

# GCSE

# Physical Education

Preparing for the Summer Exams  
2025



# Agenda

## Section 1

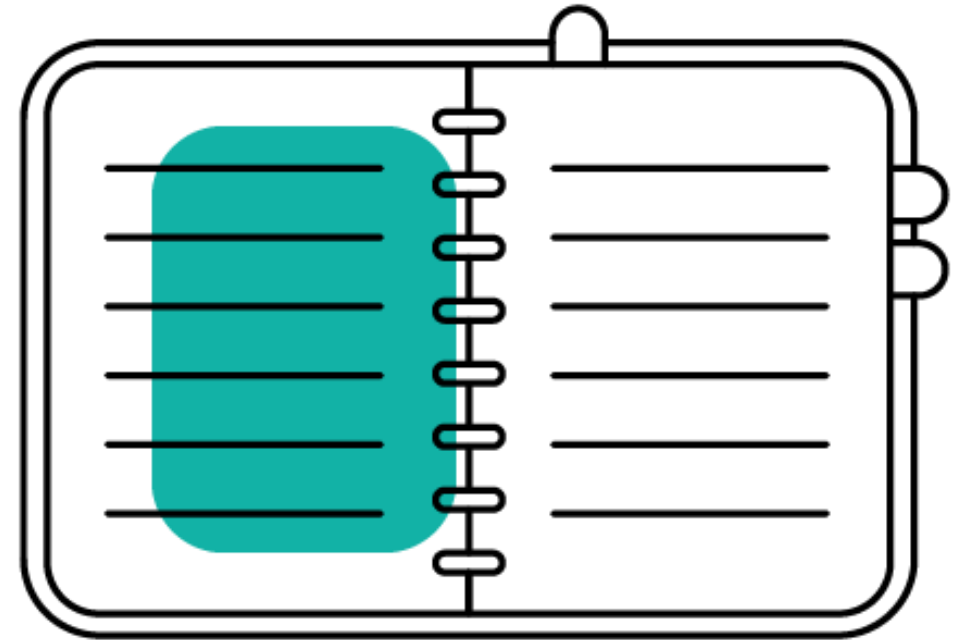
- Summarise the requirements of Components 1 and 2 outlining the changes to the assessment that were made for 1st sitting summer 2023, reviewing the question types and structure of the papers.

## Section 2

- Look at a range of question types providing guidance on how best to approach these questions with suitable examples.

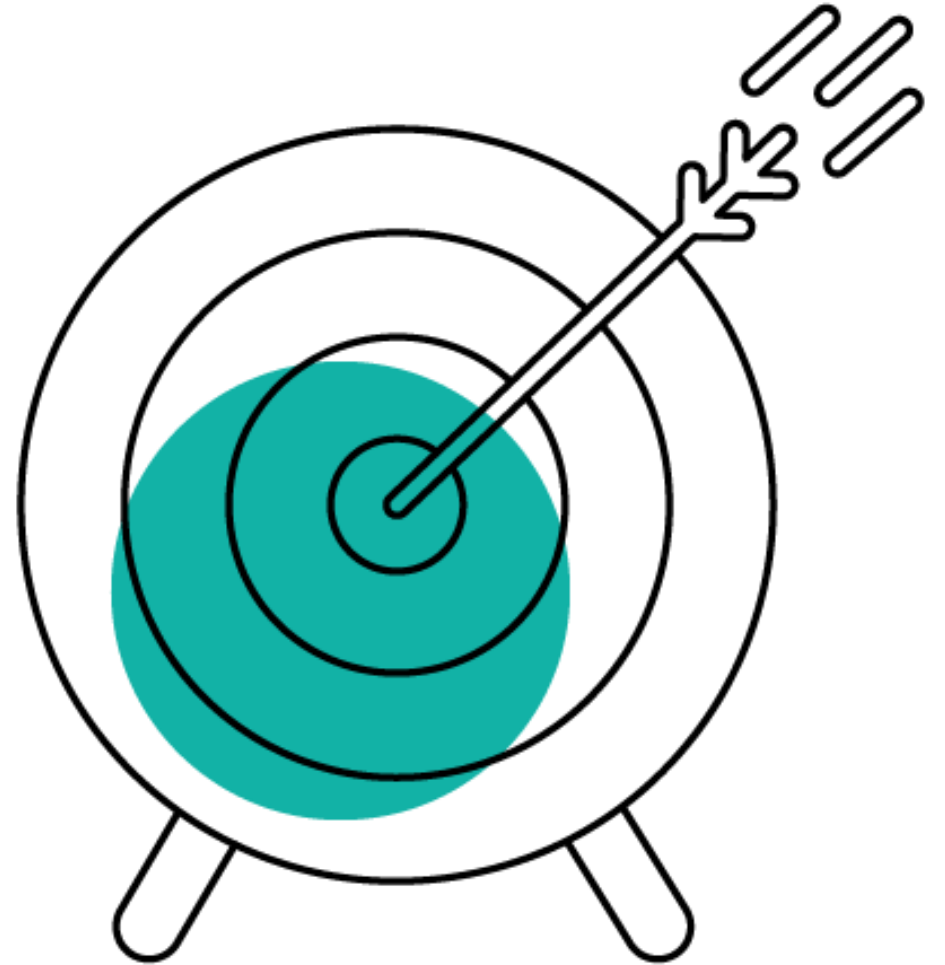
## Section 3

- Live Q&A session where you have the opportunity to speak to the trainer and ask any questions you may have to help you prepare for the summer exams.

