Practice Questions

OCR GCSE PE – Paper 1

(Revision session on Wednesday 4th May 2022, 5.45-7.15pm)

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. Define the term '**mechanical advantage**'.

(1 marks)

2. The diagram shows the three classes of lever.
Identify which lever system is shown in A, B and C.

(3 marks)

A

B

C

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3. Lever systems play a fundamental role in providing movement. **Describe** the characteristics of lever systems.

(3 marks)

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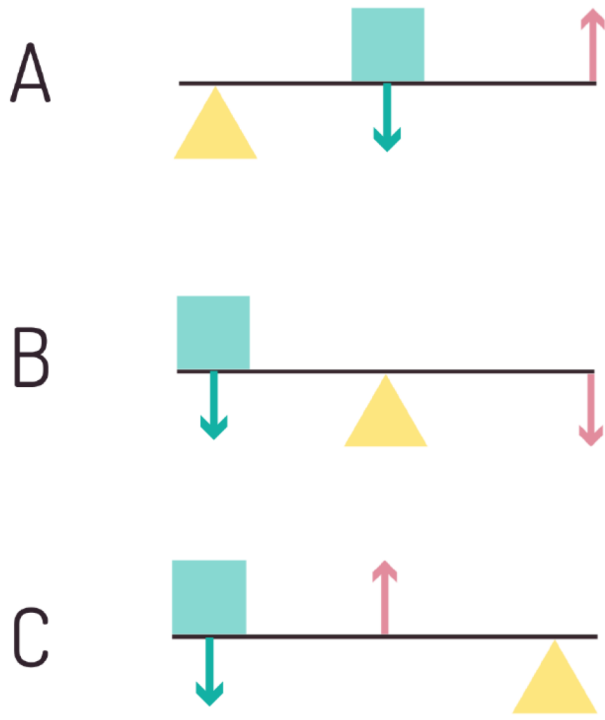
4. Explain why flexion at the elbow during a bicep curl uses a third class lever.

(3 marks)

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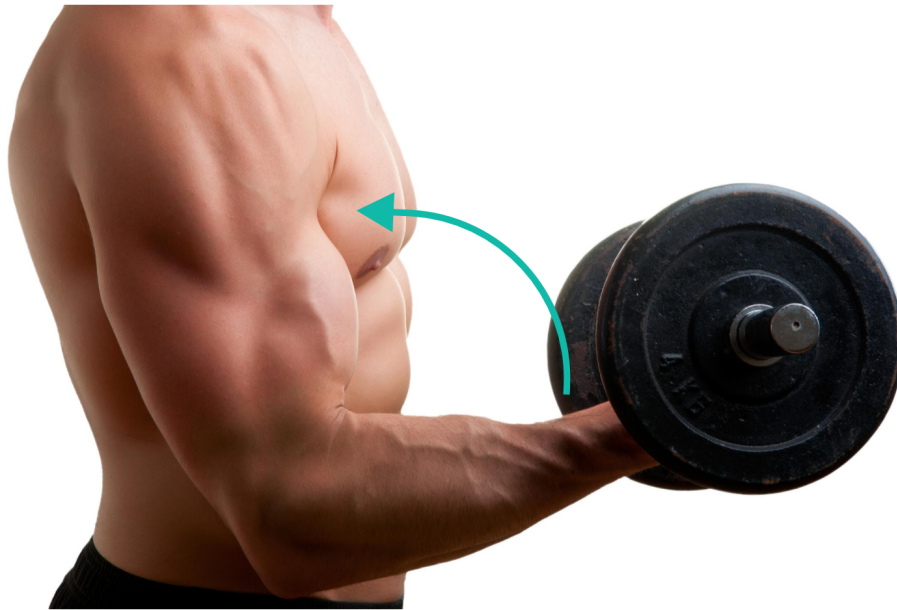
5. Using a sporting example, identify a joint movement that occurs along the plane in the image.

(2 marks)

Sagittal Plane

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6. Using a practical example, describe movement around the **longitudinal axis** of rotation.

(3 marks)

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7. The picture shows the double circulatory system.
Identify the loops labelled A and B.

(2 marks)
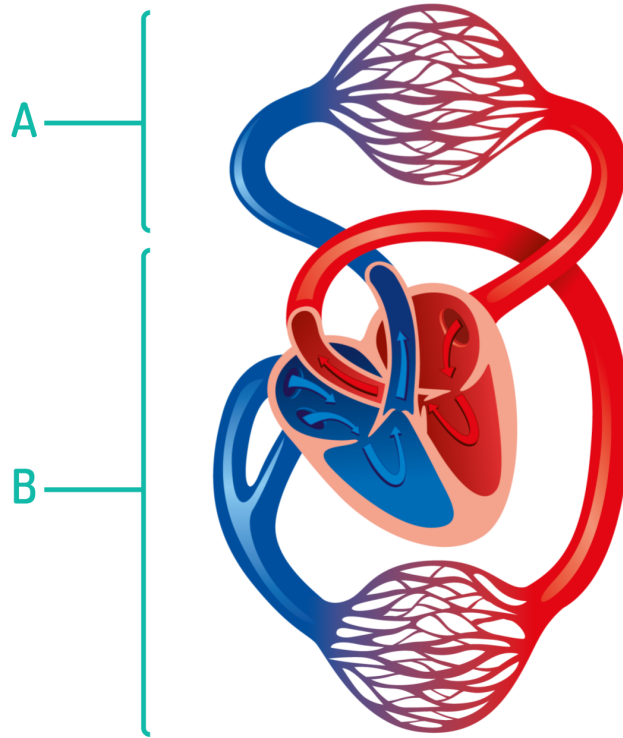
*For representation purposes only. Not anatomically accurate.

