



PHYSICAL EDUCATION STUDIES

Practical (performance) examination 2016

BADMINTON

Marking Key

Marking keys are an explicit statement about what the examiner expects of candidates when they respond to a question. They are essential to fair assessment because their proper construction underpins reliability and validity.

Time allocated

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

Materials required

To be provided at the venue - shuttlecocks

To be provided by the candidate

Badminton racquet and non-marking athletic shoes

Structure of the examination

The Physical Education Studies examination comprises a written examination worth 70% of the total examination score and a practical (performance) examination worth 30% of the total examination score.

Structure of this practical (performance) examination

Sections and criteria	Marks available	Percentage of total exam
Individual skills		
• Skill 1 Forehand drive	6	15
• Skill 2 Forehand underarm net tumble	6	
• Skill 3 Forehand low serve	6	
• Skill 4 Backhand underarm clear	6	
• Skill 5 Backhand overhead clear	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 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.

Skill Descriptors

Markers will typically assess skill from a holistic view rather than by focussing on a detailed anatomy of its parts. The following points may be useful to guide Physical Education Studies practical (performance) examination markers in what to look for when marking each skill.

What is Motor Skill?

Motor skill may be defined as the execution of a goal directed action with efficiency, speed, power and accuracy. In Physical Education Studies we are looking mainly for efficiency and accuracy in a smooth coordinated movement. Skills should be performed at a rate that is close to 'game pressure'.

Descriptors of skill

In most sport skills, there are three distinct phases i.e. preparation, execution and completion, and a desired movement outcome. Markers will focus on these following four aspects when marking:

1. Preparation Phase e.g.
 - Correct grip on implement
 - Positioning (e.g. foot behind fault line, centring in squash, making space in AFL)
 - Balanced posture during wind-up (e.g. backswing, counter-movements)
2. Execution Phase e.g.
 - Smooth transition (acceleration) of force from larger muscles to peripheral muscles (coordination - the kinetic chain)
 - Core body control maintained (e.g. trunk, head position)
 - Action in line of movement (movement efficiency)
 - Force/power applied at appropriate time
 - Position of implement controlled throughout
 - Efficient use of energy
3. Completion Phase e.g.
 - After execution of action candidate regains position for next action
 - Correct follow-through in kicking, striking skills
4. Movement outcome e.g.
 - Action results in accurate delivery of ball/shuttle to target position, in time as intended etc. On some occasions this will be incorporated in the completion phase.

Marking

How do we translate these principles to a marking key? As each sport is so different this generic set of descriptors needs to be interpreted in terms of the physical demands as well as skill demands of each sport, its rules and general game play.

Breaking of sport specific rules

A candidate who breaks the rules of the sport, but who otherwise performs at any standard, will have one mark deducted for each rule that is consistently breached.

SECTION ONE – Skills Performance

Skill 1: Forehand drive

A. SKILL – demonstration of skills in competitive situations will be assessed taking into account the combination of four elements of an action i.e. consistency, precision, fluency and control.

B. CONTEXT – game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking.

C. KEY SKILL COMPONENTS

Preparation

- Body balanced as racquet foot steps to side tramlines
- Racquet back behind the shoulder with back of hand facing floor

Execution

- Transfer weight onto the racquet foot at impact
- Extend arm
- Arm pronates, hitting shuttle with force
- Trajectory: shuttle travels fast and flat skimming the net

Completion/Outcome

- Follow through in the direction of the shot
- Shuttle lands in target area located in the back corner of the court at the junction of the two sets of tram lines

D. MARK ALLOCATION

Mark	Observable key skill components described in C: Preparation, Execution, Completion, and Outcome
6	Always demonstrates the observation points
5	Almost always demonstrates the observation points
4	Demonstrates reasonable skill level more than 50% of the time
3	Demonstrates adequate skill level approximately 50% of the time
2	Demonstrates adequate skill level less than 50% of the time
1	Rarely demonstrates adequate skill level
0	Does not demonstrate minimum skill level

Skill 2: Forehand underarm net tumble

A. SKILL – demonstration of skills in competitive situations will be assessed taking into account the combination of four elements of an action i.e. consistency, precision, fluency and control.

B. CONTEXT – game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking.

C. KEY SKILL COMPONENTS

Preparation

- Body square to the net with racquet foot slightly forward
- Non-racquet arm balancing the body
- Racquet kept forward – in front of the body
- Racquet face parallel to the floor – back of hand facing downwards

Execution

- Step forward with racquet leg
- Extend racquet arm to net height
- Contact shuttle with minimal arm swing
- Trajectory: shuttle ‘tumbles’ over and close to the net

Completion/Outcome

- Push back with both legs to base position
- Shuttle lands just over the net

D. MARK ALLOCATION

Mark	Observable key skill components described in C: Preparation, Execution, Completion, and Outcome
6	Always demonstrates the observation points
5	Almost always demonstrates the observation points
4	Demonstrates reasonable skill level more than 50% of the time
3	Demonstrates adequate skill level approximately 50% of the time
2	Demonstrates adequate skill level less than 50% of the time
1	Rarely demonstrates adequate skill level
0	Does not demonstrate minimum skill level

Skill 3: Forehand low serve

A. SKILL – demonstration of skills in competitive situations will be assessed taking into account the combination of four elements of an action i.e. consistency, precision, fluency and control.