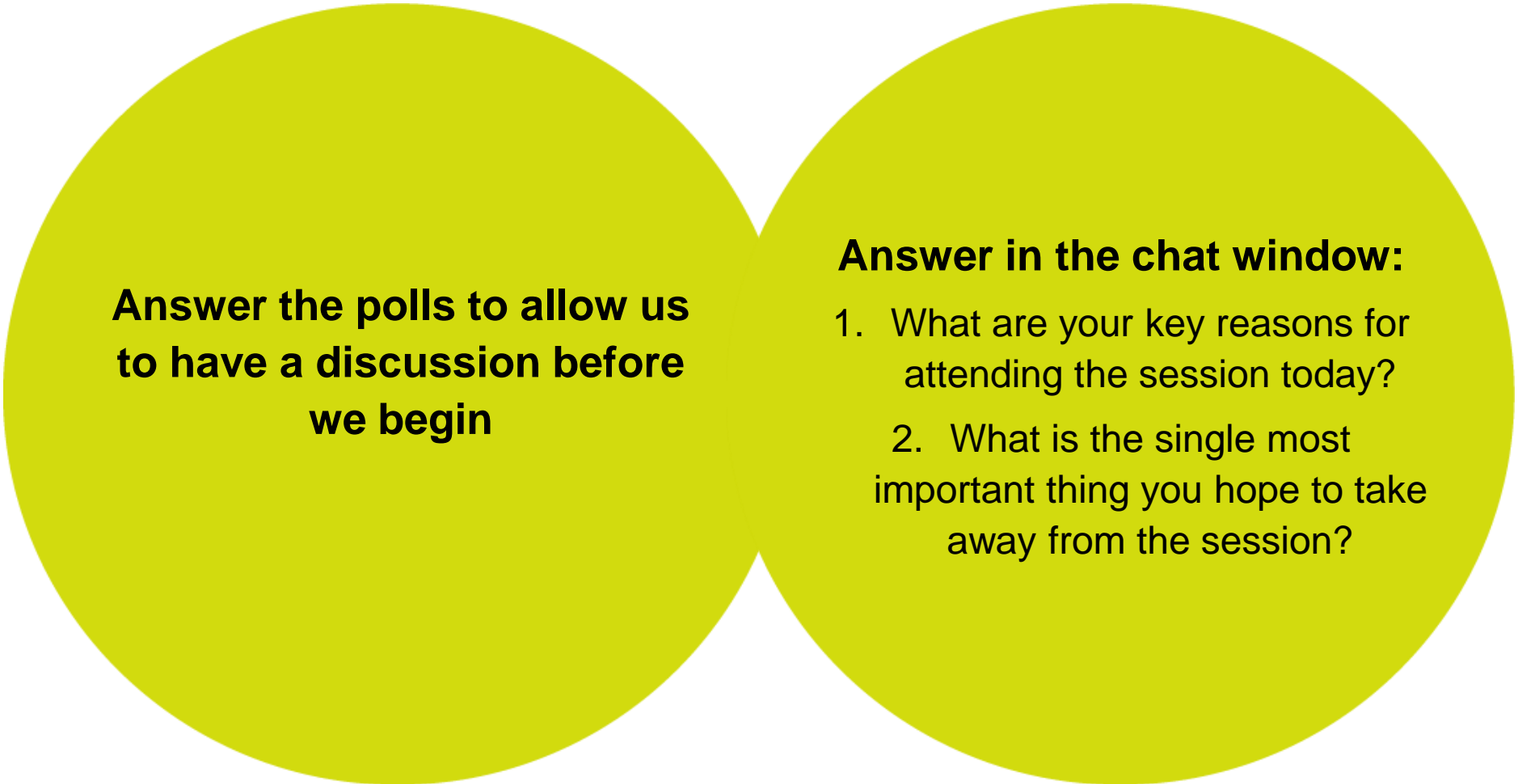


# Aims and objectives

- Gain a deeper understanding on how to prepare for the summer exams through understanding the requirements of Components 1 and 2 outlining the question types and structure of the papers.
- Look at examples of best responses providing tips across all question types.
- Focus on extended response providing guidance on how best to approach these questions with suitable examples.
- See what further support and resources are available.



# Let's find out a little about our group today



**Answer the polls to allow us  
to have a discussion before  
we begin**

**Answer in the chat window:**

1. What are your key reasons for attending the session today?
2. What is the single most important thing you hope to take away from the session?

# Section 1

Requirements of Components 1  
and 2 and changes to the  
assessment for first sitting summer  
2023



# Component 1 and 2 changes for 2023 onwards

It is very important to note that there are **no changes to the content**.

The following changes were made for first assessment in 2023:

- 3 sections per paper: A, B and C splitting topics up
- Reduction of 10 marks per paper – 1 AO1 mark and 1x9 marker
- Reduced examined time for **Paper 1 only**
- **Evaluate** is the only command word that will be used for the 9 mark extended questions.

# Overview of the changes for Component 1 and 2 from 2023 summer exams onwards

Component 1	Component 2
<ul style="list-style-type: none"><li>• <b>Section A:</b> Applied Anatomy &amp; Physiology and</li><li>• Movement analysis</li><li>• <b>Section B:</b> Physical Training</li><li>• <b>Section C:</b> One extended response on Physical Training topic only</li></ul> <p>✓ <b>80 marks – 1 hour 30 mins</b> <b>36% of overall grade.</b></p>	<ul style="list-style-type: none"><li>• <b>Section A:</b> Health, Fitness and Wellbeing</li><li>• <b>Section B:</b> Sports Psychology and Socio-Cultural influences</li><li>• <b>Section C:</b> One extended response from Sport Psychology or Socio-cultural influences</li></ul> <p>✓ <b>60 marks – 1 hour 15 mins</b> <b>24% of overall grade.</b></p>

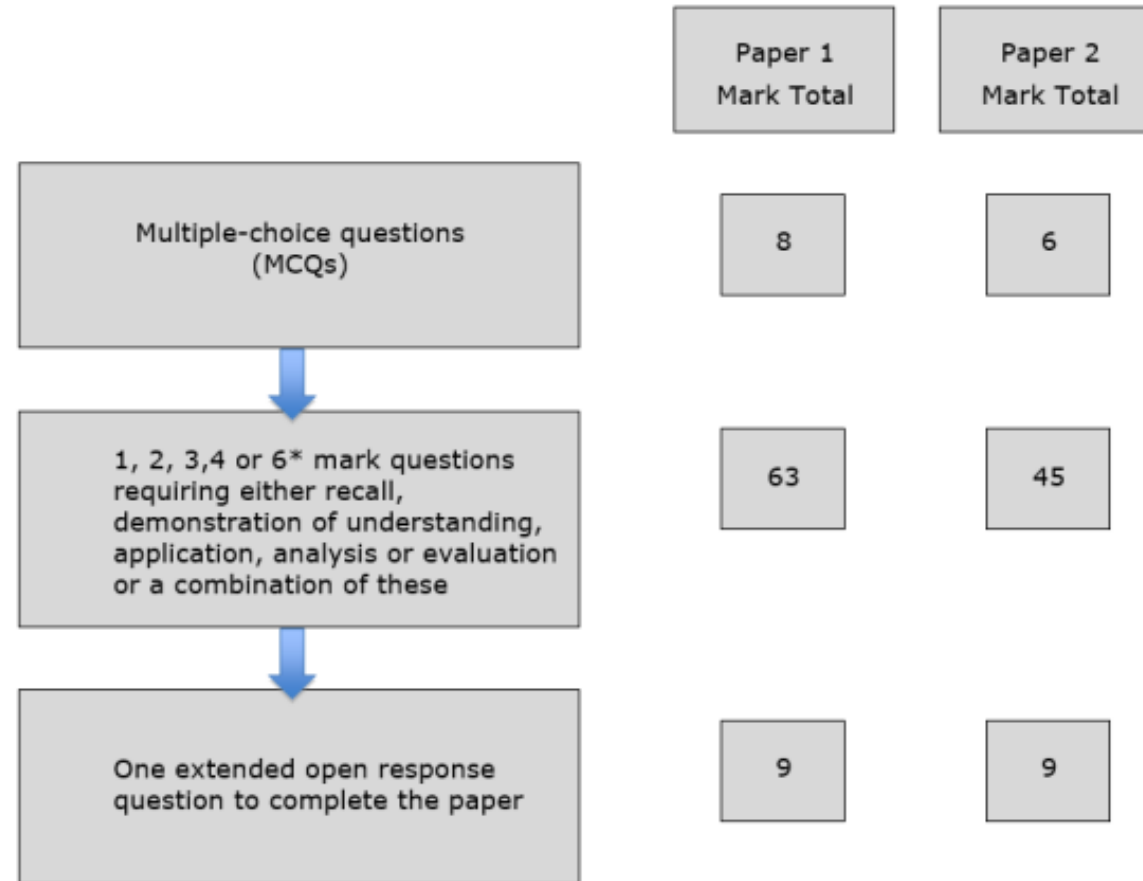
# Structure of both Component 1 and 2

Both theoretical papers have a range of different question types that are shown below:

- Multiple choice questions (MCQs)
- Short answer questions
- Longer answer questions
- Extended answer question



# Component 1 & 2 question paper structure



\* 6-mark questions will be scaffolded, for example, 2x3 marks or 3x2 marks. They will not be continuous prose (i.e., 6 full marks).

# Examples of the different question types on both Papers 1 and 2

(c) Which **one** of the following muscles contracts to bring about **extension** at the **hip**?

<input type="checkbox"/>	<b>A</b> Biceps
<input type="checkbox"/>	<b>B</b> Gluteus maximus
<input type="checkbox"/>	<b>C</b> Latissimus dorsi
<input type="checkbox"/>	<b>D</b> Quadriceps

(1)

(b) Explain why **concurrent** feedback from the football coach could improve the performance of the football team.

(3)

(c) State **one** reason why skeletal muscles are classified as **voluntary** muscles.

(1)

(b) Explain why the role of ligaments is important to games players.

(2)

**14** Explain **one** advantage and **one** disadvantage of sponsorship for **sport**.

(i) Advantage

(2)

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(ii) Disadvantage

(2)

# Examples of two extended answer questions from 2023

Each of the questions below match the changes relating to examinable content for extended answer questions from Paper 1 and 2.

## Paper 1

### SECTION C

#### Extended writing question

- 13** Tom's football team is playing in the regional finals in three weeks. It is important that the team continues to play and train but remains injury free.

Evaluate **three different ways**, apart from warming up, the team can reduce the risk of injury so the team can play in the final.

(9)

## Paper 2

### SECTION C

#### Extended writing question

- 13** Figure 8 shows Petra, who is a beginner at tennis, being taught the forehand volley by her coach.



