

ASSESSMENT AND QUALIFICATIONS ALLIANCE (AQA) GCSE PE PAPER 2 PRACTICE (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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

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1. How can family influence participation in sport?

- A. Family pressure can deter individuals from sports.
- B. Families with varying interest levels can foster different levels of participation.
- C. Families' athletic history has no impact on sport participation.
- D. Family cannot affect the choice of sports to participate in.

2. What is a side effect of taking beta blockers?

- A. Increased energy levels
- B. Nausea
- C. Enhanced reflexes
- D. Heightened concentration

3. How is ability defined in physical education?

- A. An inherited trait that influences the potential to acquire skills
- B. A learned skill that can be measured
- C. A characteristic that can be taught through practice
- D. A motivational aspect that encourages performance

4. What is the primary goal of the recovery process after intense exercise?

- A. To prepare for the next workout
- B. To ignore hydration and refueling
- C. To facilitate healing through rest and nutrition
- D. To avoid any physical activity

5. What is a typical outcome of effective coaching?

- A. Stagnation in athlete's skills
- B. Decreased performance and morale
- C. Improved skill and psychological growth
- D. A lack of athlete engagement

6. Which of the following is a benefit of fitness?

- A. Increases the risk of injuries
- B. Improves levels of physical fitness
- C. Decreases the ability to perform daily tasks
- D. Limits physical capabilities in the workforce

7. What is the primary function of beta blockers?

- A. To enhance physical strength
- B. To steady the nerves and create a calming effect
- C. To increase heart rate
- D. To promote muscle growth

8. What are the two major types of carbohydrates?

- A. Simple carbs and complex carbs
- B. Saturated carbs and unsaturated carbs
- C. Essential carbs and non-essential carbs
- D. Processed carbs and whole carbs

9. Why does age affect participation in sport?

- A. All individuals improve their skills with age.
- B. Younger individuals tend to have more injuries.
- C. Flexibility often decreases, while injury risks increase with age.
- D. Younger athletes have fewer opportunities to compete.

10. What defines direct aggression in sports?

- A. Aimed at improving one's performance
- B. Aimed directly at another player with physical contact
- C. Indirect act to gain an advantage
- D. Used to motivate teammates

Answers

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

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Explanations

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1. How can family influence participation in sport?

- A. Family pressure can deter individuals from sports.
- B. Families with varying interest levels can foster different levels of participation.**
- C. Families' athletic history has no impact on sport participation.
- D. Family cannot affect the choice of sports to participate in.

The selected answer highlights how varying levels of interest within a family can significantly impact an individual's participation in sports. Families serve as a primary social unit where values, beliefs, and interests are shared and developed. If a family encourages physical activity and values sports, children within that family are more likely to engage in sporting activities. Conversely, if members of a family display little interest in sports, this can lead to lower levels of engagement in physical activities among family members. Exposure to different types of sports or recreational activities can also arise from a family's interests, potentially leading to a diverse experience in sports for the individual. This interaction can result in either fostering a passion for specific sports or encouraging a more general engagement in physical fitness. Therefore, the dynamics present in a family can create an environment that either nurtures or inhibits participation in various sports.

2. What is a side effect of taking beta blockers?

- A. Increased energy levels
- B. Nausea**
- C. Enhanced reflexes
- D. Heightened concentration

Nausea is a recognized side effect of taking beta blockers. These medications work by blocking the effects of epinephrine (adrenaline) on the beta-adrenergic receptors, which can lead to various physical responses in the body. While beta blockers are primarily used to manage conditions such as high blood pressure and anxiety, they can affect the gastrointestinal system and lead to symptoms like nausea in some individuals. In contrast, options such as increased energy levels, enhanced reflexes, and heightened concentration are not associated with beta blockers. Instead, these medications often reduce heart rate and can cause fatigue, which might lead to decreased energy levels or sluggishness rather than an increase in energy. Enhanced reflexes would not typically occur, as beta blockers generally result in a calming effect on the nervous system. Therefore, understanding the impact of beta blockers on the body helps clarify why nausea is indeed a common side effect of their use.

