AQA

Please write clearly in block capitals.

Centre number | | | | | | Candidate number | | | | |

Surname _____

Forename(s) _____

Candidate signature _____

I declare this is my own work.

GCSE
PHYSICAL EDUCATION

Paper 1 The human body and movement in physical activity and sport

Monday 19 May 2025 Afternoon Time allowed: 1 hour 15 minutes

Materials
You will need no other materials.

Instructions
- Use black ink or black ball-point pen. Pencil should only be used for drawing.
- Fill in the boxes at the top of this page.
- Answer **all** questions.
- You must answer the questions in the spaces provided. Do not write outside the box around each page or on blank pages.
- If you need extra space for your answer(s), use the lined pages at the end of this book. Write the question number against your answer(s).
- Do all rough work in this book. Cross through any work you do not want to be marked.

Information
- The marks for questions are shown in brackets.
- The maximum mark for this paper is 78.
- Questions should be answered in continuous prose. You will be assessed on your ability to:
  - use good English
  - organise information clearly
  - use specialist vocabulary where appropriate.

For Examiner's Use	
Question	Mark
1 to 5	
6 to 9	
10 to 13	
14 to 18	
19 to 20	
21 to 22	
23	
24	
25	
26	
TOTAL	

for more: tyrionpapers.com

Do not write outside the box

Answer **all** questions.

Only **one** answer per question is allowed.

For each question completely fill in the circle alongside the appropriate answer.

CORRECT METHOD  WRONG METHODS 

If you want to change your answer you must cross out your original answer as shown. 

If you wish to return to an answer previously crossed out, ring the answer you now wish to select as shown. 

0 1 Which **one** of these functions of the skeleton helps the body to fight off infections?

[1 mark]

A Blood cell production ⬭

B Protection ⬭

C Structural shape ⬭

D Support ⬭

0 2 Which **one** of these bones is found at the knee joint?

[1 mark]

A Fibula ⬭

B Humerus ⬭

C Radius ⬭

D Tibia ⬭

Do not write outside the box

0 3 Which **one** of these can be defined as 'the amount of blood pumped out of the heart by each ventricle during one contraction'?

[1 mark]

A Cardiac output ⬭

B Heart rate ⬭

C Stroke volume ⬭

D Tidal volume ⬭

0 4 Which **one** of these principles of training describes 'specificity'?

[1 mark]

A Training benefits are lost when training stops ⬭

B Training is increased gradually as the body adjusts to the increased demands ⬭

C Training that is suited to a particular sport or activity ⬭

D Training to make the body work harder than normal in order to improve it ⬭

0 5 Which **one** of these occurs when the leg bends at the knee whilst running?

[1 mark]

A The hamstrings contract and the quadriceps relax ⬭

B The hamstrings relax and the quadriceps relax ⬭

C The quadriceps contract and the hamstrings contract ⬭

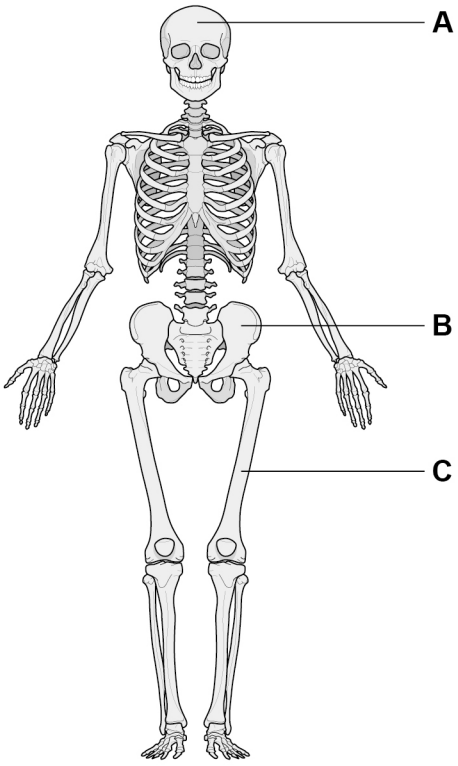
D The quadriceps contract and the hamstrings relax ⬭

5

Do not write outside the box

0 6 **Figure 1** shows a human skeleton.

Figure 1



Identify the bones labelled **A**, **B** and **C** in **Figure 1**.

[3 marks]

A _____

B _____

C _____

0 7 Name **three** muscles found at the shoulder.