(Source: © Pearson Asset Library AL1384979)

**Figure 8**

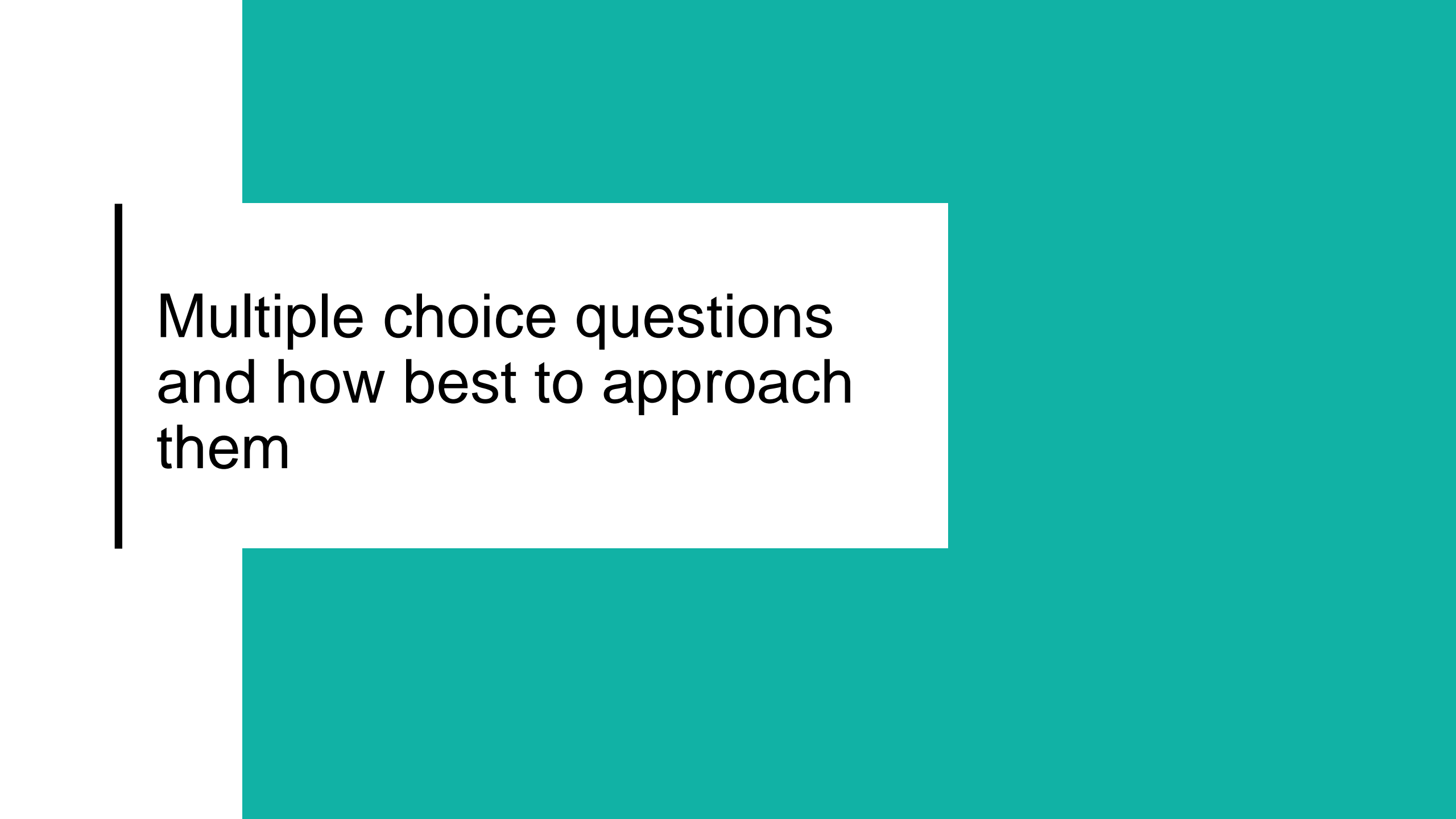
Evaluate the appropriateness of **both** massed and distributed practice for a beginner such as Petra.

(9)

## Section 2

Best approach to answering a range of questions with suitable examples



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# Multiple choice questions and how best to approach them



# Poll: Multiple Choice Questions

# Examples of multiple-choice questions from 2023

## Paper 1

1 (a) Which **one** of the following is an example of a pivot joint?

<input type="checkbox"/>	<b>A</b> Hip
<input type="checkbox"/>	<b>B</b> Knee
<input type="checkbox"/>	<b>C</b> Neck (atlas and axis)
<input type="checkbox"/>	<b>D</b> Shoulder

(b) Which **one** of the following is the role of a ligament?

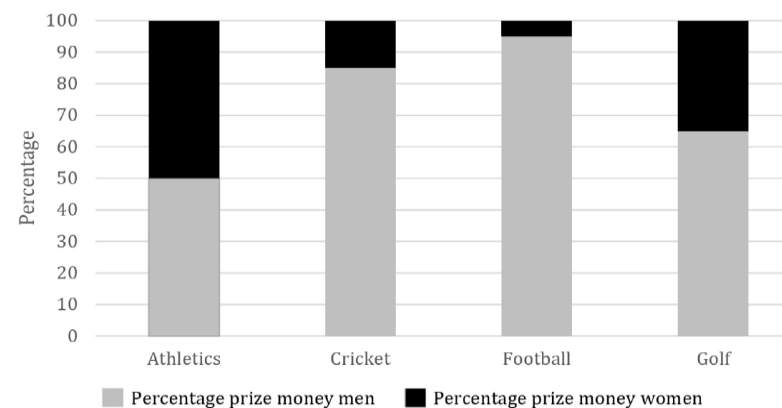
<input type="checkbox"/>	<b>A</b> To join blood vessel to blood vessel
<input type="checkbox"/>	<b>B</b> To join bone to bone
<input type="checkbox"/>	<b>C</b> To join bone to muscle
<input type="checkbox"/>	<b>D</b> To join muscle to muscle

## Paper 2

(1)

(1)

**Figure 3** shows a comparison of the percentage of prize money earned by men and women in four different sports.



(Source: Insure4sport)

**Figure 3**

(c) Identify the sport in which women earn as much as men according to the data in **Figure 3**.

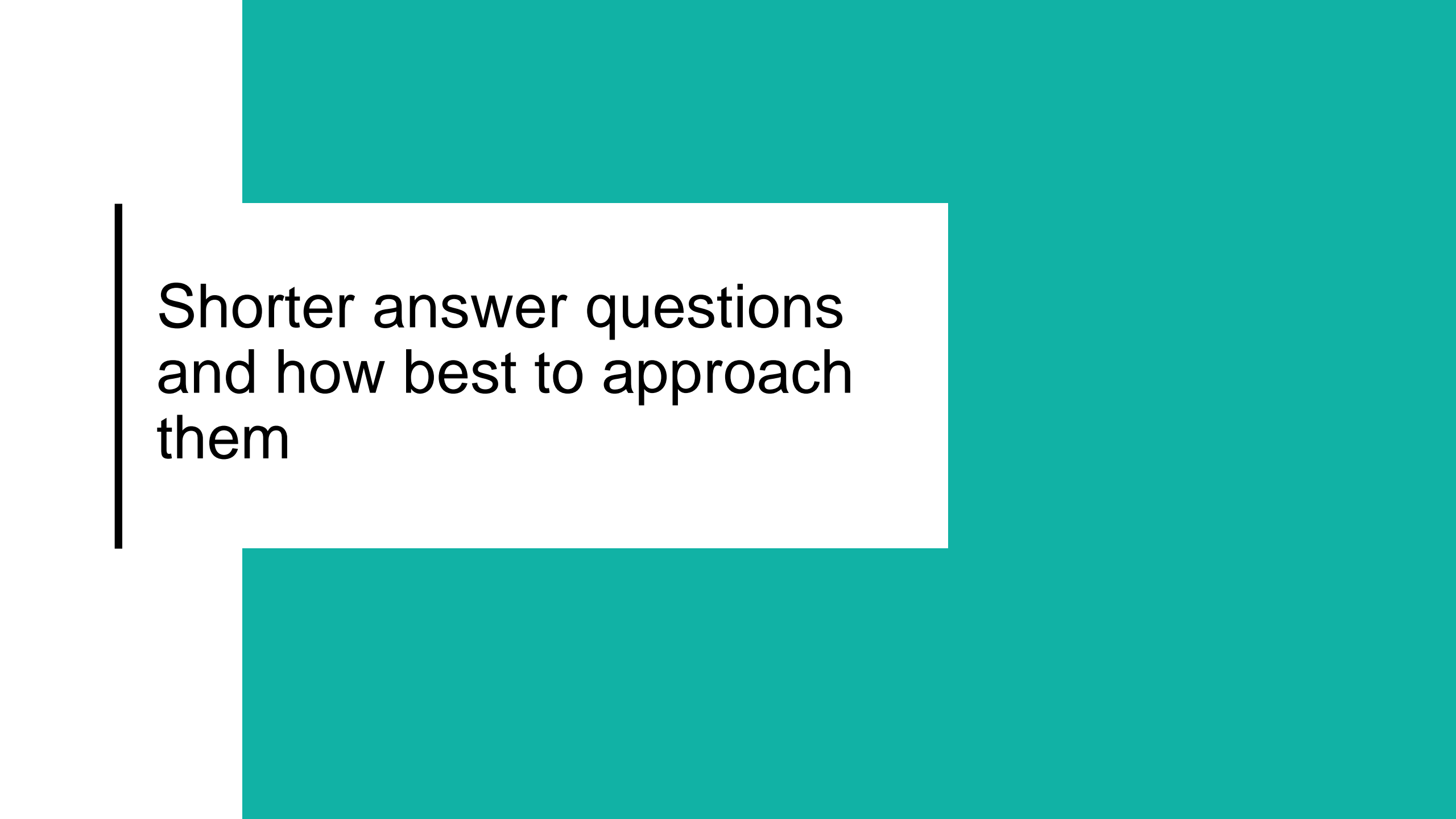
(1)

