



## ATAR course examination, 2019

# PHYSICAL EDUCATION STUDIES

## Practical (performance) examination Australian football

### Time allowed

Warm up: 30 minutes  
Skills and drills: 75 minutes

### Materials required

*To be provided at the venue*

Non-personal equipment required for Australian football

*To be provided by the candidate*

Enclosed shoes or boots

## 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
<b>Total</b>		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 a white shirt 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 you will be 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 2019* document.

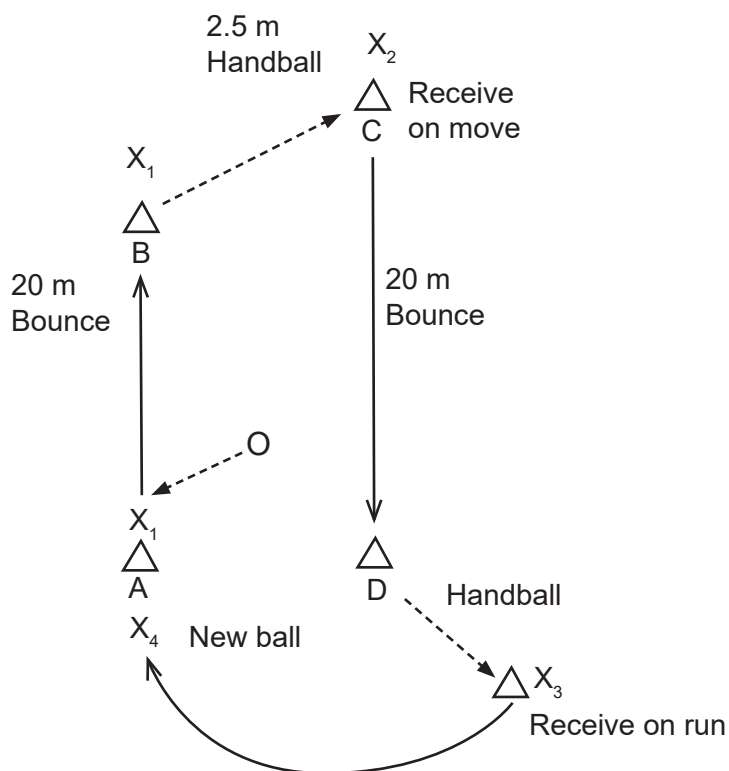
## SECTION ONE – Skills Performance

## 1. Skills set

(30 Marks)

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Handball	Bounce	Overhead mark	Running drop punt	Picking up the ball

Drill #1: Handball, Bounce



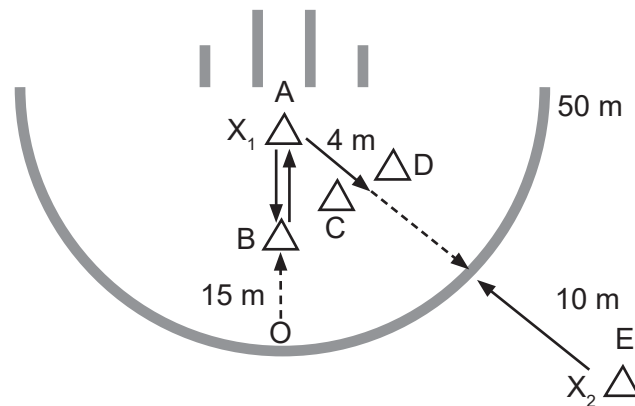
**Key:**

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

**Drill description:**

1. The feeder O rolls the ball to player X<sub>1</sub> using a flat roll. The ball should be rolled at medium intensity.
2. Player X<sub>1</sub> starts at marker A, moves forward and picks up the moving ball.
3. Player X<sub>2</sub> starts at marker C and runs forward to receive handball from X<sub>1</sub>. X<sub>2</sub> then runs, bouncing the ball, toward marker D.
4. X<sub>2</sub> handballs to X<sub>3</sub> who runs around and behind X<sub>4</sub>.

