



Western Australian Certificate of Education ATAR course examination, 2016

PHYSICAL EDUCATION STUDIES

Practical (performance) examination Hockey

Time allowed

Warm up: 30 minutes
Skills and Drills: 75 minutes

Materials required

To be provided at the venue

Non-personal equipment required for Hockey

To be provided by the candidate

Hockey stick, shin and mouth protection, footwear suitable for a synthetic playing surface

Structure of the examination

The Physical Education Studies ATAR course examination consists of a written component and a practical (performance) component.

Criteria for marking the practical (performance) examination

Criteria	Marks available	Percentage of practical examination
Skills performance	30	50
Conditioned performance	20	50
Total		100

Instructions to candidates

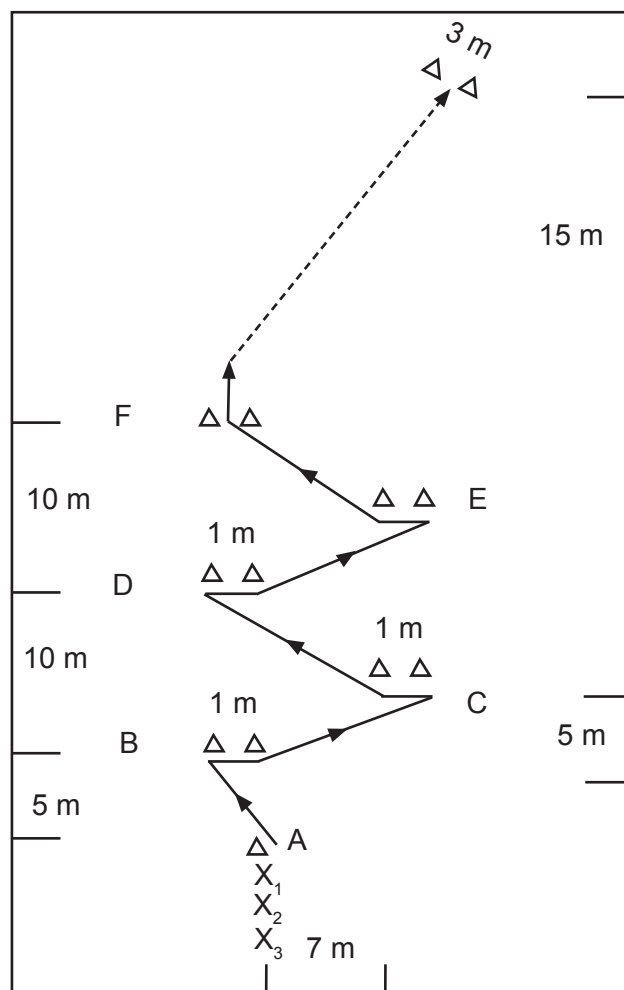
1. You are required to wear clothing and personal playing and safety equipment that is approved for competition by the sport's governing body.
2. Clothing must not identify you, your school, club or achievements, and it is requested that you wear black, navy or white shirts for the examination.
3. You 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, 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.
6. You must follow the requirements for this examination published in the *Physical Education Studies ATAR course Practical (performance) examination requirements 2016* document.

SECTION ONE – Skills Performance

1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Drag to eliminate	Hit	Flat stick tackle	Trap	Flick

Drill #1: Drag to eliminate, Hit



Distance between markers B to D = 10 m
Distance between markers B to C = 7m
Distance for hit = 15 m

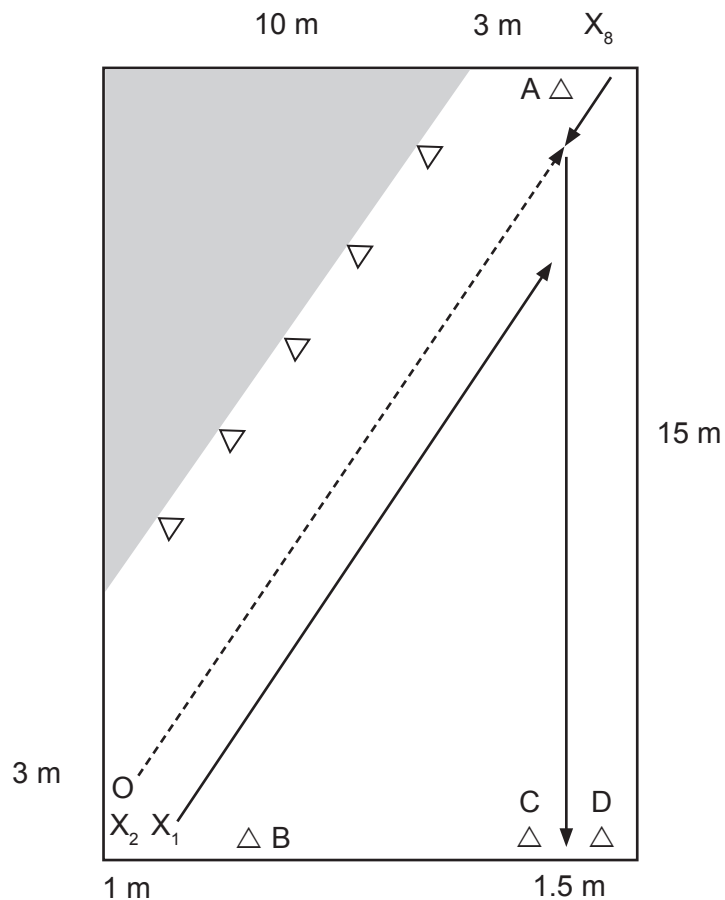
Key: X = player
O = feeder
△ = marker
————→ = player movement
-----→ = ball movement