<input type="checkbox"/>	<b>A</b> Athletics
<input type="checkbox"/>	<b>B</b> Cricket
<input type="checkbox"/>	<b>C</b> Football
<input type="checkbox"/>	<b>D</b> Golf

# How best to approach MCQs

- Ensure candidates take their time to read the question carefully.
- Allowed candidates to underline key words within the question to focus in on what the question is asking of them.
- Ensure candidates only put a X in one of the boxes.
- If they change their mind, make sure that they put a line through the cross on the original answer.
- Use MCQs as a starter or plenary within all of your lessons to ensure students are familiar with these types of questions.
- You can make up your own MCQs, but past paper MCQs are accessible on Pearson Edexcel exam wizard website.



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# Shorter answer questions and how best to approach them

# Example of a candidate response – Q12a Paper 1 2023

Use the mark scheme from within your pack to mark this response.

**12** Jacob strains a muscle during a cross-country run. His teacher suggests Jacob treats the injury using RICE.

(a) State the meaning of the first-aid term RICE.

(1)

Rest, Ice, Compression, Elevate

# Example of an excellent candidate response – Q12a Paper 1 2023

**12** Jacob strains a muscle during a cross-country run. His teacher suggests Jacob treats the injury using RICE.

(a) State the meaning of the first-aid term RICE.

(1)

Rest, Ice, Compression, Elevate

Response awarded 1/1 marks

# Example of a candidate response – Q12a Paper 2 2023

Use the mark scheme from within your pack to mark this response.

**12 (a)** Define sportsmanship. (1)

To abide by the rules and to show respect to everyone.

# Example of an excellent candidate response – Q12a Paper 2 2023

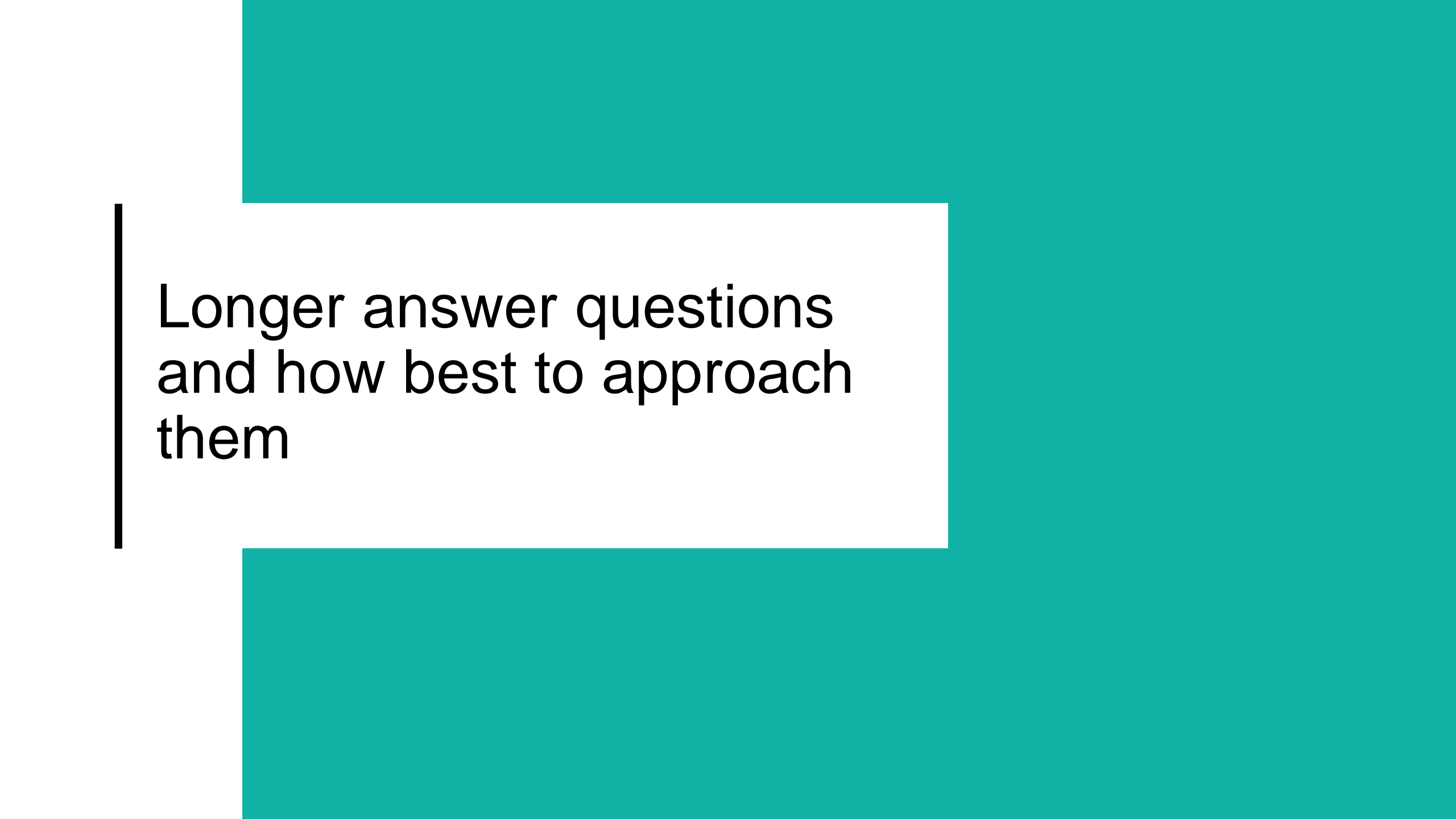
12 (a) Define sportsmanship. (1)

To abide by the rules and to show respect to everyone.

Response awarded 1/1 marks

# Best approach for candidates when answering short answer questions

- Read questions carefully, underline command words, key words or terms.
- Define key terms within the question before beginning the answer.
- Don't repeat responses provided in the question.
- Use the question context to arrive at the correct answer.
- Use sporting examples when needed.

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Longer answer questions  
and how best to approach  
them

# Longer questions and command words

- Longer, 3- or 4-mark questions still use a points-based mark scheme.
- Typical command words used are describe and explain.
- Responses need to be linked back to the context of the question.
- Responses need to demonstrate development.



# Example of a candidate response – Q10b Paper 2 2023

Use the mark scheme from within your pack to mark this response.

