

WJEC General Certificate of Secondary Education (GCSE) PE Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	15

SAMPLE

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

SAMPLE

- 1. Which movement increases the angle at a joint?**
 - A. Abduction**
 - B. Flexion**
 - C. Extension**
 - D. Adduction**

- 2. Which statement correctly contrasts open and closed skills?**
 - A. Open skills are affected by the environment and involve decision making.**
 - B. Open skills are self-paced and do not require practice.**
 - C. Closed skills are affected by environment and involve decision making.**
 - D. Open skills are easier to train than closed skills.**

- 3. Which bone is commonly known as the shin bone?**
 - A. Fibula**
 - B. Radius**
 - C. Tibia**
 - D. Femur**

- 4. Which guidance type uses demonstrations and videos to help the learner?**
 - A. Guidance - Verbal**
 - B. Guidance - Visual**
 - C. Guidance - Manual**
 - D. Practice - Part**

- 5. Which joint type provides rotary movement around a single axis?**
 - A. Ball and socket joint**
 - B. Gliding joint**
 - C. Hinge joint**
 - D. Pivot joint**

- 6. Which muscle is used to bend the knee backward?**
- A. Hamstring**
 - B. Gastrocnemius**
 - C. Trapezius**
 - D. Latissimus dorsi**
- 7. Which statement describes an open skill?**
- A. Self placed**
 - B. Not affected by the environment**
 - C. Affected by the environment**
 - D. The skill is habitual**
- 8. What is the main purpose of long-term goals?**
- A. They replace short-term goals**
 - B. They are easy to achieve**
 - C. The ultimate objective that guides training over months/years**
 - D. They do not require planning**
- 9. Which of the following is NOT listed as a trait of a skillful performer?**
- A. Inconsistent**
 - B. Confident**
 - C. Coordinated**
 - D. Knowledgeable**
- 10. Guidance - Manual describes physical hands-on help to manipulate limbs into the correct position.**
- A. Guidance - Visual**
 - B. Guidance - Verbal**
 - C. Practice - Fixed**
 - D. Guidance - Manual**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. Which movement increases the angle at a joint?

- A. Abduction
- B. Flexion
- C. Extension**
- D. Adduction

Extending a joint means straightening it, which increases the angle between the two bones. For example, straightening the elbow from a bent position increases the angle between the upper arm and the forearm. Flexion does the opposite—bending the joint and reducing that angle. Abduction and adduction move the limb away from or toward the body's midline, respectively, and aren't the motion that describes increasing the joint angle in the same direct sense.

2. Which statement correctly contrasts open and closed skills?

- A. Open skills are affected by the environment and involve decision making.**
- B. Open skills are self-paced and do not require practice.
- C. Closed skills are affected by environment and involve decision making.
- D. Open skills are easier to train than closed skills.

Open skills are performed in a changing, unpredictable environment where you must respond to external cues, making quick decisions and adapting your actions. This is why the statement that open skills are affected by the environment and involve decision making is the best description. In contrast, the idea that open skills are self-paced and don't require practice isn't accurate because you must continually react to varying conditions, which typically requires practice to improve decision-making and responsiveness. Closed skills, by comparison, happen in stable environments with a clear, pre-planned response and less need for on-the-spot decisions, so saying they're strongly affected by the environment or involve decision making isn't correct. The notion that open skills are easier to train ignores the greater variability and cognitive demand involved, which actually makes them harder to master.

3. Which bone is commonly known as the shin bone?

- A. Fibula
- B. Radius
- C. Tibia**
- D. Femur

The shin bone refers to the tibia, the large weight-bearing bone in the lower leg. It sits on the front of the leg and forms the knee joint with the femur and the ankle joint with the foot, carrying most of the body's load when you stand or walk. The fibula runs alongside it but is thinner and mainly provides muscle attachment and stability. The radius is a forearm bone, and the femur is the thigh bone above the knee. So, the term "shin bone" points specifically to the tibia because it's the main bone that makes up the shin.

4. Which guidance type uses demonstrations and videos to help the learner?

- A. Guidance - Verbal**
- B. Guidance - Visual**
- C. Guidance - Manual**
- D. Practice - Part**

Seeing how a movement should look is essential for learning physical skills. Demonstrations and videos provide a clear model of the entire action, showing start position, sequence, alignment, and timing. This visual model helps learners form a mental image, observe key technique cues, and then imitate and compare their own performance to the model. That's why this type of guidance is described as visual: it relies on sight to convey how the movement should be performed. Verbal guidance uses spoken instructions, which tell you what to do but may miss subtle technique details. Manual guidance involves the teacher physically guiding your body to feel the correct positions. Practice guidance is about actually performing the task yourself, which builds skill but doesn't inherently supply a visual model to watch.

