation in physical activity in Wiggleton-by-Sea.

Wiggleton-by-Sea
Average participation
per week



Wiggleton-by-Sea
population gender split



The graph shows that ¹ across the age range, males participate more than females. It also shows that ² both men and women become less active in adulthood. However, there are ³ more men active than women. This must mean that there is a ⁵ greater drop-out rate for females than males during teenage years.

No comments provided.

Marks:[4/4]

3.

Using goals in training helps to motivate a performer.
Identify **two** other reasons for using goal setting with an athlete.

To encourage participants to ¹ keep training and to ² improve their performances overall.	No comments provided.
	Marks:[2/2]

4. A badminton player and his coach write down his goal, which is 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 goal specifically by making it ² 5% fewer shots landing out of court. This will improve accuracy. The goal also needs to be ³ timed. I would recommend that this goal ⁴ 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>

5. Explain why an athlete is likely to review their SMART targets **midway through** their training programme.

<p>1 To monitor progress of the training programme but also to adapt the goal if they are exceeding expected levels or falling short.</p> <p>3 Updated goals help to motivate the athlete as their goal remains at the right level of challenge (drive reduction theory).</p>	<p>No comments provided.</p>
	<p>Marks:[3/3]</p>

6.

Explain how a horse-riding coach could use mechanical guidance when coaching a beginner rider.

Mechanical guidance is the use of ¹ physical aids to help with performance. The coach could ³ lead the horse with a rope to ensure it follows the correct path. They could also place down ⁵ coloured cones for the rider to navigate through. This will help ² them to control the horse. Finally, the coach could use a harness to ensure that a fall from the horse does not hurt the rider.

No comments provided.

Marks:[3/3]

7.

Describe one advantage **and** one disadvantage of using manual guidance in the coaching of a motor skill.

Manual guidance ² can reduce danger and increase a sense of confidence. However, the performer can easily ³ become reliant on the support and may struggle once it is removed.

No comments provided.

Marks:[2/2]

8.

Describe two advantages **and** two disadvantages of using visual guidance in the coaching of a motor skill.

The major ¹ advantage is that it creates a mental picture for the ² performer. This is especially ³ important for novices. Moreover, visual guidance is practical because it can be ⁴ done with groups of learners. However, visual guidance ⁵ does not create a feeling of the skill when done correctly. It is merely an image. Finally, if the coach makes errors when demonstrating, the learners are likely to replicate that error.

No comments provided.

Marks:[4/4]

9. Using a sporting example, explain how positive feedback can be used by a coach.

<p>1 A coach can praise to the performer such as a badminton coach praising her player by 2 saying You moved your non - hitting - side leg first when moving towards your backhand. That is what I want every time. Great work!</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

10.

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>

11. State **three** social benefits for a family attending a health club.

It creates a ² **sense of belonging** as well as the opportunity to ¹ **form new friendship** groups including those of different experiences and ages. Finally, people can ³ **avoid loneliness by** spending time with other people.

No comments provided.

Marks:[3/3]

12. Identify **three** consequences of leading a sedentary lifestyle on **physical** well-being.

A person might experience chest pains caused by ¹ **angina** as well as ² **chronic high blood pressure**. They might also ⁴ **gain weight** or become obese which, in turn, could trigger ⁵ **type 2 diabetes**.

No comments provided.

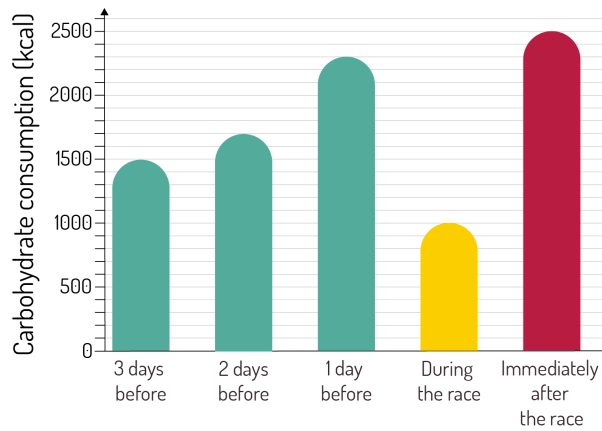
Marks:[3/3]

