Edexcel GCSE PE
Paper 1
MS

Question Number	Answer AO1 - 1 mark	Mark
1(a)	**D**	(1)

Question Number	Answer AO1 - 1 mark	Mark
1(b)	**B**	(1)

Question Number	Answer AO1 - 1 mark	Mark
1(c)	**D**	(1)

Question Number	Answer AO1 - 1 mark	Mark
1(d)	**B**	(1)

Question Number	Answer AO1 - 1 mark	Mark
1(e)	**C**	(1)

Question Number	Answer AO1 - 1 mark	Mark
1(f)	**A**	(1)

Question Number	Answer AO1 - 1 mark	Mark
1(g)	**B**	(1)

Question Number	Answer AO1 - 1 mark	Mark
1(h)	**C**	(1)

Question Number	Answer AO2 - 3 marks	Mark
1(i)	**For example:** • Gases diffuse from low concentration to high concentration (1) • Oxygen in alveoli diffuses into capillaries (1) • Carbon dioxide in capillaries diffuses into alveoli (1) **Accept other appropriate responses**	(3)

Question Number	Answer AO2 - 9 marks	Mark
1(j)	• Capillaries - one-cell thin walls (1) / small diameter (1) / used for gaseous exchange / connects arteries to veins (1) • Veins - thin walls (1) / has valves to prevent blood backflow (1) / Large diameter (1) / Mostly carries deoxygenated blood (1) / Transports blood towards the heart (1) • Arteries - thick muscular walls (1) / small diameter (1) / carries highly pressurised oxygenated blood (1) / carries blood away from the heart (1) **Accept other appropriate responses**	(9)

Question Number	Answer AO1 - 1 marks; AO2 - 3 marks	Mark
2	• Cardiovascular endurance - The ability to work the whole body for long periods of time without tiring out (1) • Importance - to maintain a high performance over a long time (1) / To continuously deliver enough oxygen for good performance (1) / To perform well in aerobic activities (1) One mark for definition (1) and three marks for importance (3) **Accept other appropriate responses**	(4)

Question Number	Answer AO1 - 1 mark; AO2 - 3 marks	Mark
3	• Tendons connect muscle to bone (1) / When the muscle contracts it pulls on the bone via the tendon (1) / Tendons help with movement at joint (1) • The biceps' lower tendon attaches to the radius (1)	(4)

Question Number	Answer AO2 - 4 marks	Mark
4	**For example:** • Increases muscle elasticity to reduce risk of overstretching (2) • Increases muscle temperature to improve strength output(2) • Mental preparation to improve performance (2) Two marks for benefits and its impact (1) **Accept other appropriate responses**	(4)

Question Number	Answer AO2 - 6 marks	Mark
5	**For example:** • Cardiovascular - vascular shunting definition (1) / Vasoconstriction and vasodilation explanation (1) / the heart pumps oxygenated blood around the body (1) / Heart rate increases (1) / Stroke volume increases (1) / Cardiac output increases (1) / Blood pressure increases (1) • Respiratory system - Air in inhaled into the lungs (1) / gaseous exchange occurs in alveoli (1) / Tidal volume increases (1) / Breathing frequency increases (1) **Accept other appropriate responses**	(6)

Question Number	Answer AO1 - 3 marks; A03 - 3 marks	Mark
6	**For example:** • Benefits - reduced boredom (1) / better appreciation for sport (1) / stress relief (1) • Example - any appropriate example One mark each for 3 benefits (1) and one mark each for 3 appropriate example (1) **Accept other appropriate responses**	(6)

Question Number	Answer AO1 - 3 marks; A03 - 3 marks	Mark
7	• Definitions - specificity means making your training similar to your sport (1) / progressive overload is the gradual increase in training load (1) / reversibility is loss of benefits due to time off training (1) • Explanations - students could use any 3 appropriate examples to explain how each principle can be used in a particular sport (3) One mark each for definition (1) and one mark each for example (1) **Accept other appropriate responses**	(6)

Question Number	Answer AO2 - 6 marks	Mark
8	**For example:** • diet - you should eat a balanced diet to optimise physical health (1) / negative diet choices could cause anorexia (1) / negative diet choices could cause diabetes (1) • Exercise - regular physical activity improves physical health / weight-bearing exercise can improve bone density (1) / can reduce risk of osteoporosis • Substance use - alcohol can cause weight gain (1) / liver diseases (1) / loss of balance (1) / smoking can cause lung cancer (1) / strokes (1) / bronchitis (1) • Work rest balance - lack of sleep can cause anxiety (1) / weight gain (1) / tiredness (1) / too much work can cause injury (1) One mark for lifestyle choice impact (1) **Accept other appropriate responses**	(6)

Question Number	Answer AO2 - 6 marks	Mark
9	**For example:** • Resting heart rate initially (1) • Anticipatory rise explanation and linked to graph (2) • Submaximal heart rate explanation and linked to graph - due to low or moderate exercise intensity (2) • Heart rate drops to resting heart rate after exercise (1) **Accept other appropriate responses**	(6)

Question Number	Answer AO1 - 4 marks; A03 - 5 marks	Mark
10	• VO2 max: 45 ml/kg/min - Cardiovascular endurance (1) • 1-mile run time: 8 minutes - Cardiovascular endurance (1) OR muscular endurance (1) • Sit-and-reach test: 20 cm - Flexibility • Body fat percentage: 18% - Body composition (1) • Evaluation - judgement of the suitability of any appropriate training methods for each of the 4 components given by student (5) One mark each for fitness component (1) and one mark for evaluating the suitability of any given training method (1) **Accept other appropriate responses**	(9)

Question Number	Answer AO1 - 3 marks; AO2 - 3 marks; A03 - 3 marks	Mark
11	**For example:** • Aerobic - rope skips (1) to improve rebounding ability (1) / high knees (1) to improve lower body muscle endurance (1) / Long distance running (1) to help last the whole game (1)... • Anaerobic - Sprinting (1) to help on counterattacks (1) / Heavy weightlifting to withstand contact (1) / box jumps (1) to improve dunking ability (1) ... • Principles of training - appropriate explanation of how the student's given exercise follows any principle of training (3) One mark for exercise (1), one mark for exercise's purpose (1) and three marks for link to principles of training (3) **Accept other appropriate responses**	(9)