

WJEC GENERAL CERTIFICATE OF SECONDARY EDUCATION (GCSE) PE PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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THE FULL VERSION STUDY GUIDE

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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

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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. In a bicep curl, which muscle acts as the agonist (prime mover)?**
 - A. Bicep
 - B. Tricep
 - C. Deltoid
 - D. Abdominals
- 2. Cranium refers to which bone?**
 - A. Spine
 - B. Ribcage
 - C. Pelvis
 - D. Skull
- 3. Which statement best describes specific goals?**
 - A. Should be as specific as possible regarding what you want to achieve
 - B. Should be vague to allow flexibility
 - C. Should be the same for everyone
 - D. Should be unmeasurable
- 4. What does Output refer to in IPM?**
 - A. The data processed by the brain
 - B. The physical action performed by the performer
 - C. The evaluation of performance
 - D. The memory of past performances
- 5. Which energy system is used during low-intensity exercise?**
 - A. ATP-PC system
 - B. Anaerobic/Lactic acid system
 - C. Aerobic system
 - D. Oxygen debt
- 6. Which surface issue should be checked to reduce injury risk?**
 - A. Litter in the playing area
 - B. Weather
 - C. Lumps in the earth
 - D. Holes in the ground

7. Which bones form the ankle region?

- A. Tibia
- B. Carpals
- C. Tarsals
- D. Phalanges

8. The deltoid muscle is located at the back of the shoulder.

- A. Upper arm muscle
- B. Chest
- C. Abs
- D. Back of the shoulder

9. External feedback is information from outside the performer. Which option best matches this?

- A. Internal feedback
- B. Knowledge of performance
- C. External feedback
- D. Kinaesthetic feedback

10. Agreeing on goals with a coach helps to...

- A. Increase ownership and confidence
- B. Remove accountability
- C. Ensure goals are easy
- D. Eliminate need for measurement

Answers

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

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Explanations

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1. In a bicep curl, which muscle acts as the agonist (prime mover)?

- A. Bicep
- B. Tricep
- C. Deltoid
- D. Abdominals

In a bicep curl, the elbow flexion is produced mainly by the biceps brachii, which contracts and shortens to lift the forearm. This makes it the agonist, the primary muscle driving the movement. The triceps sits on the opposite side of the elbow and lengthens as the curl happens, acting as the antagonist to control the motion and prevent the elbow from extending too quickly. The deltoid can help stabilize the shoulder and may assist a bit with the overall positioning, but it is not the main elbow flexor. The abdominals aren't involved in this elbow action.

2. Cranium refers to which bone?

- A. Spine
- B. Ribcage
- C. Pelvis
- D. Skull

Cranium describes the part of the skeleton that protects the brain. It is the upper part of the skull formed by several bones that fuse together to create a protective case around the brain. The jawbone is not part of the cranium, being part of the facial skeleton instead. The spine, ribcage, and pelvis are separate skeletal structures and do not enclose the brain. So cranium refers to the skull.

3. Which statement best describes specific goals?

- A. Should be as specific as possible regarding what you want to achieve
- B. Should be vague to allow flexibility
- C. Should be the same for everyone
- D. Should be unmeasurable

Specific goals give you a clear target to work toward. When a goal is precise about exactly what you want to achieve, you can break it down into concrete steps, choose the right practice activities, and plan your training to reach that exact outcome. It also makes it easy to know when you've hit the target, so progress can be measured and kept motivating. That's why the statement about being as specific as possible regarding what you want to achieve is the best choice. If goals are vague, you're unsure what to improve or practice. If they're unmeasurable, you can't tell whether you've improved. If goals are the same for everyone, they don't account for individual starting points or needs. And aiming for something that's unmeasurable or too flexible makes it hard to focus and track progress.

4. What does Output refer to in IPM?

- A. The data processed by the brain
- B. The physical action performed by the performer**
- C. The evaluation of performance
- D. The memory of past performances

In IPM, Output is the actual motor action produced by the performer—the movement that happens once the brain has made a decision. It's the observable physical response, like the kicking motion in football or the swing of a bat, driven by the brain sending commands to the muscles. Think of it as the transition from thought to action: sensing the situation (input), processing that information (deciding what to do), and then carrying out the chosen action (output). The other ideas in the options relate to other stages: data processed by the brain describes input and processing, the evaluation of performance is feedback after the action, and the memory of past performances relates to memory or retrieval.