Drill Description

1. Player X_1 starts at marker A.
2. Player X_1 dribbles towards the two markers at B and drags the ball from left to right.
3. Player X_1 then dribbles the ball towards the two markers at C and drags the ball from right to left.
4. Player X_1 dribbles the ball and performs a drag at the markers positioned at D (left to right) and E (right to left)
5. Player X_1 dribbles the ball between the two markers at F.
6. Player X_1 gains control of the ball and performs a hit through the 3 m target gate.

See next page

Drill #2: Flat stick tackle



Key:

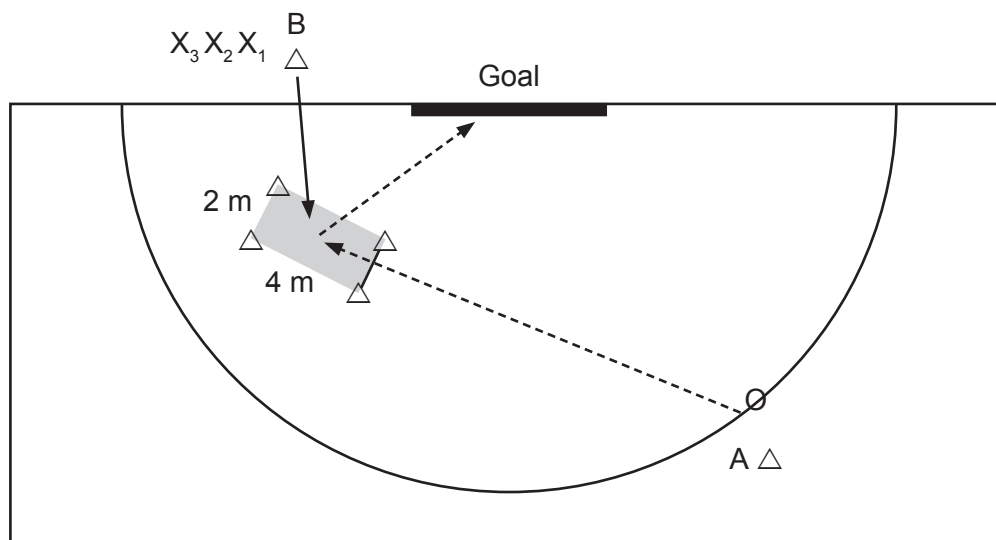
X	= player
O	= feeder
△	= marker
→	= player movement
- - - - ->	= ball movement

Drill Description

1. Attacker X_8 starts at marker A.
2. Defender X_1 starts at marker B.
3. Ball starts with the feeder positioned next to the Defender who makes a strong pass to X_8 .
4. X_8 attempts to dribble the ball between markers C and D and must stay inside marked zone area.
5. X_1 must push up to channel X_8 on the forehand stick side and engage to tackle using a flat stick tackle.
6. Rotation – X_2 becomes Defender, X_1 is the new Attacker and X_8 moves to back of the Defenders line.

See next page

Drill #3: Trap, Flick



- Key:**
- X = player
 - O = feeder
 - △ = marker
 - = player movement
 - = ball movement

Drill Description

1. Feeder starts with the ball outside the shooting circle/D at marker A.
2. Player X₁ starts outside the baseline at marker B.
3. Player X₁ moves inside the shooting circle/D and makes a lead into the designated area.
4. Feeder makes a strong pass to Player X₁ inside the designated area.
5. Player X₁ traps the ball and flicks the ball into the goal. Both skills are executed inside the designated area.
6. Player X₁ should attempt to score a goal using a flick shot with the ball finishing above the board at the back of the goal.

SECTION TWO – Conditioned Performance

(20 marks)

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Half field
SPECIFY NUMBER OF PLAYERS	4 vs 4
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Creating a scoring opportunity from a hit in from the side of the half way line.
SPECIFY ROLES OR GOALS OF PLAYER(S)	A player from X hits the ball in to his team mates. X ₁ to X ₄ try to score a goal. Y ₁ to Y ₄ defend to get the ball out over half way.
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Change offence and defence after 5 minutes

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Published by the School Curriculum and Standards Authority of Western Australia
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