3. How is ability defined in physical education?

A. An inherited trait that influences the potential to acquire skills

B. A learned skill that can be measured

C. A characteristic that can be taught through practice

D. A motivational aspect that encourages performance

Ability in physical education refers to an inherited trait that fundamentally influences an individual's potential to acquire and perform skills in various activities. This definition emphasizes the notion that certain innate attributes, such as physical attributes or natural talent, can significantly impact how easily and effectively someone can learn new skills. For example, a person with a higher level of agility or coordination may find it easier to excel in sports that require these specific traits, such as gymnastics or basketball. It is essential to recognize that while ability can provide a foundation for skill acquisition, it does not solely determine a person's success. Other factors, such as practice, determination, and training, also play crucial roles in developing one's skills. In contrast, the other options focus on different aspects of sport and skill development. Learning and measuring a skill, as suggested in another choice, implies a focus on practice and feedback rather than innate qualities. Teaching a characteristic through practice aligns more with skill development and training rather than ability itself. Lastly, a motivational aspect refers to the psychological drivers behind performance, which is a different area of focus compared to the inherited traits defining ability.

4. What is the primary goal of the recovery process after intense exercise?

A. To prepare for the next workout

B. To ignore hydration and refueling

C. To facilitate healing through rest and nutrition

D. To avoid any physical activity

The primary goal of the recovery process after intense exercise is to facilitate healing through rest and nutrition. This involves allowing the body to repair muscle tissues that may have been damaged during the workout, replenishing energy stores that have been depleted, and reducing fatigue. Adequate recovery is crucial as it helps the body to adapt and improve fitness levels over time. Rest allows the muscles and the central nervous system to recover, while proper nutrition provides the necessary nutrients to support muscle repair and recovery. This includes replenishing glycogen stores with carbohydrates and providing protein to aid muscle repair. Proper hydration is also a critical component of recovery, as it helps maintain overall bodily functions and aids in the recovery process. While preparing for the next workout is important, it is a secondary aspect to the immediate needs of recovery, which centers on healing. Ignoring hydration and refueling, as well as completely avoiding physical activity, are contrary to the principles of effective recovery, which advocate for balanced approaches that promote healing while gradually reintroducing activity.

5. What is a typical outcome of effective coaching?

- A. Stagnation in athlete's skills
- B. Decreased performance and morale
- C. Improved skill and psychological growth**
- D. A lack of athlete engagement

Effective coaching typically leads to improved skill and psychological growth in athletes. This outcome is a direct result of the coach's ability to provide guidance, feedback, and support tailored to the athlete's individual needs. With effective communication and strategies, coaches can help athletes develop both physically and mentally, enhancing their technical abilities and increasing their confidence and motivation. The development of skills includes not only the sport-specific techniques but also broader competencies such as teamwork and resilience. The psychological growth aspect involves helping athletes cope with challenges, set and achieve goals, and maintain a positive mindset, all of which contribute to their overall performance and enjoyment of the sport.

6. Which of the following is a benefit of fitness?

- A. Increases the risk of injuries
- B. Improves levels of physical fitness**
- C. Decreases the ability to perform daily tasks
- D. Limits physical capabilities in the workforce

Improving levels of physical fitness is indeed a significant benefit of fitness. Engaging in regular physical activity enhances cardiovascular endurance, strength, flexibility, and overall health. This improvement leads to better performance in both sports and day-to-day activities, enabling individuals to carry out tasks with greater ease and efficiency. As fitness levels rise, individuals often experience increased energy levels, improved mood, and a reduced risk of chronic diseases. This not only promotes a healthier lifestyle but also enhances quality of life, making it easier to engage in recreational and social activities. The other options suggest negative outcomes, such as increased injury risk or decreased ability to perform tasks, which contradict the positive effects typically associated with enhanced fitness. The focus on improved physical fitness aligns directly with the overall goals of a health-oriented lifestyle, making it the correct choice.