[3 marks]

1 _____

2 _____

3 _____

Do not write outside the box

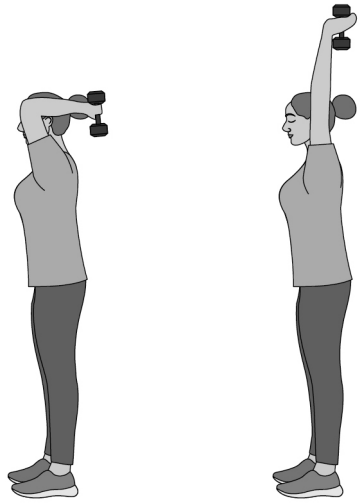
0 8 Muscles work in antagonistic pairs.

State the role of the agonist.

[1 mark]

0 9 **Figure 2** shows an individual lifting a weight.

Figure 2



A **B**

Use **Figure 2** to help you answer **Questions 9.1 to 9.2**.

0 9 . 1 Identify the joint action taking place at the **elbow** as they move the weight from **A** to **B**.

[1 mark]

0 9 . 2 Identify the type of isotonic muscle contraction that is taking place at the **elbow** as they move the weight from **A** to **B**.

[1 mark]

9

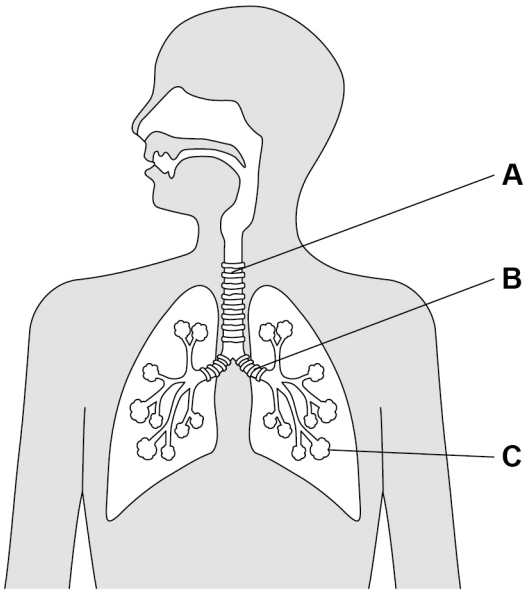
Turn over ►

for more: tyrionpapers.com

Do not write outside the box

1 0 **Figure 3** shows structures in the respiratory system.

Figure 3



1 0 . 1 Identify the structures labelled **A**, **B** and **C** in **Figure 3**.

[3 marks]

A _____

B _____

C _____

1 0 . 2 State what process occurs at **C** in **Figure 3**.

[1 mark]

_____

_____

Do not write outside the box

1 1 Define expiratory reserve volume (ERV).

Identify what happens to ERV during exercise.

[2 marks]

1 2 Name **one** flat bone **and** the vital organ it protects.

Give **one** example from sport of where this occurs.

[3 marks]

Flat bone _____

Vital organ _____

Example _____

1 3 . 1 Define reaction time.

Give a sporting example.

[2 marks]

Reaction time _____

Example _____

1 3 . 2 Define agility.

Give a sporting example.

[2 marks]

Agility _____

Example _____

13

Turn over ►

Do not write outside the box

1 4 . 1 Describe how to carry out the Illinois Agility Test.

[3 marks]

1 4 . 2 Evaluate the use of the Illinois Agility Test as a suitable fitness test for a 100m sprinter.

[4 marks]

1 5 Name the type of joint at the knee.

[1 mark]

Do not write outside the box

1 6 Identify the type of joint where rotation can take place.

[1 mark]

1 7 Outline **three** reasons why a cool down is important after exercise.

[3 marks]

1

2

3

1 8 Explain how wearing appropriate footwear in a sporting activity can reduce the risk of an injury.

[2 marks]

14

Turn over for the next question

Do not write outside the box

1 9 **Figure 4** shows a weightlifter holding a weight above their head.

Figure 4

Identify the type of strength that the weightlifter is using in **Figure 4**.

Justify your answer.

[3 marks]

Type of strength _____

Justification _____

_____

_____

_____

_____

_____

for more: tyrionpapers.com

Do not write outside the box

2 0 Define delayed onset of muscular soreness (DOMS).

Explain how massage can reduce the effect of DOMS.

[4 marks]

Definition _____

_____

_____

Explanation _____

_____

_____

_____

_____

_____

_____

7

Turn over for the next question

Do not write outside the box

2 1 **Figure 5** shows an individual performing a star jump.

