

# Assessment and Qualifications Alliance (AQA) GCSE PE Paper 2 Practice (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

- 1. Why is flexibility important in physical activity?**
  - A. It increases the maximum force a muscle can produce**
  - B. It helps to prevent injuries and improves overall performance**
  - C. It enhances the speed of movement**
  - D. It mainly contributes to cardiovascular health**
- 2. Which type of carbohydrate is usually broken down quickly for energy?**
  - A. Complex carbs**
  - B. Simple carbs**
  - C. Whole grain carbs**
  - D. Fiber**
- 3. Which of the following factors does NOT affect participation in sport?**
  - A. Gender**
  - B. Parental income**
  - C. Age**
  - D. Disability**
- 4. What is one major consequence for athletes caught using PEDs?**
  - A. Increased endorsements**
  - B. Stripped of medals if caught**
  - C. Improved public image**
  - D. Guaranteed competition eligibility**
- 5. How much water should women ideally consume daily?**
  - A. 1.5 litres**
  - B. 2 litres**
  - C. 3 litres**
  - D. 2.5 litres**

- 6. What are the key components of physical fitness?**
- A. Cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition**
  - B. Cardiovascular fitness, balance, agility, coordination, and speed**
  - C. Strength, power, speed, endurance, and flexibility**
  - D. Flexibility, muscle size, sharpness, and aerobic capacity**
- 7. Manual guidance is particularly beneficial for which group of performers?**
- A. Experts in their sport**
  - B. Complete beginners**
  - C. Individuals with prior experience**
  - D. Team players**
- 8. Which of the following best describes high-intensity anaerobic exercise?**
- A. Continuous and moderate**
  - B. Short duration without oxygen reliance**
  - C. Long and steady**
  - D. Low effort with oxygen predominance**
- 9. What is a common psychological state that can affect an athlete's performance?**
- A. Pure enjoyment of the sport**
  - B. Overconfidence**
  - C. Stress or anxiety**
  - D. Injury recovery**
- 10. Which term describes the absence of adequate physical activity in one's lifestyle?**
- A. Active lifestyle**
  - B. Fitness routine**
  - C. Sedentary lifestyle**
  - D. Health-conscious approach**



## **Answers**

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1. B
2. B
3. B
4. B
5. B
6. A
7. B
8. B
9. C
10. C

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## **Explanations**

## 1. Why is flexibility important in physical activity?

- A. It increases the maximum force a muscle can produce
- B. It helps to prevent injuries and improves overall performance**
- C. It enhances the speed of movement
- D. It mainly contributes to cardiovascular health

Flexibility is crucial in physical activity primarily because it helps to prevent injuries and improves overall performance. When muscles and joints are flexible, they can move through a greater range of motion without strain. This increased range allows for more efficient and effective movement patterns, which can enhance athletic performance. Additionally, greater flexibility can decrease the likelihood of injuries, as flexible muscles and tendons are less prone to tearing or straining during vigorous activities. Proper stretching and flexibility training can also help in recovery post-exercise, ensuring that the body is well-prepared for subsequent physical activity. The other options do not accurately reflect the main benefits of flexibility. Increasing the maximum force that a muscle can produce is more related to strength and resistance training rather than flexibility. While flexibility does not directly enhance speed, it may indirectly affect speed through improved biomechanics. Cardiovascular health is primarily associated with aerobic exercise, not flexibility. Therefore, the best summary of why flexibility is important in physical activity is its role in preventing injuries and contributing to overall performance enhancements.

## 2. Which type of carbohydrate is usually broken down quickly for energy?

- A. Complex carbs
- B. Simple carbs**
- C. Whole grain carbs
- D. Fiber

The correct answer is simple carbohydrates, which are typically comprised of one or two sugar molecules, making them easy for the body to digest and absorb. When consumed, these carbohydrates break down rapidly, leading to a quick release of glucose into the bloodstream. This can provide a fast source of energy, making simple carbohydrates ideal for quick energy needs, particularly in situations like intense physical activity or shortly before an event where energy is required immediately. Conversely, complex carbohydrates, although beneficial for longer-lasting energy due to their multiple sugar units, take longer to digest. Whole grain carbohydrates are a subset of complex carbs that offer additional nutrients and fiber, which also slows digestion. Fiber is not a source of energy as it is not digestible by the body, serving primarily to aid digestion and benefit overall health rather than providing quick energy.