(b) Explain **two** reasons why a person's disability may affect their participation in sport and physical activity. (4)

1 There may not be a team in their area  
Specifically for people with a disability so  
they may not be able to <sup>access</sup> ~~affess~~ it.

2 Equipment may be expensive if it has to  
be changed specifically for people with  
a disability as so they may not be able  
to afford it.

# Example of a good candidate response – Q10b Paper 2 2023

Use the mark scheme from within your pack to mark this response and complete the poll out of 3.

(b) Explain **two** reasons why a person's disability may affect their participation in sport and physical activity. (4)

1 There may not be a team in their area. Specifically for people with a disability so they may not be able to <sup>access</sup> ~~afford~~ it.

2 Equipment may be expensive. If it has to be changed specifically for people with a disability as so they may not be able to afford it.

Response awarded 4/4 marks

# Example of a candidate response – Q6i Paper 1 2023

Use the mark scheme from within your pack to mark this response and complete the poll out of 3.

**6** Amari takes part in long-distance events.

Explain the importance of white blood cells and blood plasma when training for a long-distance event.

(i) White blood cells

(3)

White blood cells are used by the body to fight off infection. This is important as it allows the athlete to stay healthy whilst training. However this isn't important for a long-distance event as an athlete is unlikely to need to fight off infection.

# Example of a good candidate response – Q6i Paper 1 2023

Use the mark scheme from within your pack to mark this response and complete the poll out of 3.

6 Amari takes part in long-distance events.

Explain the importance of white blood cells and blood plasma when training for a long-distance event.

(i) White blood cells

(3)

White blood cells are used by the body to fight off infection. This is important as it allows the athlete to stay healthy whilst training. However this isn't important for a long-distance event as an athlete is unlikely to need to fight off infection.

Response awarded 2/3 marks

# Example of a candidate response – Q10a Paper 1 2023

Use the mark scheme from within your pack to mark this response.

10 Carron is training to take part in a long-distance cycle race.

Table 3 shows data collected during one of Carron's training sessions.

Part of session	Distance cycled (kilometres)	Time taken to complete (minutes)	Terrain
Part 1	10	20	Flat
Part 2	10	30	Hilly
Part 3	10	20	Flat

Table 3

(a) Justify, using the data in Table 3, why part 2 of the training session was the most demanding for Carron.

(3)

Table three tells us that part two took Carron 10 minutes longer than the other parts. It also tells us that for part 2 the terrain was hilly meaning that more energy would have been needed. Due to the fact that the distance was the same in each part it is clear to see that part 2 was the most demanding for Carron.

# Example of a good candidate response – Q10a Paper 1 2023

10 Carron is training to take part in a long-distance cycle race.

**Table 3** shows data collected during one of Carron's training sessions.

Part of session	Distance cycled (kilometres)	Time taken to complete (minutes)	Terrain
Part 1	10	20	Flat
Part 2	10	30	Hilly
Part 3	10	20	Flat

**Table 3**

(a) Justify, using the data in **Table 3**, why part 2 of the training session was the most demanding for Carron.

(3)

Table three tells us that part two took Carron 10 minutes longer than the other parts. It also tells us that for part 2 the terrain was hilly meaning that more energy would have been needed. Due to the fact that the distance was the same in each part it is clear to see that part 2 was the most demanding for Carron.

Response awarded 3/3 marks

# Longer answer questions

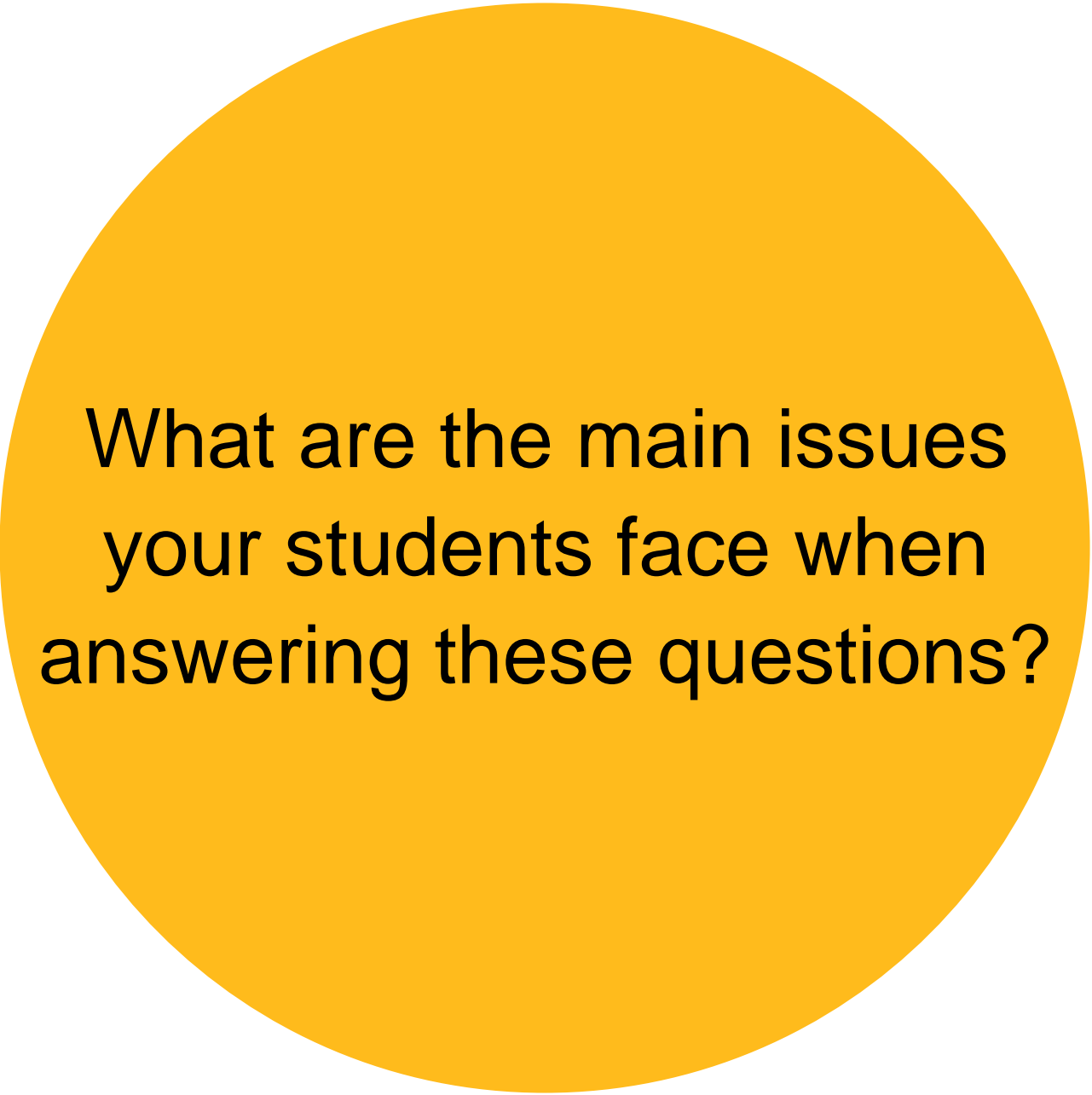
## **What candidates did well:**

- Knowledge was recalled and applied correctly
- Ideas expressed clearly with appropriate examples
- Higher order thinking skills demonstrated clearly by developing ideas following through points in depth.

