



Western Australian Certificate of Education Examination, 2014

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PHYSICAL EDUCATION STUDIES

Practical (performance) examination Athletics

Time allowed

Warm-up: 30 minutes
Skills and Drills: 75 minutes

Materials required

To be provided at the venue

Non-personal equipment required for Athletics

To be provided by the candidate

No special equipment required

Structure of the examination

The WACE Physical Education Studies examination consists of a written component worth 70 per cent of the total examination score and a practical (performance) component worth 30 per cent of the total examination score.

Structure of this practical (performance) examination

Sections and criteria	Marks available	Percentage of total exam
Individual skills		
• Skill 1	18	15
• Skill 2	18	
• Skill 3	18	
Conditioned performance		
• 1	20	15
• 2	20	
• 3	20	
Total		30

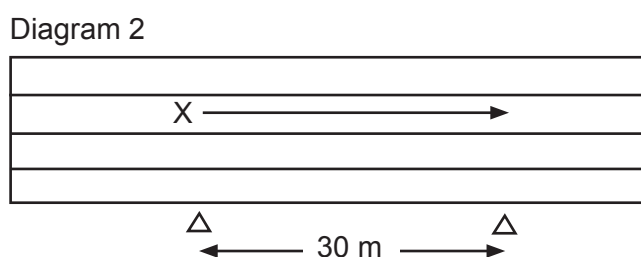
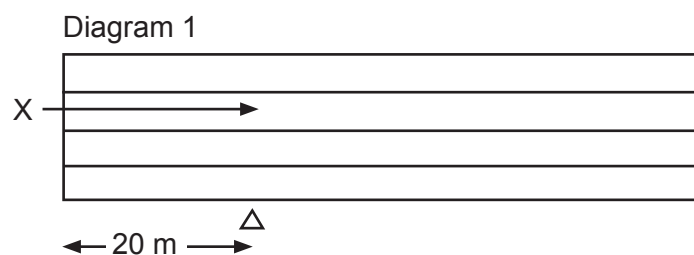
Instructions to candidates

1. You are required to wear clothing and personal playing and safety equipment that is approved for competition by the sport's governing body.
2. Clothing must not identify you, your school, club or achievements, and it is requested that you wear black, navy or white shirts for the examination.
3. You are required to report to a supervisor to register for the practical examination 30 minutes before your scheduled examination time.
4. Once your attendance has been recorded you will be given a coloured, numbered bib to wear for the examination and directed to a supervised warm up area.
5. Just prior to the scheduled examination time you will be escorted from the warm up area to the examination area.

SECTION ONE – Skills Performance**1. Skills set**

Skill 1 Run	Skill 2 Jump	Skill 3 Throw
100 m	Triple jump	Shot put

Drill #1: 100 m



Key X = athlete
 Δ = marker
 → = athlete movement

Drill description

Part 1 (diagram 1): start

1. Athletes set up starting blocks for commencement of 100 m race.
2. On examiner's commands each athlete performs a series of starts and accelerates for 20 m.

Part 2 (diagram 2): run technique

3. Athletes perform drill over 3 sets of 30 m to demonstrate running technique.

Drill #2: Triple jump

Diagram 1

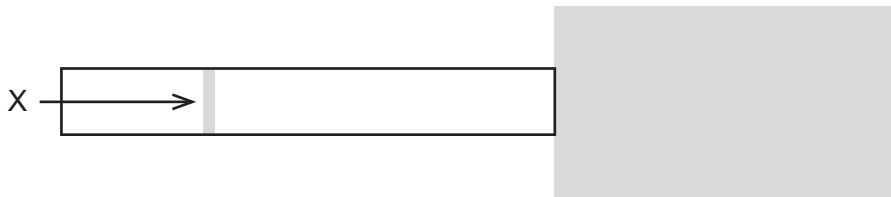


Diagram 2

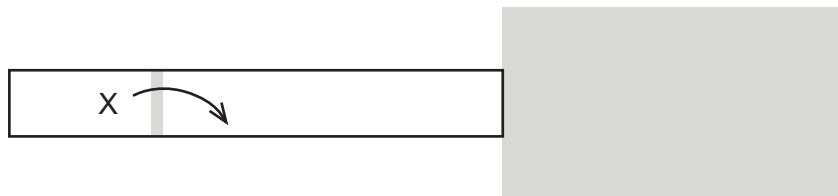
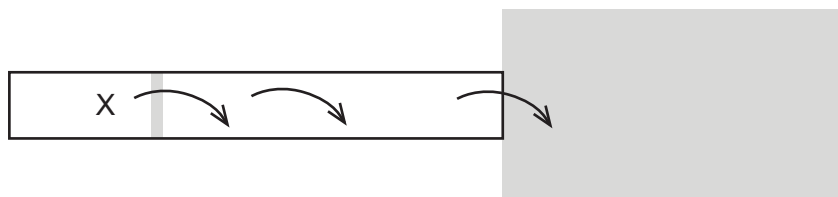


Diagram 3



Key X = athlete
 → = athlete movement

Drill description*Part 1 (diagram 1): Approach - run up and hitting take-off board*

1. Each athlete to measure and mark an appropriate run up.
2. On command from the examiner, each athlete to perform a run up and take off into the 'hop' phase.