**3. Which of the following factors does NOT affect participation in sport?**

**A. Gender**

**B. Parental income**

**C. Age**

**D. Disability**

Participation in sport is influenced by a range of factors that can either encourage or hinder individuals from engaging in physical activities. Gender, age, and disability are all known to play a significant role in determining how and whether individuals participate in sports. Gender can influence the types of sports individuals feel able to engage in due to societal norms and expectations. Age affects participation as different age groups may have different interests, abilities, and opportunities available to them. Disability can also impact participation; individuals with disabilities may face barriers in accessing facilities, programs, or adapted sports, which can limit their involvement. Parental income, while it can indirectly affect participation through access to resources, clubs, and equipment, is often not considered a direct factor in the same way as the others listed. It may influence opportunities but is one of many socio-economic factors that can vary greatly in their impact on individuals' choices and chances for participation. Thus, this makes parental income less definitive in affecting participation in sport compared to the other factors mentioned.

**4. What is one major consequence for athletes caught using PEDs?**

**A. Increased endorsements**

**B. Stripped of medals if caught**

**C. Improved public image**

**D. Guaranteed competition eligibility**

Being stripped of medals is a significant consequence for athletes who are caught using performance-enhancing drugs (PEDs). This action serves as a form of punishment not only for the individual athlete but also acts as a warning to others about the integrity of the sport. When an athlete is found to have violated anti-doping regulations, it undermines the fairness of competition, and as a result, governing bodies typically enforce strict penalties, which often include the revocation of titles, awards, and medals that were won during the time the athlete had used these prohibited substances. The integrity of sport relies heavily on the principle that competition should be fair, and using PEDs creates an uneven playing field. Stripping athletes of their medals also emphasizes the seriousness with which sporting organizations view doping offenses, impacting the athlete's reputation and legacy within their sport.

**5. How much water should women ideally consume daily?**

- A. 1.5 litres
- B. 2 litres**
- C. 3 litres
- D. 2.5 litres

The recommended daily water intake for women is approximately 2 litres. This amount is considered to support optimal hydration and overall health. Water is essential for various bodily functions, including temperature regulation, joint lubrication, nutrient transportation, and waste elimination. The guideline of 2 litres takes into account normal activity levels and average temperature, ensuring that women remain well-hydrated throughout the day. It's important to note that individual hydration needs can vary based on factors such as body weight, climate, exercise intensity, and overall health. However, 2 litres is a general benchmark that helps provide a clear target for daily fluid intake.

**6. What are the key components of physical fitness?**

- A. Cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition**
- B. Cardiovascular fitness, balance, agility, coordination, and speed
- C. Strength, power, speed, endurance, and flexibility
- D. Flexibility, muscle size, sharpness, and aerobic capacity

The key components of physical fitness encompass various attributes that contribute to overall health and performance in physical activities. The correct answer includes cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Cardiovascular endurance refers to the ability of the heart and lungs to supply oxygen to the muscles during prolonged physical activity. Muscular strength is the maximum amount of force a muscle can produce, while muscular endurance focuses on the muscle's ability to perform repeated actions over time without fatigue. Flexibility is the range of motion available at a joint, which is important for overall movement efficiency and injury prevention. Body composition pertains to the ratio of fat to lean mass in the body, which can influence overall health and athletic performance. These components are vital for assessing an individual's fitness level and provide a comprehensive view of athletic capabilities, making this option the most comprehensive and accurate representation of physical fitness.