13. Describe **two** ways in which a healthy level of protein in the diet is good for sports performers.

<p>Protein is crucial ¹ for muscle growth and ² repair. Therefore, it is important in the adaptation process after training. One example ³ is muscle hypertrophy.</p>	<p>No comments provided.</p>
	<p>Marks:[2/2]</p>

14.

Analyse this graph of consumption of carbohydrates **before, during and after** running a marathon.



Before the race, the runner seems to be ¹ **carbo-loading by gradually increasing carbohydrate consumption**. Their ² **consumption peaks the day before the race** which means they will have ³ **more energy** during the run as more glycogen will be stored. One negative could be that the runner might ⁴ **feel heavy due to water retention**. ⁵ **The runner eats carbs during the race** and this might be in the form of energy gels. Finally, the ⁶ **runner replenishes carbohydrate after the race** and this replaces lost glycogen stores.

No comments provided.

Marks:[4/4]

15.

Evaluate the effects of carbohydrate, fat and protein on training quality. Describe the long-term effects of regular training on the respiratory system.

1 Carbohydrates are the preferred source of energy at all 2 intensities of exercise and should be in the region of 55%-60% of 3 dietary intake. This means the athlete can 4 train at higher 5 intensity without fatigue. The athlete should focus their intake on 6 slow - release carbohydrates but 7 simple carbohydrates can be 8 useful just before and during training. However, if they eat too 9 much. Carbohydrate is 10 converted to fat which can lead to weight 11 gain. 12 Fats are also a source of energy and should occupy in the 13 region of 30% of dietary intake. 14 Fats have more energy per gram 15 than carbohydrates but are very slow release so are only useful 16 for aerobic respiration. However, eating too much fat can cause 17 weight gain and can 18 increase blood cholesterol which can lead to 19 health issues. 20 Proteins are crucial muscle growth and repair and 21 should take up 22 approximately 15% of dietary intake. It is 23 particularly important to 24 consume protein after training as this 25 helps with the adaptation process of the respiratory system. For 26 example, respiratory muscles 27 such as the diaphragm can 28 strengthen. Proteins are particularly 29 important for power 30 athletes like javelin throwers. Respiratory adaptations include 31 increased strength of respiratory muscles (see above) such as 32 the diaphragm and intercostal muscles. This causes a 33 greater 34 tidal volume and a 35 greater exercising minute ventilation.

Combined, this allows a greater delivery of air into the lungs which, in turn, leads to a greater delivery of oxygen to exercising muscles. Meanwhile, 36 capillaries grow around the alveoli 37 as well 38 as a 39 greater number of alveoli which mean there is a 40 greater 41 surface area for diffusion and, therefore, an increased rate of diffusion. Again, this means a greater delivery of oxygen and the

No comments provided.

15.

Evaluate the effects of carbohydrate, fat and protein on training quality.
Describe the long-term effects of regular training on the respiratory system.

**athlete is capable of performing at a higher intensity of exercise
aerobically.**

Marks:[6/6]

16. Explain why an endurance cyclist drinks fluid throughout their performance.



A cyclist drinks ¹ to avoid dehydration and maintain hydration.
² This is so the blood does not thicken which would cause heart
rate to rise. Furthermore, drinking helps to ⁴ maintain body
temperature and prevent overheating. Furthermore, enzymes can
continue to work optimally at body temperature. Hydration keeps
⁶ reactions fast which means they will ⁷ not crash within the peloton
and helps the rider to prevent or ⁸ delay muscle cramps which can
decrease performance.

No comments
provided.

Marks:[5/5]

Feedback:

No feedback provided.