7. What is the primary function of beta blockers?

- A. To enhance physical strength
- B. To steady the nerves and create a calming effect**
- C. To increase heart rate
- D. To promote muscle growth

The primary function of beta blockers is to steady the nerves and create a calming effect, which makes option B the correct answer. Beta blockers are a class of medications that primarily work by blocking the effects of adrenaline on beta receptors in the body. This action lowers heart rate and reduces blood pressure, resulting in a calming effect that can help with anxiety and stress. In the context of sports and physical performance, this calming effect is particularly beneficial for athletes who experience nervousness or performance anxiety. By reducing physiological stress responses, beta blockers can help athletes focus better and perform more consistently under pressure, especially in precision sports like shooting or archery. Other options do not align with the function of beta blockers. Enhancing physical strength, increasing heart rate, or promoting muscle growth are not roles that beta blockers play, as they are not designed to boost physical capabilities or muscular development. Instead, they are used more for their ability to manage anxiety and promote a sense of calm, making them specifically suited for certain situations rather than enhancing physical performance.

8. What are the two major types of carbohydrates?

- A. Simple carbs and complex carbs
- B. Saturated carbs and unsaturated carbs
- C. Essential carbs and non-essential carbs
- D. Processed carbs and whole carbs

The distinction between simple carbohydrates and complex carbohydrates is fundamental to understanding nutritional science. Simple carbohydrates, often found in foods like fruits, milk, and sweeteners, consist of one or two sugar molecules, allowing for quick absorption and rapid energy release in the body. This characteristic makes them a straightforward source of energy. Complex carbohydrates, on the other hand, are made up of longer chains of sugar molecules and are found in foods such as whole grains, legumes, and vegetables. These carbohydrates require more time for digestion and therefore provide a more sustained energy release, which can be beneficial for maintaining energy levels throughout the day. Understanding the difference between these two types of carbohydrates is crucial for making informed dietary choices, as they affect energy levels, satiety, and overall health in distinct ways. The other options represent different categorizations or types of nutrients but do not correctly identify the major types of carbohydrates.

9. Why does age affect participation in sport?

- A. All individuals improve their skills with age.
- B. Younger individuals tend to have more injuries.
- C. Flexibility often decreases, while injury risks increase with age.
- D. Younger athletes have fewer opportunities to compete.

Age significantly affects participation in sport due to various physiological and social factors, one of which is the impact of aging on physical abilities. As individuals grow older, they often experience a natural decline in physical capabilities such as flexibility, strength, and stamina. Additionally, the risk of injury tends to increase with age due to factors like decreased muscle elasticity, joint flexibility, and overall recovery time—making participation in certain sports more challenging. This decline in flexibility and the heightened risk of injury can discourage older individuals from participating in contact sports or activities that require a high level of agility, thus affecting overall participation rates among older age groups. Such changes are important to consider when examining the trends in sports participation across different ages.

10. What defines direct aggression in sports?

- A. Aimed at improving one's performance
- B. Aimed directly at another player with physical contact
- C. Indirect act to gain an advantage
- D. Used to motivate teammates

Direct aggression in sports is characterized by actions that are intended to harm or physically injure another player, and it involves physical contact. When an athlete exhibits direct aggression, they focus their actions toward another individual with the intent to disrupt their performance or inflict harm. This can manifest in various forms, such as a tackle in football that is overly forceful or an intentional strike in combat sports. The option that indicates improving one's performance, gaining an advantage indirectly, or motivating teammates does not capture the essence of direct aggression. Instead, these actions reflect strategies that do not involve a direct physical confrontation with another player, thereby distinguishing them from the concept of direct aggression.

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.

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

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

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