**7. Manual guidance is particularly beneficial for which group of performers?**

- A. Experts in their sport**
- B. Complete beginners**
- C. Individuals with prior experience**
- D. Team players**

Manual guidance is particularly beneficial for complete beginners because it provides them with the necessary physical support and reassurance as they start learning a new skill. For novices, the tactile feedback from an instructor can help them understand the correct body positioning, movement patterns, and techniques. This direct physical intervention allows beginners to feel the correct way to execute a skill, such as a specific movement or positioning used in various sports. As they lack the experience and muscle memory that comes with practice, manual guidance can facilitate quicker learning and help instill confidence in their abilities. It can ultimately speed up the acquisition of skills, making the learning process more effective and enjoyable for those who are just starting out. Other groups like experts or individuals with prior experience may not require such direct physical assistance, as they often already possess the skills and understanding needed to perform tasks independently.

**8. Which of the following best describes high-intensity anaerobic exercise?**

- A. Continuous and moderate**
- B. Short duration without oxygen reliance**
- C. Long and steady**
- D. Low effort with oxygen predominance**

High-intensity anaerobic exercise is characterized by short bursts of activity that rely primarily on energy sourced from the anaerobic energy systems, which do not use oxygen. This type of exercise typically involves activities performed at maximum effort for a brief period, often lasting from a few seconds to up to two minutes, such as sprinting, weight lifting, or high-intensity interval training (HIIT). During these efforts, the body generates energy quickly through processes like lactic acid fermentation, allowing for high power output but leading to fatigue relatively fast due to the accumulation of lactic acid. In contrast, the other descriptions do not align with the defining characteristics of high-intensity anaerobic activity: - Continuous and moderate exercise refers to aerobic activities that are sustained over longer periods and primarily utilize oxygen, differing vastly from the anaerobic focus. - Long and steady exercise typically indicates an aerobic exercise paradigm that emphasizes endurance, which isn't representative of the short-duration, high-intensity nature of anaerobic exercise. - Low effort with oxygen predominance speaks to lower intensity activities where the primary energy system is aerobic, again not capturing the essence of high-intensity anaerobic efforts. Overall, the key elements of high-intensity anaerobic exercise lie in its short duration, maximal effort

**9. What is a common psychological state that can affect an athlete's performance?**

- A. Pure enjoyment of the sport**
- B. Overconfidence**
- C. Stress or anxiety**
- D. Injury recovery**

Stress or anxiety is indeed a common psychological state that can significantly impact an athlete's performance. When athletes experience stress or anxiety, it can lead to various physical and mental effects. Increased heart rate, muscle tension, and difficulty concentrating are typical responses that can hinder their ability to perform well. Anxiety can arise from various sources, such as the pressure to perform, fear of failure, or the expectations of coaches and fans. Managing this stress is crucial for optimal performance, with techniques like visualization, relaxation exercises, and proper preparation often recommended to help mitigate its effects. While pure enjoyment of the sport can positively influence performance, overconfidence can lead to a lack of preparation or underestimating opponents. Injury recovery is a physical state rather than a psychological one and does not inherently impact performance like stress or anxiety does. Therefore, stress and anxiety are the primary psychological states that directly correlate with fluctuations in athletic performance.

**10. Which term describes the absence of adequate physical activity in one's lifestyle?**

- A. Active lifestyle**
- B. Fitness routine**
- C. Sedentary lifestyle**
- D. Health-conscious approach**

The term that describes the absence of adequate physical activity in one's lifestyle is "sedentary lifestyle." A sedentary lifestyle is characterized by prolonged periods of inactivity, such as sitting or lying down for most of the day, with minimal physical movement or exercise. This can lead to various health issues, including obesity, cardiovascular disease, and decreased overall fitness levels. The other choices reflect positive aspects of physical activity or health management. An "active lifestyle" implies regular engagement in physical activities, while a "fitness routine" indicates a structured plan for exercise. A "health-conscious approach" encompasses a broader awareness and effort towards maintaining good health, including diet and exercise. In contrast, a sedentary lifestyle lacks these elements and is marked by insufficient physical activity.



## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://aqa-gcse-pepaper2.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**