## **What candidates didn't do well:**

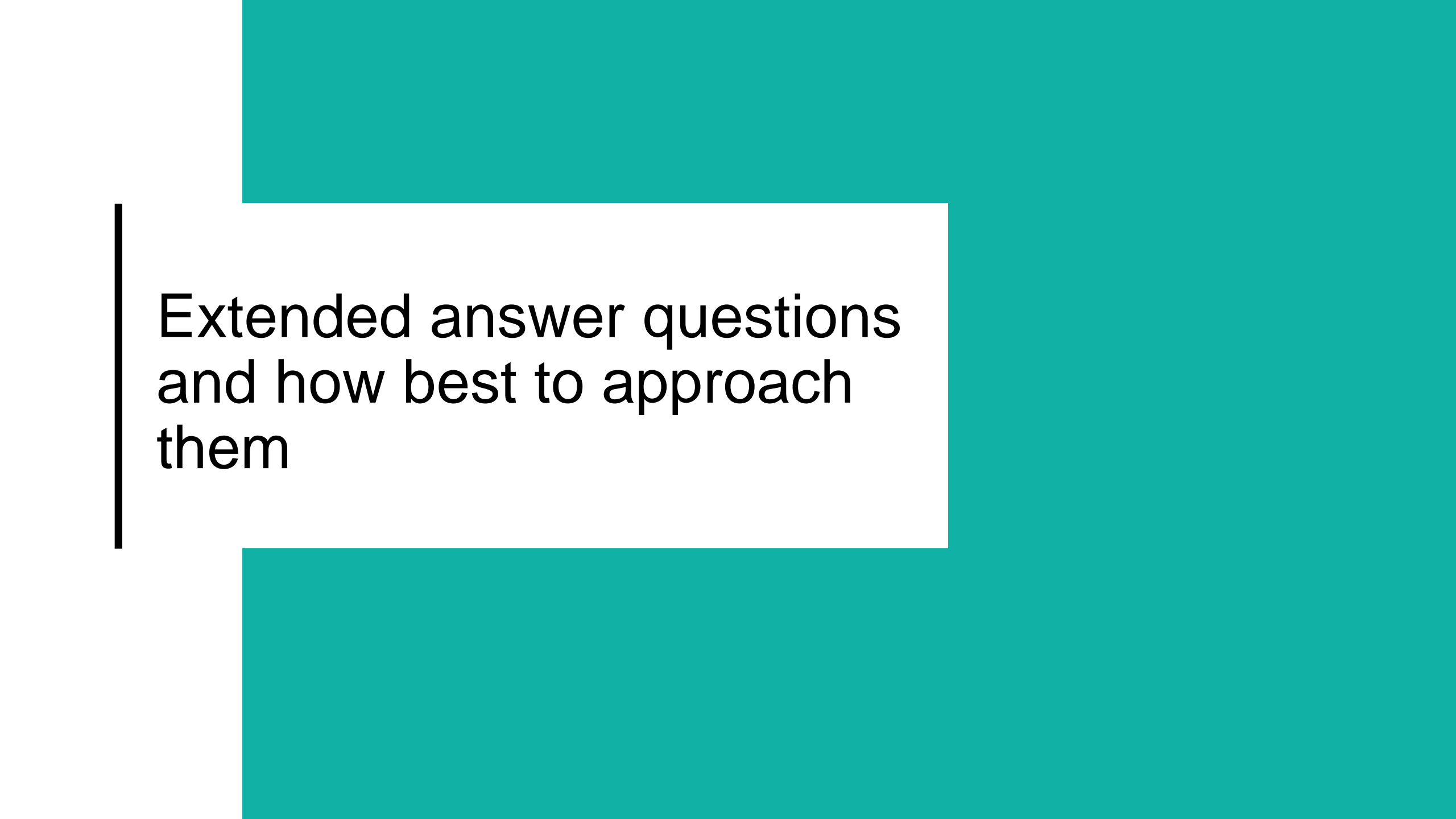
- Candidates did not use the correct question context
- Candidates found it difficult to develop their responses
- Many lacked application or the required analysis and evaluation
- Lack of performance link when appropriate.



A large, solid yellow circle is centered on a white background. Inside the circle, the text "What are the main issues your students face when answering these questions?" is written in a bold, black, sans-serif font. The text is arranged in four lines, centered horizontally within the circle.

What are the main issues  
your students face when  
answering these questions?



The image features a solid teal background. A white rectangular area is positioned on the left side, containing the text. To the left of this white area, there is a thin vertical black line.

Extended answer questions  
and how best to approach  
them



Polls: Extended answer  
questions

# The extended answer questions

- Levels based mark scheme
- Requires same skills as long answer questions
- Need to demonstrate development of response
- 3 marks available for each of the AO objectives:
  - AO1 – recall of knowledge
  - AO2 – application of knowledge
  - AO3 – evaluation

# Extended answer questions from both papers in 2023

## Paper 1

- 13** Tom's football team is playing in the regional finals in three weeks. It is important that the team continues to play and train but remains injury free.

Evaluate **three different ways**, apart from warming up, the team can reduce the risk of injury so the team can play in the final.

(9)

## Paper 2

Evaluate the appropriateness of **both** massed and distributed practice for a beginner such as Petra.

(9)

# Example of a candidate response – Q13 Paper 1 2023

13 Tom's football team is playing in the regional finals in three weeks. It is important that the team continues to play and train but remains injury free.

Evaluate **three different ways**, apart from warming up, the team can reduce the risk of injury so the team can play in the final.

(9)

The team can cool down after each game and training session as it keeps blood <sup>oxygen</sup> flowing around the body ~~and~~ repaying oxygen debt and removing any lactic acid build up that could ~~set off~~ ~~they~~ cause muscle soreness and blood pooling ~~if~~ reduce the chance of any blood pooling which could cause the players to go dizzy or faint. The cool down also means muscles are kept stretched to stop any stiffness in the future which could put the play at risk of injury by a strain or sprain.

The team could also make sure all equipment is checked and that they are wearing the right clothing and protective equipment like ~~s~~ shin pads to protect ~~the~~ their tibia from injury if impacts were to happen. For clothing make sure for example they are wearing football boots so ~~they~~ they are less likely to fall if they are on grass terrain. So make sure the environment is safe and there aren't any safety hazards that could put them at risk.

The team could also make sure they are hydrated so they don't run the risk of overheating ~~due to the lack of~~ because they are unable to cool themselves down by sweating because of the lack of water in their system.

~~The~~ ~~to~~ Being hydrated. Overheating could cause dizziness and faint which could cause an injury due to impact like concussion if they do faint. Dehydration also means they can not ~~see~~ ~~concentrate~~ concentrate and are not as alert meaning they could injure another player due to the lack of awareness of their surroundings.

# Example of a good candidate response – Q13 Paper 1 2023

13 Tom's football team is playing in the regional finals in three weeks. It is important that the team continues to play and train but remains injury free.

Evaluate **three different ways**, apart from warming up, the team can reduce the risk of injury so the team can play in the final.

(9)

The team can cool down after each game and training session as it keeps blood flowing <sup>oxygen</sup> around the body ~~and~~ repaying oxygen debt and removing any lactic acid build up that could ~~set off any~~ cause muscle soreness and blood pooling ~~of~~ reduce the chance of any blood pooling which could cause the players to go dizzy or faint. The cool-down also means muscles are kept stretched to stop any stiffness in the future which could put the play at risk of injury by a strain or sprain.

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~~The~~ Being hydrated. Overheating could cause dizziness and faint which could cause an injury due to impact like concussion if they do faint. Dehydration also means they can not ~~see~~ ~~concentrate~~ concentrate and are not as alert meaning they could injure another player due to the lack of awareness of their surroundings.

Response awarded 7/9 marks

# Example of a candidate response – Q13 Paper 2 2023

Figure 8

Evaluate the appropriateness of **both** massed and distributed practice for a beginner such as Petra.

↳ No breaks

↳ Breaks

(9)

Massed practice is practice which an athlete has little to no breaks in between sessions. Massed practice could be appropriate for Petra as the ~~repetition~~ repetition of practising the forehand volley could be beneficial to her perfecting the skill, however due to the little breaks Petra due to being a beginner could fatigue easily and therefore require a break.

Distributed practice is practice which an athlete has breaks in between sessions. Distributed practice could be appropriate for Petra as she will be able to take breaks

and this is beneficial for a beginner as it will reduce the risk of fatigue. However, due to the breaks in between sessions Petra may be unable to perfect the skill of the forehand volley.

Overall, distributed practice is more appropriate for Petra as this type of practice is better for beginners and includes breaks and rests which is more suitable for a beginner where as massed practice doesn't include rests therefore being too high of intensity for a beginner.



# Example of a good candidate response – Q13 Paper 2 2023

**Figure 8**

Evaluate the appropriateness of **both** massed and distributed practice for a beginner such as Petra.