Figure 5

Identify the plane and axis of movement at the hip when the individual in **Figure 5** is performing a star jump.

[2 marks]

Plane _____

Axis _____

for more: tyrionpapers.com

Do not write outside the box

2 2 State whether the 100m race in athletics is an aerobic or anaerobic event.

Justify your answer.

[4 marks]

State _____

Justification _____

_____

_____

_____

_____

_____

_____

_____

_____

_____

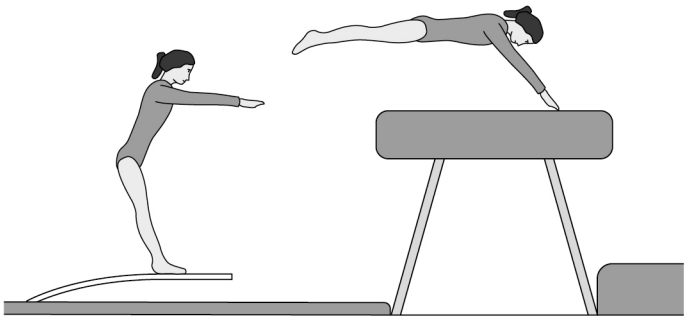
6

Turn over for the next question

Do not write outside the box

2 3 **Figure 6** shows the take off phase as a gymnast completes a vault.

Figure 6



Use **Figure 6** to help answer the following questions.

2 3 . 1 Identify the class of lever system used at the ankle whilst taking off in a gymnastic vault in **Figure 6**.

[1 mark]

2 3 . 2 Draw a fully labelled diagram to show the class of lever identified in **Question 23.1**.

[2 marks]

for more: tyrionpapers.com

Do not write outside the box

2 3 . 3 Define balance.

Justify the importance of balance for a gymnast.

[3 marks]

Definition _____

_____

Justification _____

_____

_____

_____

_____

_____

6

Turn over for the next question

Do not write outside the box

2 4 **Figure 7** shows the national averages for the Sit-Up Bleep Test for males and females.

Figure 7

Male

Muscular endurance	Age		
	20–29	**30–39**	**40–49**
Excellent	48+	40+	35+
Good	38–47	31–39	26–34
Average	34–37	27–30	22–25
Below Average	26–33	21–26	15–21
Poor	below 26	below 21	below 15

Female

Muscular endurance	Age		
	20–29	**30–39**	**40–49**
Excellent	38+	30+	26+
Good	29–37	24–29	20–25
Average	23–28	19–23	14–19
Below Average	16–22	12–18	10–13
Poor	below 16	below 12	below 10

for more: tyrionpapers.com

Do not write outside the box

2 4 . 1 George and Lisa have completed the Sit-Up Bleep Test. The following results were recorded.

- George is a 26 year-old male and scored 43.
- Lisa is a 34 year-old female and scored 22.

Identify the level of George and Lisa's muscular endurance using the data in **Figure 7**.

[2 marks]

George _____

Lisa _____

2 4 . 2 Identify why the score for the Sit-Up Bleep Test is quantitative data.

[1 mark]

_____

_____

3

Turn over for the next question

Do not write outside the box

2 5 Analyse how redistribution of blood during exercise can improve performance when cycling 30 miles.

[6 marks]

Extra space

6

Do not write outside the box

2 6 Analyse how the long-term effects of regular continuous training would improve a runner's performance in a marathon.

[9 marks]

Do not write outside the box

Extra space

9

END OF QUESTIONS

for more: tyrionpapers.com

Do not write outside the box

There are no questions printed on this page

DO NOT WRITE ON THIS PAGE
ANSWER IN THE SPACES PROVIDED

for more: tyrionpapers.com

Do not write outside the box

Question number	**Additional page, if required.** **Write the question numbers in the left-hand margin.**

for more: tyrionpapers.com

Do not write outside the box

Question number	**Additional page, if required.** **Write the question numbers in the left-hand margin.**

for more: tyrionpapers.com

Do not write outside the box

Question number	**Additional page, if required.** **Write the question numbers in the left-hand margin.**

Copyright information

For confidentiality purposes, all acknowledgements of third-party copyright material are published in a separate booklet. This booklet is published after each live examination series and is available for free download from www.aqa.org.uk.

Permission to reproduce all copyright material has been applied for. In some cases, efforts to contact copyright-holders may have been unsuccessful and AQA will be happy to rectify any omissions of acknowledgements. If you have any queries please contact the Copyright Team.

Copyright © 2025 AQA and its licensors. All rights reserved.