B. CONTEXT – game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking.

C. KEY SKILL COMPONENTS

Preparation

- Body slightly side-on to the net with non-racquet foot forward
- Body weight evenly balanced
- Shortened forehand grip
- Racquet commences behind/side of the body
- Shuttle held in cup style (C-shape) out in front of leading foot

Execution

- Shuttle guided over the net with a pushing movement
- Contact point in front of the body
- Trajectory: shuttle skims the net

Completion/Outcome

- Minimum follow through with racquet head facing direction of the shot
- Shuttle lands in the target area located in the front centre corner of the service court

D. MARK ALLOCATION

Mark	Observable key skill components described in C: Preparation, Execution, Completion, and Outcome
6	Always demonstrates the observation points
5	Almost always demonstrates the observation points
4	Demonstrates reasonable skill level more than 50% of the time
3	Demonstrates adequate skill level approximately 50% of the time
2	Demonstrates adequate skill level less than 50% of the time
1	Rarely demonstrates adequate skill level
0	Does not demonstrate minimum skill level

Skill 4: Backhand underarm clear

A. SKILL – demonstration of skills in competitive situations will be assessed taking into account the combination of four elements of an action i.e. consistency, precision, fluency and control.

B. CONTEXT – game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking.

C. KEY SKILL COMPONENTS

Preparation

- Racquet foot steps across body to side tramlines
- Racquet arm across the body
- Elbow pointing to the floor
- Racquet up above the shoulder
- Weight on racquet foot

Execution

- Point of contact in front of the body
- Swing racquet down, under the shuttle
- Contact shuttle with a firm underarm hit
- Trajectory: shuttle hit deep

Completion/Outcome

- Follow through in the direction of the shot
- Shuttle lands in the target area located in the back corner of the court at the junction of the two sets of tram lines

D. MARK ALLOCATION

Mark	Observable key skill components described in C: Preparation, Execution, Completion, and Outcome
6	Always demonstrates the observation points
5	Almost always demonstrates the observation points
4	Demonstrates reasonable skill level more than 50% of the time
3	Demonstrates adequate skill level approximately 50% of the time
2	Demonstrates adequate skill level less than 50% of the time
1	Rarely demonstrates adequate skill level
0	Does not demonstrate minimum skill level

Skill 5: Backhand overhead clear

A. SKILL – demonstration of skills in competitive situations will be assessed taking into account the combination of four elements of an action i.e. consistency, precision, fluency and control.

B. CONTEXT – game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking.

C. KEY SKILL COMPONENTS

Preparation

- Body turned towards side tramlines so back of the body faces the net
- Lead with elbow up
- Weight on racquet foot
- Elbow up with racquet dropped behind the head

Execution

- Contact shuttle as high as possible
- Extend arm fully on contact
- Contact shuttle with a strong, firm hit
- Return body square to net
- Trajectory: shuttle travels high and deep

Completion/Outcome

- Follow through in the direction of the shot
- Shuttle lands in the target area located in the back corner of the court at the junction of the two sets of tram lines

D. MARK ALLOCATION

Mark	Observable key skill components described in C: Preparation, Execution, Completion, and Outcome
6	Always demonstrates the observation points
5	Almost always demonstrates the observation points
4	Demonstrates reasonable skill level more than 50% of the time
3	Demonstrates adequate skill level approximately 50% of the time
2	Demonstrates adequate skill level less than 50% of the time
1	Rarely demonstrates adequate skill level
0	Does not demonstrate minimum skill level

SECTION TWO - Conditioned performance

A. SKILL – demonstration of skills in competitive situations will be assessed taking into account the combination of four elements of an action i.e. consistency, precision, fluency and control.

B. CONTEXT – game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking.

C. KEY SKILL COMPONENTS

Tactical problems	Off-the-shuttle skills	On-the-shuttle skills
SCORING (ATTACK) – 10 marks		
Setting up an attack opportunity	<ul style="list-style-type: none"> ▪ Maintain central court position (get back to base) 	<ul style="list-style-type: none"> ▪ Overhead clear – forehand, backhand ▪ Overhead drop shot – forehand, backhand ▪ High serve ▪ Flick serve ▪ Drive – forehand and backhand
Winning the point	<ul style="list-style-type: none"> ▪ Quick movement to shuttle ▪ Meeting shuttle early – above net height ▪ Holding racquet high out in front of body ▪ Awareness of opponent's position ▪ Anticipation of play 	<ul style="list-style-type: none"> ▪ Smash ▪ Attacking the serve ▪ Attacking drop shot ▪ Control the net with net tumbles ▪ Net attack shot
PREVENTING SCORING (DEFENCE) – 10 marks		
Defending on own side of the net	<ul style="list-style-type: none"> ▪ Recovery to base with quick footwork ▪ Holding racquet out in front of body ▪ Be patient and move to retrieve all shots back into play ▪ Anticipation of play 	<ul style="list-style-type: none"> ▪ Low serve ▪ Underarm – clear forehand and backhand ▪ Overhead – clear forehand and backhand ▪ High serve
Defending against an attacking player	<ul style="list-style-type: none"> ▪ Keep moving to keep rally going ▪ Be patient ▪ Play to opponent's weaknesses ▪ Re-gain the attack position 	<ul style="list-style-type: none"> ▪ Push shuttle flat (drives) ▪ Hit shuttle away into furthest corners ▪ Return the smash with a forehand or backhand underarm clear/ block ▪ Return the drop shot with net tumble ▪ Return fast flat drives by meeting shuttle early

D. MARK ALLOCATION

Mark	Observable key skill components described in C: Use of space, Positioning, Execution, and Decision-making
9 – 10	Always demonstrates skills at an exceptional level under pressure
7 – 8	Consistently demonstrates skills under pressure
5 – 6	Frequently demonstrates appropriate skills, but not as intense as (7–8)
3 – 4	Demonstrates adequate skill level
1 – 2	Demonstrates low level of skill
0	Does not demonstrate minimum skill level

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