↳ No breaks      ↳ Breaks

(9)

**A01** Massed practice is practice which an athlete has little to no breaks in between sessions. Massed practice could be appropriate for Petra as the repetition of practising the forehand volley could be beneficial to her perfecting the skill, however due to the little breaks Petra due to being a beginner could fatigue easily and therefore require a break. **A03**

**A01** Distributed practice is practice which an athlete has breaks in between sessions. Distributed practice could be appropriate for Petra as she will be able to take breaks.

and this is beneficial for a beginner as it will reduce the risk of fatigue. However, due to the breaks in between sessions Petra may be unable to perfect the skill of the forehand volley. **A03**

**A01** Overall, distributed practice is more appropriate for Petra as this type of practice is better for beginners and includes breaks and rests which is more suitable for a beginner where as massed practice doesn't include rests therefore being too high of intensity for a beginner.

Response awarded 6/9 marks



# Example of a candidate response – Q13 Paper 2 2023

Evaluate the appropriateness of **both** massed and distributed practice for a beginner such as Petra.

(9)

Massed practice is when a skill is practiced for long periods of time ~~but~~ then long rest. For ~~eg~~ example when doing a forehand volley Petra can really practice the skills and learn how to do them properly. Petra can practice this skill over and over until she masters it.

Distributed practice is when a skill is practiced with lots of little breaks. For example when doing a forehand volley Petra can

learn the skill over a longer period of time. This helps her get better.

# Example of a candidate response – Q13 Paper 2 2023

Evaluate the appropriateness of **both** massed and distributed practice for a beginner such as Petra. (9)

A01 Massed practice is when a skill is practiced for long periods of time ~~but~~ then long rest. For ~~eg~~ example when doing a forehand volley Petra can really practice the skills and learn how to do them properly.

A02 Petra can practice this skill over and over until she masters it.

A01 Distributed practice is when a skill is practiced with lots of little breaks for example when doing a forehand volley Petra can

learn the skill over a longer period of time. This helps her get better.

Response awarded 3/9 marks

# Best approach for candidates when answering extended answer questions

- Write in full sentences no bullet points used.
- Students to create a quick plan before beginning their answer to ensure they answer the question that is being asked.
- Ask students to underline key terms in the question to ensure their answer remains focused.
- Utilise sporting examples throughout your answer.
- Ensure that developed statements are used incorporating AO1–AO3 statements allowing access to the upper levels of the marks scheme.

# Best approach for candidates when answering extended answer questions

This method below is a very successful way to teach students how to approach the extended answer questions allowing students to develop the statements in the correct way.

The response below is an example of an AO1–AO3 statement in response to question 13 from Paper 2 2023.

**Massed practice is repeated practice without any breaks (AO1) allowing players more time to focus on developing their skills (AO2) allowing the skill of a forehand or any other skill to be learnt quicker and have better consistency (AO3).**

# Revision ideas

- Recall 9
- Complete the gaps sheets
- Starters and plenaries using past paper questions
- Creating their own exam questions and mark schemes
- Students marking an example response as a class or as an individual
- Producing mind maps for entire topics or sub-topic areas
- Rag rating sections of the specification to pinpoint where revision is needed
- Revision guides
- Producing revision board games incorporating questions from the specification, possibly asking students to produce a monopoly type game as a homework task that can be used within lessons
- When using past paper questions, use self, peer and teacher assessment to gain even more detail from your classes responses.

**Activity: Please use the chat window to share your own ideas/revision techniques**

## Section 3

Q&A session to help prepare  
for the summer series



# Useful links

- Pearson PE website: <https://qualifications.pearson.com/en/qualifications/edexcel-gcses/physical-education-2016.html>
- Pearson Exam Wizard: <https://qualifications.pearson.com/en/support/Services/examwizard.html>

The screenshot displays the Pearson Exam Wizard interface. At the top, a blue navigation bar contains the 'examWizard' logo, followed by tabs for 'Find Past Papers', 'Build a paper', and 'My Papers'. On the right side of this bar are links for 'Help' and 'Log out'. Below the navigation bar, there are eight filter dropdown menus arranged in two rows of four. The first row includes 'Qualification' (set to 'GCSE (9-1)'), 'Specification' (set to 'Select one or more'), 'Year' (set to 'Select one or more'), and 'Series' (set to 'Select one or more'). The second row includes 'Unit' (set to 'Select one or more'), 'Topic (click here)' (set to 'Select one or more'), 'Question type' (set to 'Select one or more'), and 'Assessment objective' (set to 'Select one or more'). Below these filters is a 'Keyword search' section with a text input field containing the placeholder 'Type keyword to search' and a note 'Please enter a minimum of 3 characters'. At the bottom of this section are two buttons: an orange 'Search' button and a grey 'Clear' button.

examWizard Find Past Papers Build a paper My Papers Help Log out

Qualification  
GCSE (9-1)

Specification  
Select one or more

Year  
Select one or more

Series  
Select one or more

Unit  
Select one or more

Topic (click here)  
Select one or more

Question type  
Select one or more

Assessment objective  
Select one or more

Keyword search  
Type keyword to search  
Please enter a minimum of 3 characters

Search Clear

# Expanded Exemplar Support

From January 2025, the Pearson Edexcel qualification page for GCSE Physical Education will see the addition of a new **Exemplar Library**, which can be found in the top blue ribbon (see right).

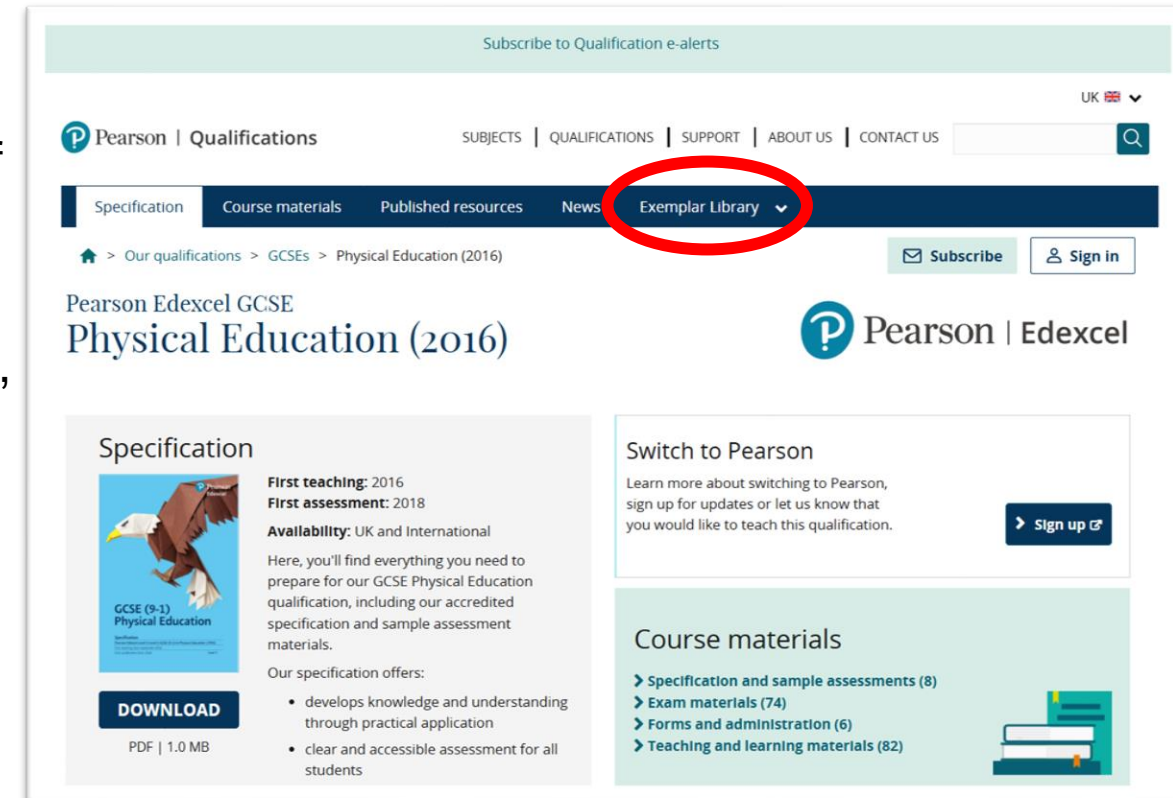
- **Component 03** including; team games, racket sports, artistic sports, outdoor sports, individual sports, and athletics.

