

Practice Questions

AQA GCSE PE - Paper 1

(Revision session on Tuesday 3rd May 2022, 4.00-5.30pm)

Please read before distributing to students.

Purpose of this document

The questions contained within this document are those being answered live by James Simms during the May 2022 revision series on YouTube. The questions do not form a mock exam or practice paper as a whole. Rather, they are a series of questions that cover a range of content and skills required by the Advance Exam Information (AEI) published by the exam board in February 2022. There has been no attempt to organise the questions so that a mock or practice paper is formed. Instead, the questions are presented in the order of the AEI.

This paper contains:

- 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. Students will receive the mark schemes and model answers as part of the revision experience.

Mark schemes and model answers will be published as part of the live revision show.

We have provided students with plenty of writing space in each question, so that they can draft their answers, attempt questions multiple times or write additional information.

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

(3 marks)

Explain how the skeletal and muscular systems work together to cause movement.

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State ${f two}$ structural features of capillaries.

3.	State two functional features of capillaries.	
		(2 marks)
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Explain how vasoconstriction causes blood redistribution during exercise.

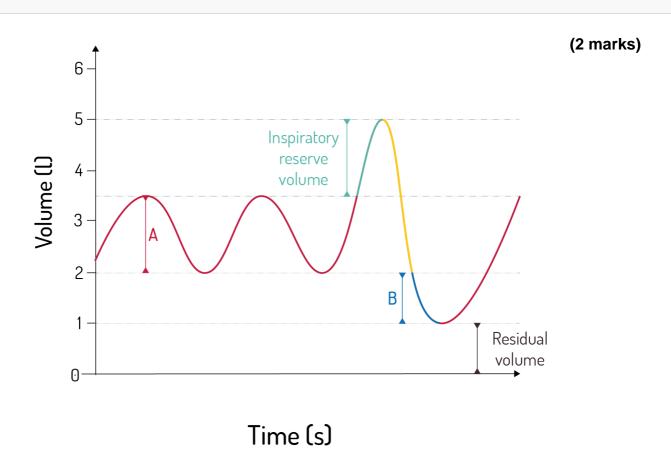
Using your knowledge of mechanics of breathing, explain ho	ow air leaves the lung during
expiration at rest.	

(4 ma	arks)

(2 marks)

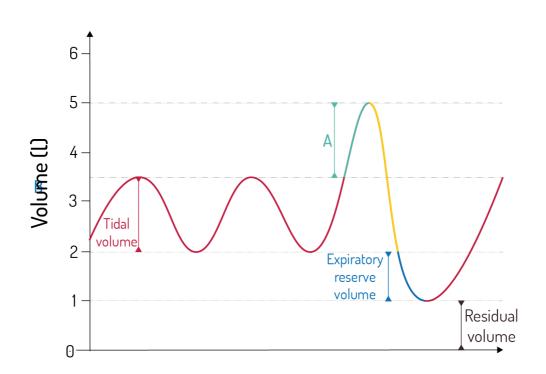
Explain how $\mbox{\it inhalation}$ changes during exercise .

7. The image shows a spirometer trace. Identify the lung volumes labelled **A and B**.



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(2 marks)



Time (s)

	(3 ma

Using a sporting example, explain how **aerobic** respiration contributes to a performance.

(3 marks)

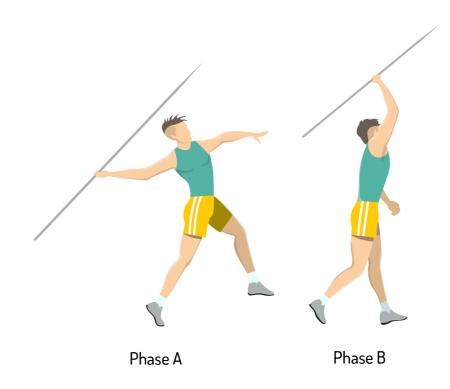


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1.	identity three long-term effects of exercise on the cardiac system.	
	(3	marks)

12.	Name the group of muscles which stabilise the shoulder during movement.	
	(1	marks)
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(1 marks)







(2 marks)



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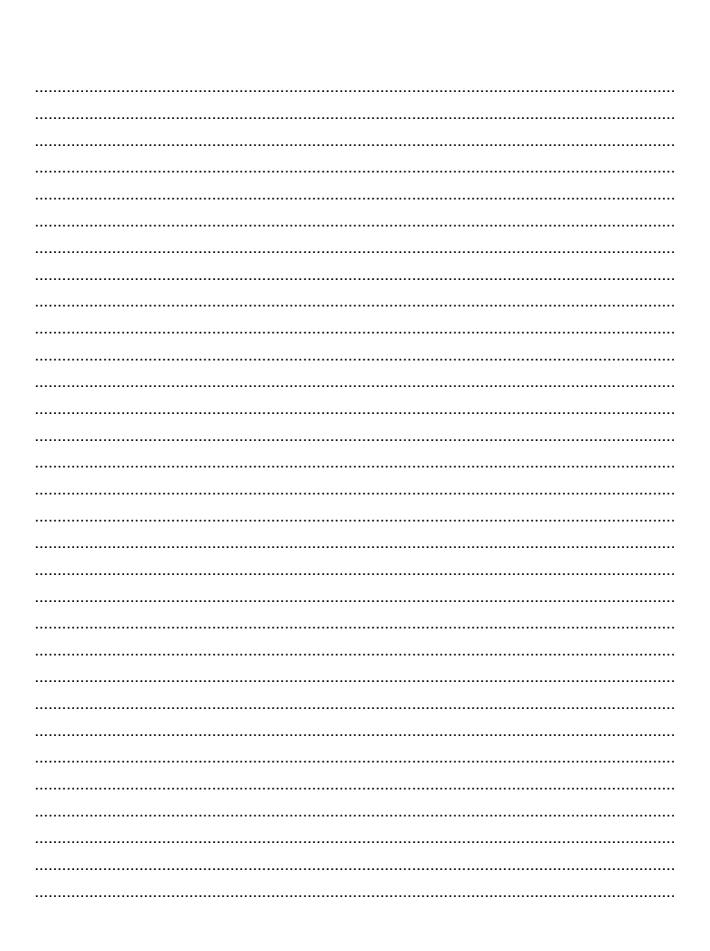
(3 marks)



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(6 marks)





Fitness tests are used to find out strengths and weaknesses and to monitor improvements. Identify three other reasons for including fitness testing within a training programme.
(3 marks)

Many fitness tests are too general and do not replicate sporting movements
Identify three other limitations of fitness testing.

(3 m	arks)
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21.	Explain why a roller-hockey player would complete a cool-down after a match.	
	(4 marks)

Devine is a hockey goalkeeper and is playing a cup final in 60 minutes' time.
Analyse the benefits of a well structured warm up to Devine's overall cup final performance.

(9 marks)