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8. The heart contains four valves.
Analyse the roles of the different valves in the heart.

(4 marks)

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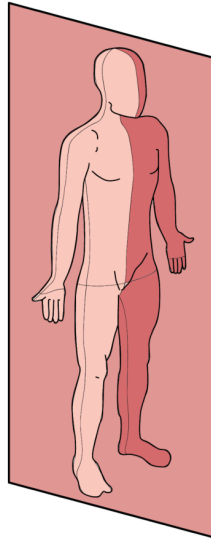..
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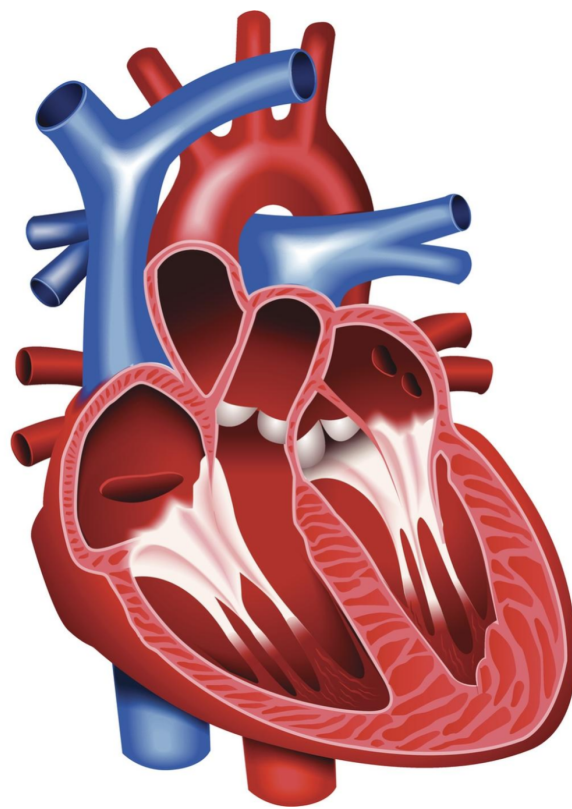
9. Identify the components of the respiratory system labelled **C and E**.

(2 marks)

A

B

C

D

E

F

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10. Describe the role of the diaphragm during inspiration.

(2 marks)

11. Describe **three** features of the alveoli that make them suitable for gaseous exchange.

(3 marks)

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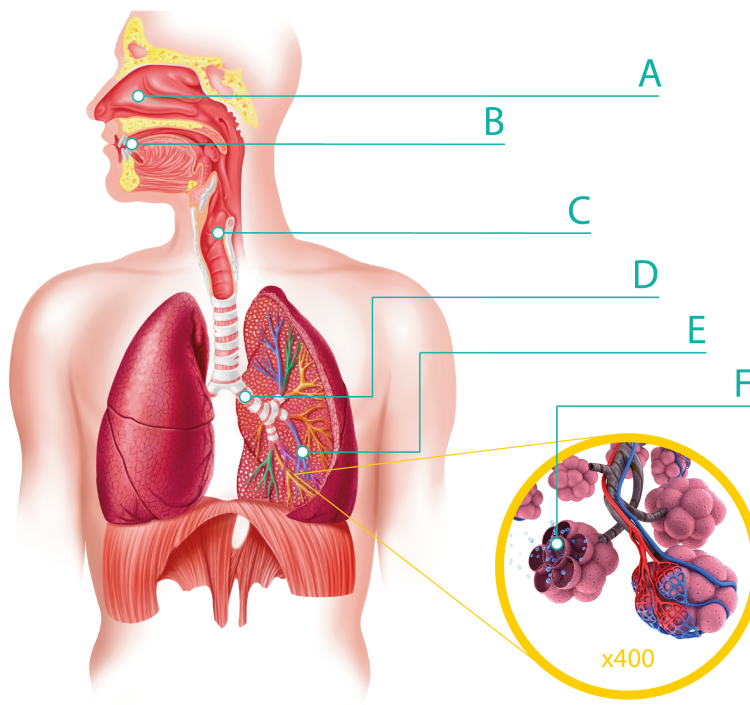
12. The image shows athletes running a marathon.
Explain how an increased quantity of oxygen is supplied to the muscles **during** long distance running events.

(4 marks)

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13. 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)

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14. Justify the importance of both **cardiovascular endurance** and **speed** for a 10km runner.

(4 marks)

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15. Justify the importance of both **agility** and **balance** for a slalom skier.

(4 marks)

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16. Explain why an endurance athlete might use **HIIT** as part of their training regime.

(3 marks)

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17. A volleyball player uses plyometric training to maximise fitness for competition.
Evaluate the use of plyometrics for a volleyball player.
Describe the factors which affect **female** participation levels in volleyball.

(6 marks)

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18. State two methods a hockey coach could use to prevent injury to their players. Give a practical example of each method.

(4 marks)

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