

Please check the examination details below before entering your candidate information

Candidate surname					Other names				
Centre Number					Candidate Number				

Pearson Edexcel Level 1/Level 2 GCSE (9–1)

Monday 9 June 2025

Afternoon (Time: 1 hour 15 minutes)

Paper reference **1PE0/02**

Physical Education

COMPONENT 2: Health and Performance

You do not need any other materials.

Total Marks

Instructions

- Use **black** ink or ball-point pen.
- **Fill in the boxes** at the top of this page with your name, centre number and candidate number.
- Answer **ALL** questions in Sections A, B and C.
- Answer the questions in the spaces provided.
– *there may be more space than you need.*

Information

- The total mark for this paper is 60.
- The marks for **each** question are shown in brackets.
– *use this as a guide as to how much time to spend on each question.*

Advice

- Read each question carefully before you start to answer it.
- Try to answer every question.
- Check your answers if you have time at the end.

Turn over ►

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Answer ALL questions.

Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

SECTION A

Health, fitness and wellbeing

- 1 (a) Which **one** of the following is a **social** health benefit of regular participation in sport and physical activity?

(1)

☐	A Develop teamwork
☐	B Increased confidence
☐	C Lower resting heart rate
☐	D Stress relief

- (b) Which **one** of the following is most likely to be an effect of dehydration?

(1)

☐	A Improved body temperature regulation
☐	B Increased flexibility
☐	C Lower resting heart rate
☐	D Muscle fatigue

(Total for Question 1 = 2 marks)

2 Carbohydrates are a macronutrient.

Complete **Table 1** by:

- (a) Stating **two other** macronutrients.
- (b) Stating a **different** role of each macronutrient for performers in physical activity and sport.

(a) Macronutrient	(b) Role of macronutrient
(1)	(1)
(1)	(1)

Table 1

Carbohydrate loading is used by some athletes to improve performance.

- (c) State **one athletics event** where carbohydrate loading is **most** likely to be used to improve performance.

(1)

- (d) State the meaning of the term **hydration**.

(1)



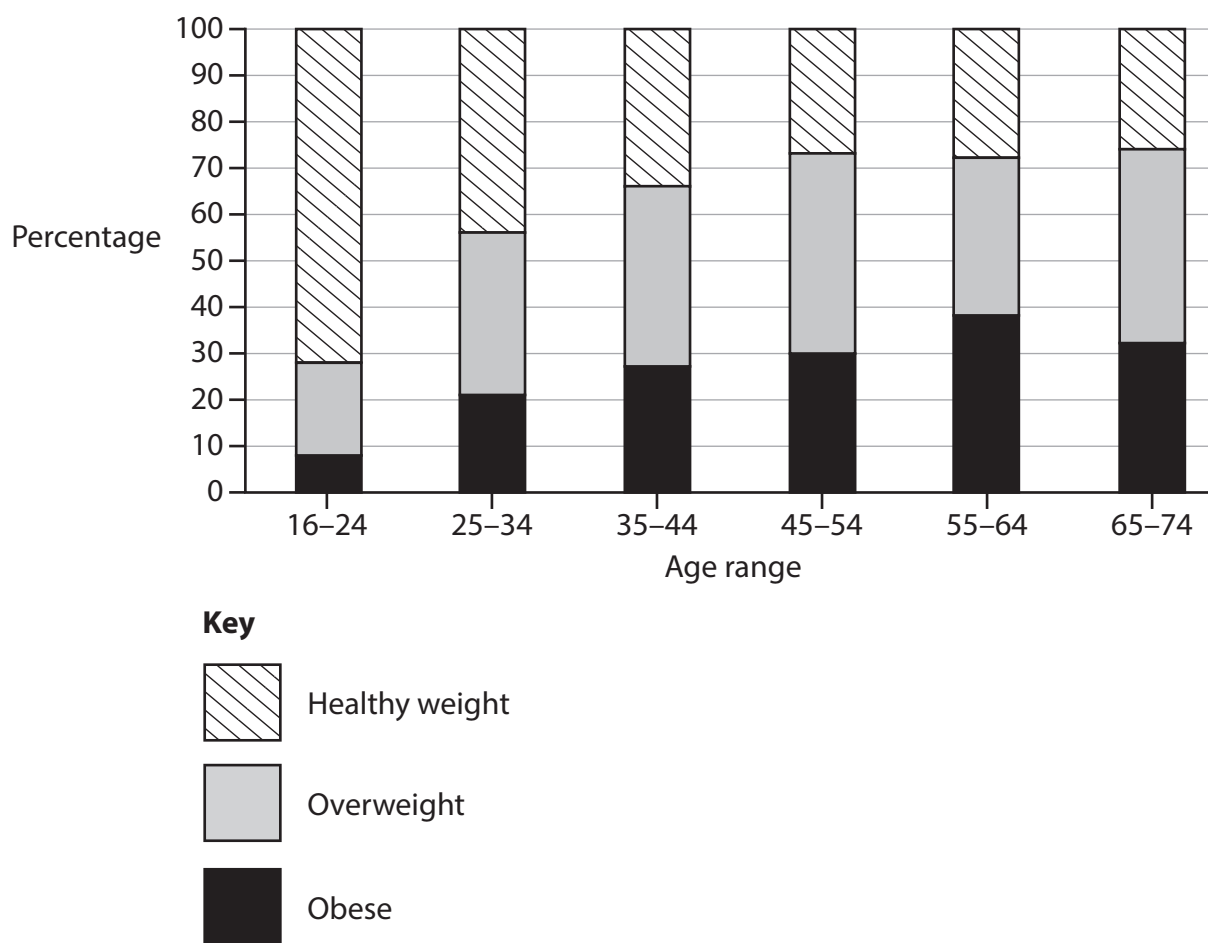
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- 3 **Figure 1** shows the percentage of people who are obese, overweight or a healthy weight in the United Kingdom in 2022.