[Team Activity](#)

[Individual Activity](#)

- **Component 04** covering a wide range of sports and activities.

[Levels 0 to 5](#)

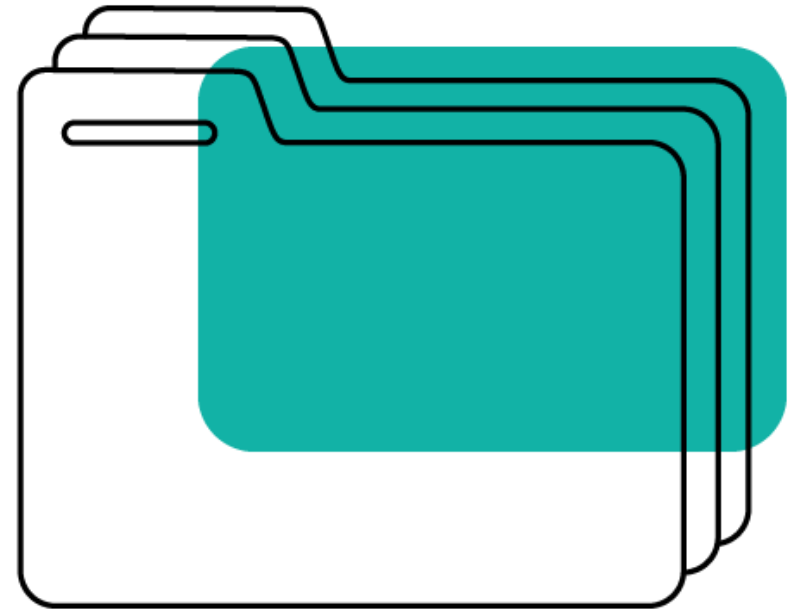


These libraries will be expanded regularly to include each year's standardisation materials, improved examples of evidence, and newly sourced materials to fill any gaps.



# Links and documents

- **Guidance Documents** can be found in your delegate pack and also on the [website](#)
- Dedicated webpage for further support on [Digital Submission](#) (Learner Work Transfer (LWT))
- Website for accessing examination [administrative materials](#)



# Subject Advisor Support

Our subject advisors are experts in their fields and are here to support you throughout the year.

## Physical Education

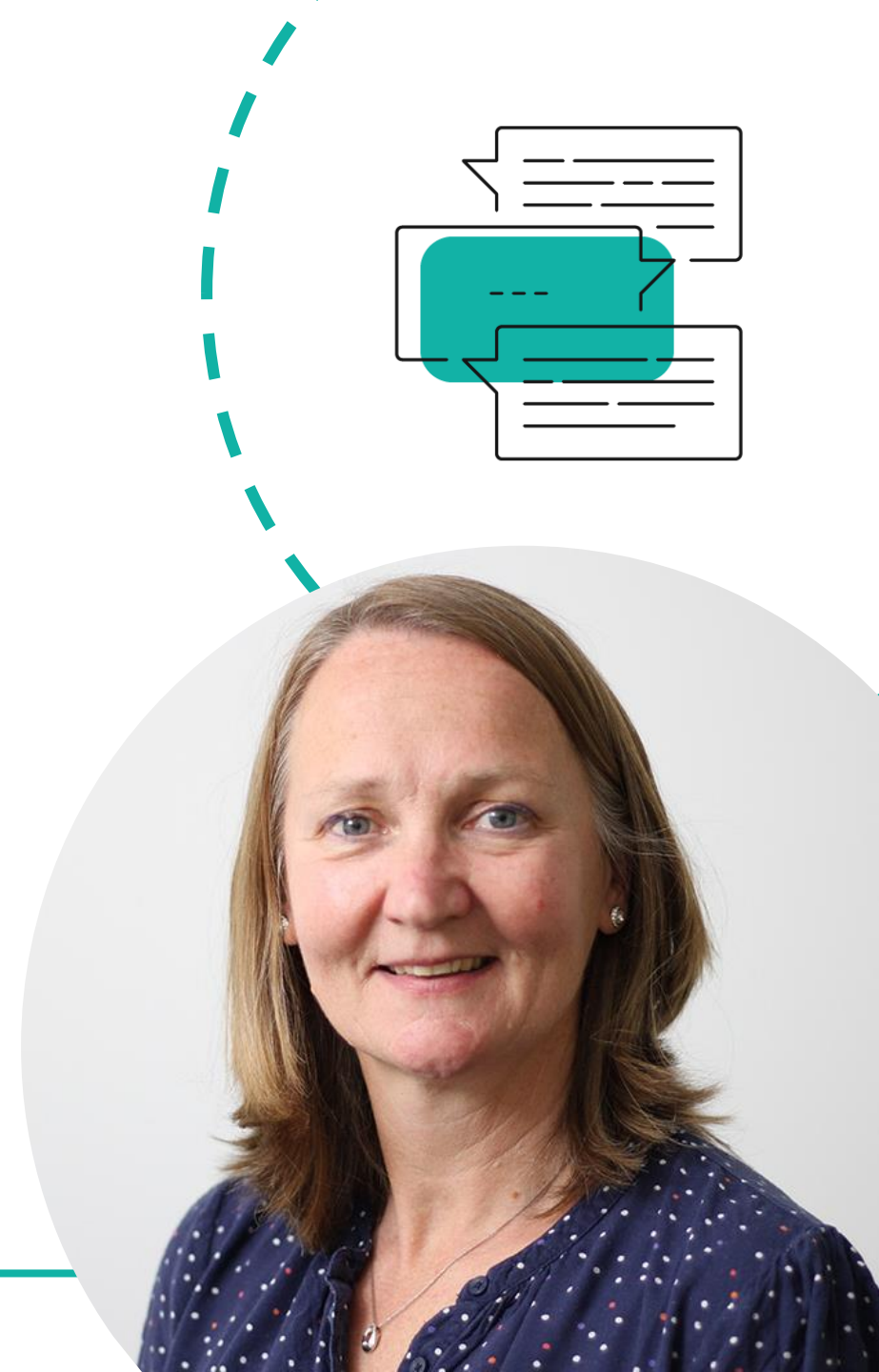
**Email:** [teachingpeandsport@pearson.com](mailto:teachingpeandsport@pearson.com)

**Phone:** +44 (0) 344 463 2535  
(Mon–Fri, 9.00–17.00)

[Book an appointment with your Subject Advisor](#)

[Sign up](#) to receive regular updates from your Subject Advisor on qualification news and support for your subject.

**Penny Lewis**  
Physical Education and Sport

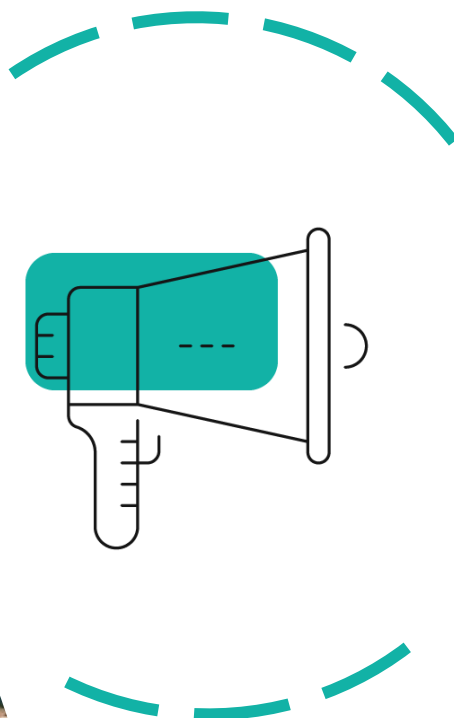


# Find out more

For more professional development courses please see Pearson's [Professional Development Academy](#)







# Your Feedback Matters

Following this event, you will receive an invitation to share your thoughts about the session. Your feedback is invaluable to us, as it helps us tailor our professional development materials to better meet your needs. Please don't hesitate to let us know what you'd like to see more of and what areas you think could be improved.



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