Part 2 (diagram 2): Hop and step phase

3. On command from the examiner, each athlete to perform a run up and execute the hop and step phase of the triple jump.

Part 3 (diagram 3): Focussing on jump take off and landing

4. On command from the examiner, each athlete to perform a triple jump, with emphasis on correct landing.

See next page

Drill #3: Shot put

Diagram 1

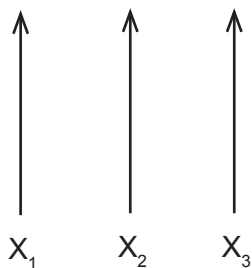
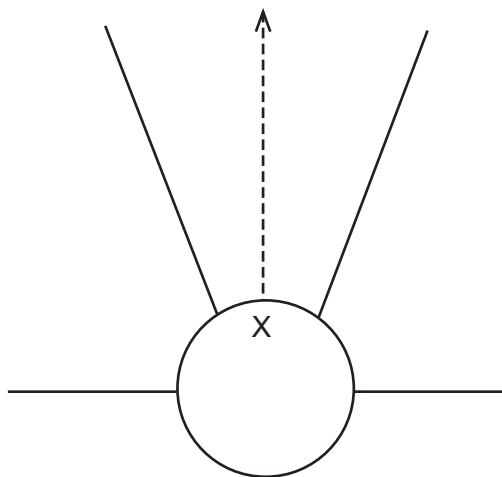


Diagram 2



Key	X	= athlete
	△	= marker
	→	= athlete movement
	- →	= implement movement

Drill description

Part 1 (diagram 1): grip and stance

1. From standing start, demonstrate correct grip and release.

Part 2 (diagram 2): standing throw

2. Each athlete stands at the top of the throwing circle.
3. Throwing technique is demonstrated from a standing put.

Part 3 (diagram 2): technique

4. Each athlete utilises the throwing circle to demonstrate shot put technique.

SECTION TWO – Conditioned Performance (20 marks)

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	100 m track; triple jump pit; shot put circle
SPECIFY NUMBER OF PLAYERS	N/A
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Athletes are to attempt optimal performance in each of the events
SPECIFY ROLES OR GOALS OF PLAYER(S)	Each athlete will receive up to 3 attempts to achieve a best time in the 100m and maximum distance in the triple jump and shot put.
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	N/A

Points will be allocated for the best performance based on IAAF Scoring Tables.

ATHLETICS COMPETITIVE PERFORMANCE STANDARDS

Marks allocation

Performance standards were calculated using the IAAF Scoring Tables. Equivalent scores are as follows:

Marks	Points	Implement specifications	
10	650	Hurdles	Males – 110m at 91cm (H)
9	600		Females – 100m at 76cm (H)
8	550	Shot Put	Males – 5kg
7	500		Females – 3kg
6	450	Discus	Males – 1.5kg
5	400		Females – 1kg
4	350		
3	300		
2	250		
1	200		
0	<200		

Males										
Marks	Track events					Jumps			Throws	
	100m (sec)	200m (sec)	400m (sec)	800m (min/sec)	Hurdles (sec)	Long (m)	Triple (m)	High (m)	Shot Put (m)	Discus (m)
10	12.00	24.49	53.76	2:16.2	16.76	6.29	13.58	1.83	12.71	39.26
9	12.26	25.07	54.97	2:20.4	17.23	6.06	13.18	1.77	11.9	36.8
8	12.53	25.68	56.25	2:24.7	17.73	5.83	12.77	1.71	11.07	34.3
7	12.81	26.31	57.57	2:29.3	18.25	5.59	12.35	1.64	10.24	31.78
6	13.1	26.97	58.94	2:33.9	18.8	5.35	11.92	1.58	9.4	29.3
5	13.41	27.66	60.4	2:38.9	19.38	5.09	11.47	1.52	8.56	26.7
4	13.74	28.40	61.94	2:44.3	19.99	4.83	11.01	1.45	7.72	24.09
3	14.08	29.18	63.57	2:49.9	20.64	4.56	10.53	1.38	6.88	21.5
2	14.47	30.03	65.32	2:56.00	21.35	4.27	10.03	1.30	6.02	18.8
1	14.87	30.95	67.27	3:02.7	22.14	3.97	9.50	1.22	5.15	16.08
0	>14.87	>30.95	>67.27	>3:02.7	>22.14	<3.97	<9.50	<1.22	<5.15	<16.08

Females										
Marks	Track events					Jumps			Throws	
	100m (sec)	200m (sec)	400m (sec)	800m (sec)	Hurdles (sec)	Long (m)	Triple (m)	High (m)	Shot Put (m)	Discus (m)
10	13.71	27.76	61.26	2:33.51	16.53	5.33	11.66	1.53	11.83	39.77
9	14.02	28.39	62.56	2:37.66	16.97	5.15	11.35	1.48	11.07	37.20
8	14.35	29.06	63.94	2:42.00	17.42	4.97	11.02	1.44	10.31	34.60
7	14.70	29.75	65.37	2:46.60	17.89	4.78	10.69	1.39	9.55	31.96
6	15.05	30.46	66.85	2:51.30	18.38	4.59	10.36	1.34	8.78	29.34
5	15.42	31.22	68.40	2:56.37	18.90	4.39	10.01	1.29	8.01	26.67
4	15.82	32.03	70.08	3:01.70	19.44	4.18	9.65	1.24	7.23	23.94
3	16.23	32.87	71.81	3:07.30	20.03	3.97	9.27	1.19	6.45	21.25
2	16.70	33.80	73.74	3:13.50	20.66	3.74	8.87	1.13	5.66	18.45
1	17.19	34.81	75.83	3:20.31	21.35	3.50	8.45	1.07	4.87	15.59
0	>17.19	>34.81	>75.83	>3:20.31	>21.35	<3.50	<8.45	<1.07	<4.87	<15.59

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