(Source: © House of Commons 2025)

Figure 1

- (a) Identify the **age range** that has the **highest** percentage of obesity according to the data in **Figure 1**.

(1)



- (b) Regular participation in physical activity can reduce the risk of obesity and coronary heart disease.

Explain how **two other** long-term health risks can be reduced through regular participation in physical activity.

(3)

1

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(3)

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(Total for Question 3 = 7 marks)



4 It is important for sports performers to be at their optimum weight when competing.

(a) State the meaning of the term **optimum weight**.

(1)

The optimum weight of performers in team sports will often vary.

(b) Explain, using an example from a named team sport, **one** reason why players in the same team will have a different optimum weight to each other.

(3)



Figure 2 shows an incomplete energy balance equation.

(c) Complete **Figure 2** by stating a missing value for calories burned.

(1)

Calories consumed 3000	—	Calories burned 	=	Weight gain
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Figure 2

(Total for Question 4 = 5 marks)

TOTAL FOR SECTION A = 22 MARKS

Answer ALL questions.

Write your answers in the spaces provided.

Some questions must be answered with a cross in a box ☒. If you change your mind about an answer, put a line through the box ☒ and then mark your new answer with a cross ☒.

SECTION B

Sport psychology and socio-cultural influences

- 5 (a) Which **one** of the following is represented by the letter A in SMART target setting? (1)

☐	A Acceptable
☐	B Accountable
☐	C Achievable
☐	D Aimed

- (b) Which **one** of the following is an example of a closed skill? (1)

☐	A Catching a cricket ball
☐	B Dribbling a basketball around a player
☐	C Tackling in hockey
☐	D Taking a penalty in football



Figure 3 shows the number of athletes disqualified after testing positive for a banned substance in the last four summer Olympic games.



(Source: <https://www.economist.com/graphic-detail/2016/07/25/doping-violations-at-the-olympics>)

Figure 3

(c) Which **one** of the following had the **highest** number of female athletes disqualified from the games?

(1)

☐	A London 2012
☐	B Rio 2016
☐	C Tokyo 2020
☐	D Paris 2024

(d) Which **one** of the following had the **lowest number** of male athletes disqualified from the games?

(1)

☐	A London 2012
☐	B Rio 2016
☐	C Tokyo 2020
☐	D Paris 2024

(Total for Question 5 = 4 marks)



6 **Figures 4 and 5** shows performers completing two different skills.



(Source: © Jamie Roach/
Shutterstock)

Figure 4



(Source: © Pete Saloutos/
Getty Images)

Figure 5

Figure 6 shows the basic – complex skill continuum.

- (a) Complete **Figure 6** by placing the skills in **Figure 4** and **Figure 5** at the correct end of the basic – complex continuum.



Figure 6

- (b) State **one** difference between basic skills and complex skills.

(1)

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(Total for Question 6 = 3 marks)

7 Fixed and variable practice are two different practice structures.

(a) State **one other** type of practice structure.

(1)

(b) Explain **one** reason why **fixed** practice would be suitable when learning to play golf.

(2)

(c) State **one** skill classification that is most suitable for use in a **variable** practice structure.

(1)

(Total for Question 7 = 4 marks)

8 **Figure 7** shows a gymnast who is receiving manual guidance from their coach.



(Source: © PeopleImages.com – Yuri A)

Figure 7

(a) State **two other** types of guidance.

(2)

1

2



- (b) Explain **one** advantage and **one** disadvantage of manual guidance for a gymnast who is a beginner.

Advantage

(2)

Disadvantage

(2)

(Total for Question 8 = 6 marks)

- 9 Lydia is a 200m sprinter. She is using goal setting to set herself targets at the start of the season.

Explain **one** reason why it is important for Lydia to review her targets **during** the season.

(3)

(Total for Question 9 = 3 marks)



10 Gamesmanship and sportsmanship are used in professional sport.

(a) Explain **one** reason why gamesmanship is used in professional sport.

(2)

(b) Give **one** example of gamesmanship.

(1)

(c) Explain **one** reason why it is important for professional performers to demonstrate sportsmanship.

(2)

(Total for Question 10 = 5 marks)

- 11** Many companies pay large sums of money to sponsor professional sports performers to endorse their products.

Explain **one** advantage and **one** disadvantage of paying professional sports performers to endorse a product for the sponsor.

Advantage

(2)

Disadvantage

(2)

(Total for Question 11 = 4 marks)

TOTAL FOR SECTION B = 29 MARKS



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SECTION C

Extended writing question

- 12** Disability and ethnicity are two of the personal factors that can have a negative impact on participation in sport.

Evaluate **three other** personal factors that can **negatively** impact participation in sport.

(9)

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(Total for Question 12 = 9 marks)

TOTAL FOR SECTION C = 9 MARKS
TOTAL FOR PAPER = 60 MARKS



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