**Drill #2:** Overhead mark, Running drop punt

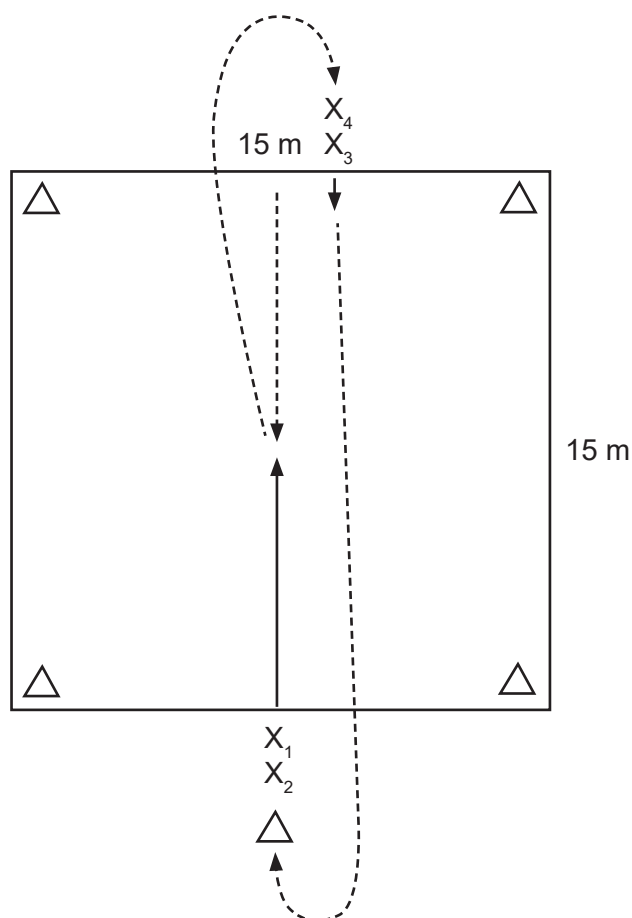


- Key:**
- X = player
  - O = feeder
  - △ = marker
  - = player movement
  - = ball movement

**Drill description:**

1. Player X<sub>1</sub> starts at marker A.
2. The feeder O kicks the ball to Player X<sub>1</sub> who moves forward to take an overhead mark at marker B.
3. Player X<sub>1</sub> pushes back 5 m towards marker A then plays on and moves forward on a 45° angle through Markers C and D that are 4 m apart.
4. Player X<sub>2</sub> starts at marker E 10 m outside the 50 m line.
5. Player X<sub>2</sub> moves forward making a lead towards Player X<sub>1</sub> to link with movements after the overhead mark has taken place.
6. Player X<sub>1</sub> kicks a running drop punt to Player X<sub>2</sub>.

**Drill #3:** Picking up the ball



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

**Drill description:**

1. X<sub>3</sub> rolls the ball to player X<sub>1</sub> using a flat roll. The ball should be rolled at medium intensity.
2. Player X<sub>1</sub> moves forward and picks up the moving ball. X<sub>3</sub> provides passive defensive pressure.
3. Player X<sub>1</sub> handballs the ball to X<sub>4</sub> who will recommence the drill by rolling the ball to X<sub>2</sub>.
4. X<sub>3</sub> and X<sub>1</sub> follow through to line up at opposite ends once completed.

**See next page**

## SECTION TWO – Conditioned Performance

(20 marks)

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	50 metre arc
SPECIFY NUMBER OF PLAYERS	8 (can be done with 6)
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Creating and defending a scoring shot.
SPECIFY ROLES OR GOALS OF PLAYER(S)	Feeder kicks the ball in. Four players (offence) try to score a goal. Other four players defend to get the ball out of the 50 metre arc (defence). Ball must pass through 2 possessions before shot on goal.
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Change offence and defence after 5 minutes.

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