



Practice Questions

Edexcel GCSE PE – Paper 1

(Revision session on Wednesday 4th 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

1.

The atlas and axis joint in the neck is used when taking a breath in swimming. Identify the **type** of joint and the **range of movement** possible at the neck.

(2 marks)



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

2. The shoulder joint is used during shooting in netball.
Identify the **type** of joint and **two** possible ranges of movement at the shoulder.

(3 marks)



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

3. Describe the role of tendons during movement.

(2 marks)



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

4. Describe the role of ligaments during movement.

(2 marks)



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....


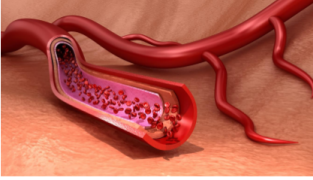
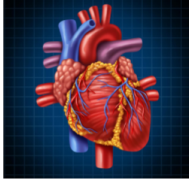
.....

.....

5.

The table shows muscle classification and characteristics. Identify A, B, C and D.

(4 marks)

Image	Muscle classification	Characteristic (voluntary / involuntary)
	A	Voluntary
	B	Involuntary
	C	D

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

6. Name the muscle labelled **A** and identify the role it is playing in this movement.

(2 marks)



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

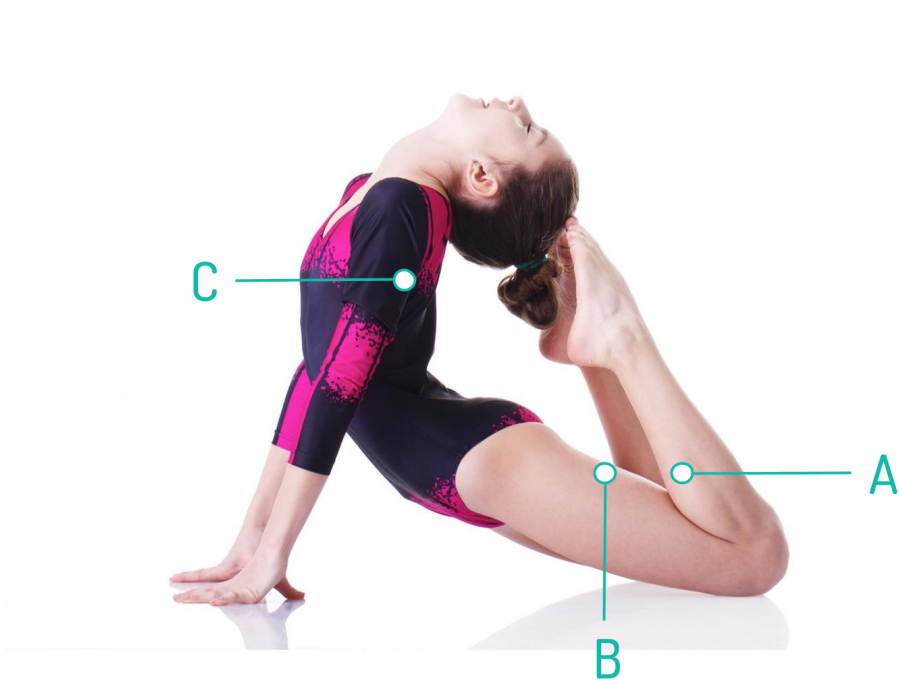
.....

.....

.....

7. Name the muscle labelled **C** and identify the role it is playing in this movement.

(2 marks)



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

8.

During the summer season, Gurjosh represents his athletics club in the 3000m. Gurjosh relies on his cardiovascular system to remove carbon dioxide. Evaluate the importance of other functions of the cardiovascular system to improve his performance.

(9 marks)



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



.....

A series of 30 horizontal dotted lines for writing.

9.

Both the aerobic and anaerobic equations of respiration are shown in the table. **Justify** why equation **A** shows aerobic energy release.

(2 marks)

System	Energy release	
Aerobic respiration	Glucose + Oxygen	 Carbon dioxide + Water + Energy
Anaerobic respiration	Glucose	 Lactic acid + Energy

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

A series of 30 horizontal dotted lines for writing.

11.

Weight training for a rugby player will help to cause long-term adaptations in the musculoskeletal system.
State **two** musculoskeletal adaptations that a rugby player would experience after regular training.

(2 marks)



.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

13. State the definitions A and B, missing from the table.

(2 marks)

Key term	Definition
Health	A state of complete emotional, physical and social well-being, and not merely the absence of disease and infirmity.
Fitness	A
Exercise	B

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

16.

The table shows fitness tests that were completed by a year-11 male student. **Analyse** the results that were collected.

(4 marks)

Fitness test	Score	Class average (males)
Cooper 12-minute run	1950 metres	2200 metres
One-minute press-up test	22 press-ups	32 press-ups
Sit-and-reach test	11cm	7cm
30m sprint test	4.60 seconds	4.30 seconds
Hand-grip strength test	41kg	48kg

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

A series of 30 horizontal dotted lines for writing.

18.

The table shows one week of **training** from a first-team player at Wiggleton-by-sea FC. Justify the use of this **training method** for the player.

(3 marks)

Day of the week	Activity	Length of session
Monday	Cycle online at 60% maximum heart rate	60 minutes
Tuesday	Rest	
Wednesday	Club cycle 25km with no breaks	90 minutes
Thursday	Rest	
Friday	Cycle with a friend at 65% maximum heart rate	2 hours
Saturday	Rest	
Sunday	Local club race	

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

20.

The table shows information about a performance-enhancing drug. Complete the table looking at the use of these in sport.

(2 marks)

Performance-enhancing drug (PED)	Positive effect of the PED	Negative effect of the PED	Sport where taking the PED would be advantageous
A	B	Tiredness and nausea	Archer

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....