5. Which energy system is used during low-intensity exercise?

- A. ATP-PC system
- B. Anaerobic/Lactic acid system
- C. Aerobic system**
- D. Oxygen debt

Low-intensity exercise relies on aerobic metabolism because the body can deliver enough oxygen to the working muscles to meet the energy demand. In the aerobic system, glucose and fats are broken down in the mitochondria using oxygen to produce ATP, which can fuel activity for longer periods without quickly causing fatigue. While this system works slower than the immediate energy you get from the ATP-PC system, it lasts much longer, making it ideal for sustained, easy to moderate efforts. The ATP-PC system provides energy for very short, explosive bursts (about up to 10 seconds) and the anaerobic/lactic system becomes important at higher intensities when oxygen delivery can't keep up, producing lactate. Oxygen debt is about the extra oxygen needed after exercise to recover, not the energy source during the activity. So, for low-intensity work, the aerobic system is the main supplier of energy.

6. Which surface issue should be checked to reduce injury risk?

- A. Litter in the playing area
- B. Weather
- C. Lumps in the earth
- D. Holes in the ground**

When preparing a playing surface, the priority is to keep the ground even and free from defects that can cause a fall. A hole in the ground is a surface defect that creates an abrupt change in level. If a player's foot drops into a hole, they can twist an ankle or fall, especially during running or rapid changes of direction. Holes are particularly dangerous because they can be hidden by grass and spotted only when you inspect the area closely, so checking for and filling them reduces the risk of serious injury. Litter in the playing area and weather can affect safety, but they're not surface defects in the same way. Litter is a general hazard that can cause slips or trips, and weather can change grip or footing, but neither addresses a specific unsafe feature of the surface itself. Lumps in the earth are irregularities that can also cause trips, yet holes present the most immediate and severe risk because of the sudden drop and the potential to catch an foot or ankle. Regularly inspecting for holes and repairing them helps keep the surface predictable and safer for activity.

7. Which bones form the ankle region?

- A. Tibia
- B. Carpals
- C. Tarsals**
- D. Phalanges

The ankle region is formed by the tarsal bones in the foot. These seven small bones sit in the hindfoot and midfoot and create the joint with the lower leg bones. The key ankle bone among them is the talus, which sits between the tibia and fibula above and the rest of the foot below, allowing the ankle to move. That's why the correct option is tarsals. The other options belong to different parts of the body: carpals are in the wrist, phalanges are the toe bones, and while the shin bone (tibia) forms part of the ankle joint, it isn't the group of bones that defines the ankle region.

8. The deltoid muscle is located at the back of the shoulder.

- A. Upper arm muscle
- B. Chest
- C. Abs
- D. Back of the shoulder**

Where the deltoid sits on the body. The deltoid is the large rounded muscle that cover the shoulder joint, attaching across the shoulder blade and collarbone to the upper arm. It wraps around the shoulder with three parts: front, middle, and back, so it sits over the shoulder from the front to the back. Describing it as at the back of the shoulder best captures its location on the shoulder region, especially its posterior portion, rather than being in the chest, abdomen, or upper arm. The other areas refer to different muscle groups entirely.

9. External feedback is information from outside the performer. Which option best matches this?

- A. Internal feedback
- B. Knowledge of performance
- C. External feedback**
- D. Kinaesthetic feedback

Feedback in sport can come from inside the body or from outside. External feedback is information that comes from sources outside the performer, such as a coach, video analysis, judges, or spectators. This fits the description precisely because it highlights the origin of the information being external to the body's own sensing system. In contrast, internal or kinaesthetic feedback comes from the performer's own sensations and movement experiences, while knowledge of performance refers to information about how the movement was performed, which can be provided by others but is still centered on the outcome or quality of the movement rather than the source itself. So, when the statement says information from outside the performer, the best match is external feedback.

10. Agreeing on goals with a coach helps to...

A. Increase ownership and confidence

B. Remove accountability

C. Ensure goals are easy

D. Eliminate need for measurement

Agreeing on goals with a coach gives you ownership and confidence because you're actively involved in deciding what you're aiming for and how you'll achieve it. When you help set the targets and the plan, the goals become meaningful to you, so you're more committed and motivated to put in the effort. A clear path and agreed checkpoints also help you see progress, which strengthens belief in your ability to succeed. This process naturally creates accountability, since both you and the coach know the expectations and when progress will be reviewed. The idea isn't to make goals easy, and it isn't about removing accountability or getting rid of measurement—tracking progress is essential to know if you're moving toward the goal.

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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!

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