5. Which joint type provides rotary movement around a single axis?

- A. Ball and socket joint**
- B. Gliding joint**
- C. Hinge joint**
- D. Pivot joint**

The important idea here is how many axes of movement a joint uses and what kind of movement it performs. A pivot joint allows rotation around a single axis, so it enables turning around one central line—think of the forearm rotating the radius around the ulna or the neck turning the head left and right. This makes it uniaxial and purely rotational around one axis. Other joints don't fit as neatly: ball-and-socket joints move in multiple directions and axes, not just one; gliding joints allow only small sliding movements; hinge joints mainly bend and straighten in one plane (angular movement around a single axis), but not the rotational spinning around a long axis like a true pivot joint. So the joint that provides rotary movement around a single axis is the pivot joint.

6. Which muscle is used to bend the knee backward?

- A. Hamstring**
- B. Gastrocnemius**
- C. Trapezius**
- D. Latissimus dorsi**

To bend the knee backward, the muscles at the back of the thigh contract, pulling the lower leg backward and reducing the angle at the knee. The hamstrings are the main muscles responsible for this action, including the biceps femoris, semitendinosus, and semimembranosus. The gastrocnemius can assist with knee flexion in some positions, but its primary job is to plantarflex the ankle. The trapezius and latissimus dorsi are upper-body muscles and do not contribute to bending the knee.

7. Which statement describes an open skill?

- A. Self placed
- B. Not affected by the environment
- C. Affected by the environment**
- D. The skill is habitual

Open skills are performed in changing, unpredictable environments where you have to adjust your actions. The key idea is that external factors like opponents, surface, or weather influence how the skill is executed, so you must adapt in the moment. That's why the statement describing the skill as being affected by the environment is the best fit. If you're self placed, the pace or timing is controlled by you, which fits more with a closed skill performed in a stable setting. Saying the environment doesn't affect the skill goes against the nature of open skills, and calling a skill habitual suggests a fixed pattern done automatically, not one that requires adapting to varying conditions.

8. What is the main purpose of long-term goals?

- A. They replace short-term goals
- B. They are easy to achieve
- C. The ultimate objective that guides training over months/years**
- D. They do not require planning

Long-term goals act as the ultimate aim that shapes training over an extended period, often months or years. They give direction to every part of the plan—what to focus on first, how the training should progress, and when to aim for peaking for competition. Because they set the overall target, they help you organise a sequence of smaller steps and milestones that build toward that long-term objective, ensuring training stays purposeful and consistent. Long-term goals aren't simply easy to achieve; they're typically challenging and require careful planning and commitment. They don't replace short-term goals—they work with them, providing the big picture while short-term goals give concrete steps and measurable progress along the way.

9. Which of the following is NOT listed as a trait of a skillful performer?

- A. Inconsistent
- B. Confident**
- C. Coordinated
- D. Knowledgeable

Skillful performers are described by being consistent, confident, coordinated and knowledgeable. Consistency means they can reproduce the same high-quality performance time after time, which shows reliability and control. Confidence helps them trust their technique, stay calm under pressure, and make good decisions during performance. Coordination is about smooth, well-timed movements that link different body parts together efficiently, reducing wasted energy and errors. Knowledge covers understanding technique, tactics and how to adapt to different situations. The trait that doesn't fit with a high-performing performer is inconsistency, since fluctuations and unreliability undermine skill and effectiveness.

10. Guidance - Manual describes physical hands-on help to manipulate limbs into the correct position.

A. Guidance - Visual

B. Guidance - Verbal

C. Practice - Fixed

D. Guidance - Manual

The concept here is the different ways a coach helps a learner perform a movement. Manual guidance means the coach uses physical touch to move and position the learner's limbs so the correct alignment and sequence are felt directly. This hands-on help lets the learner experience how the movement should feel, which is especially useful for complex or unfamiliar tasks and for safety. The description given precisely matches manual guidance: physical hands-on assistance to manipulate limbs into the correct position. Visual guidance would involve demonstrations or pictures, verbal guidance is about spoken instructions, and practice - fixed is a type of practice method, not a guidance type, so they don't fit as well. Manual guidance is most appropriate for enabling initial learning and developing kinaesthetic awareness before fading out the support.

SAMPLE

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:

<https://wjecgcsepe.examzify.com>

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

SAMPLE