

Practice Questions

OCR GCSE PE - Paper 2

(Revision session on Thursday 12th 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.

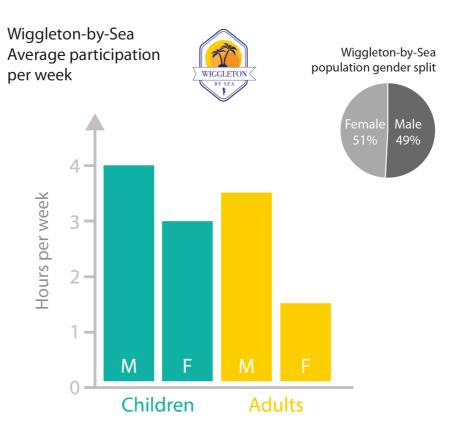
I hope this helps both students and teachers in their exam preparations.

James Simms

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

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

2.



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(4 marks)

3.	Using goals in training helps to motivate a performer. Identify two other reasons for using goal setting with an athlete.
	(2 marks)

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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.

Explain why an athlete is likely to review their SMART targets midway through their tra	aining
programme.	

(3 m	arks)
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Explain how a horse-riding coach could use mechanical guidance when coaching a beginner rider.	
(3 marks))

7.	motor skill.	ening of a
		(2 marks)
		•••••

Describe one advantage \mbox{and} one disadvantage of using manual guidance in the coaching of a

8.	Describe two advantages and two disadvantages of using visual guidance in the coaching of a motor skill.
	(4 marks)

(2 m
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Using a sporting example, explain how positive feedback can be used by a coach.

Justify the following statement:
"Extrinsic is the most important type of feedback for beginners in spor

(4 marks))

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

(3 ma	rks)

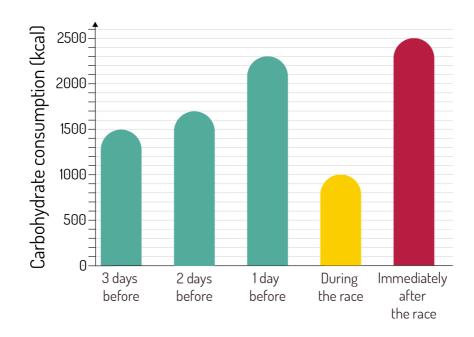
(3 marks)

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

(4	2 mark
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Describe **two** ways in which a healthy level of protein in the diet is good for sports performers.

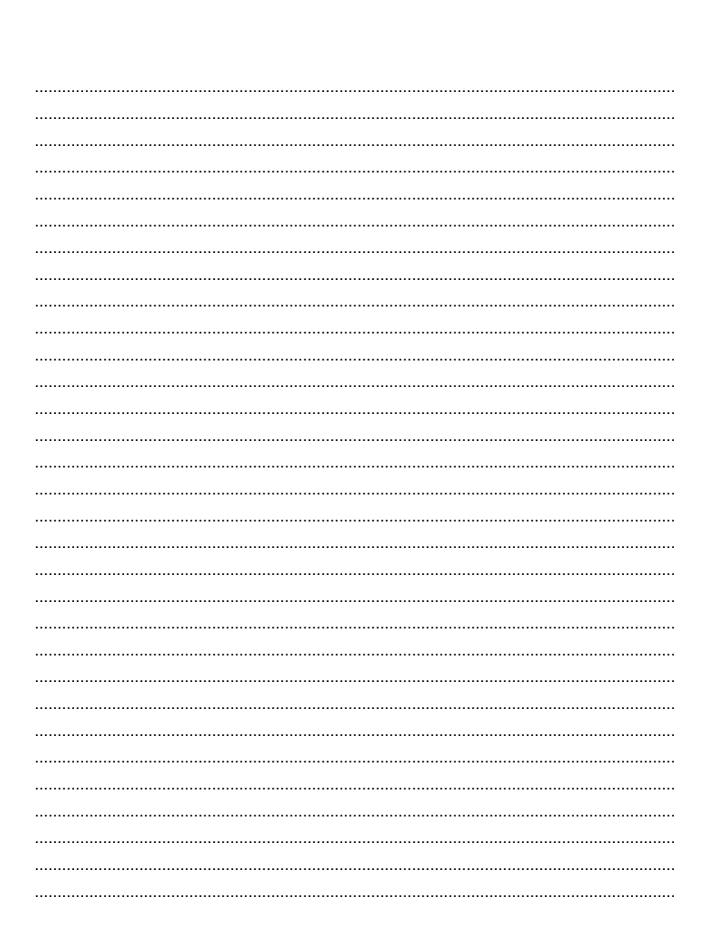
(4 marks)



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

(6 marks))



(5 marks)



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