



Western Australian Certificate of Education Examination, 2015

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PHYSICAL EDUCATION STUDIES

Practical (performance) examination Swimming

Time allowed

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

Materials required

To be provided at the venue

Non-personal equipment required for Swimming

To be provided by the candidate

Bathers that conform to Swimming Australia regulations

<http://swimming.org.au/news/index.cfm?fuseaction=NewsItem&NewsID=6464>

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	6	15
• Skill 2	6	
• Skill 3	6	
• Skill 4	6	
• Skill 5	6	
Conditioned performance	20	15
	Total	30

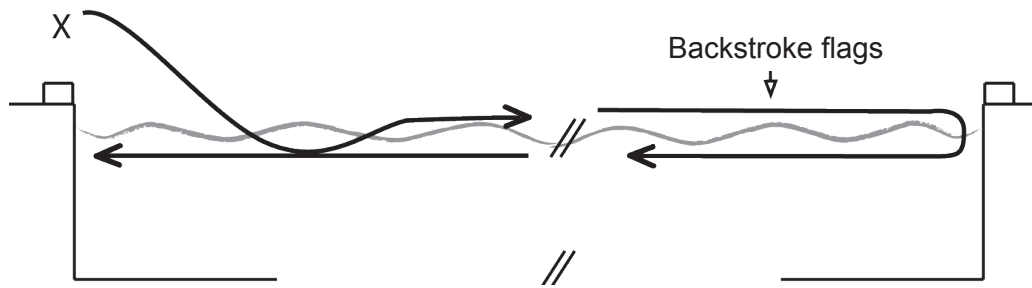
Instructions to candidates

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 40 minutes before your scheduled examination time.
4. Once your attendance has been recorded you will be given a coloured cap 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	Skill 2	Skill 3	Skill 4	Skill 5
Breaststroke technique	Breaststroke turn	Backstroke technique	Track start	Butterfly technique

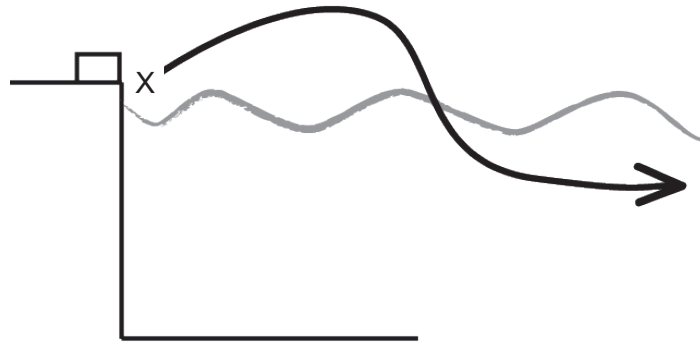
Drill #1: Breaststroke technique, Breaststroke turn



Key: X = swimmer
→ = swimmer movement

Drill description

1. Following the starter's command, the swimmer demonstrates a track start and transition to breaststroke.
2. The swimmer performs breaststroke continuously for 50 m.
3. The swimmer demonstrates a breaststroke turn at the 50 m end of the pool.
4. The swimmer continues to swim breaststroke for a further 5 m after performing the turn.

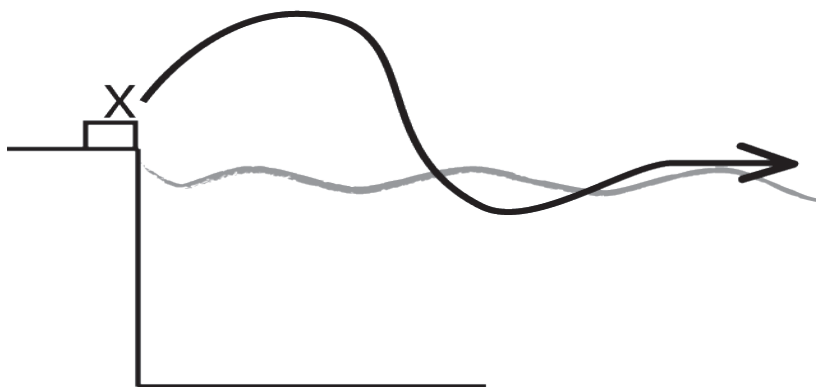
Drill #2: Backstroke technique

Key: X = swimmer
→ = swimmer movement

Drill description

1. Following the starter's command, the swimmer demonstrates a backstroke start.
2. The swimmer performs backstroke for 50 m.

Drill #3: Track start, Butterfly technique



Key: X = swimmer
→ = swimmer movement

Drill description

1. Following the starter's command, the swimmer demonstrates a track start and transition to butterfly.
2. The swimmer performs butterfly stroke for 35 m mark

SECTION TWO – Conditioned Performance

(20 marks)

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	One lane of a swimming pool
SPECIFY NUMBER OF PLAYERS	1 swimmer per lane
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Timed 100 m freestyle swim (10 marks)
SPECIFY ROLES OR GOALS OF PLAYER(S)	Race conditions and tactics (10 marks) Skills – Freestyle Technique, start, turn and finish
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Freestyle using gender-based swimming standards.

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