



ATAR course examination, 2019

PHYSICAL EDUCATION STUDIES

Practical (performance) examination Volleyball

Time allowed

Warm up: 30 minutes
Skills and drills: 60 minutes

Materials required

To be provided at the venue

Non-personal equipment required for Volleyball

To be provided by the candidate

Non-marking athletic shoes

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 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.

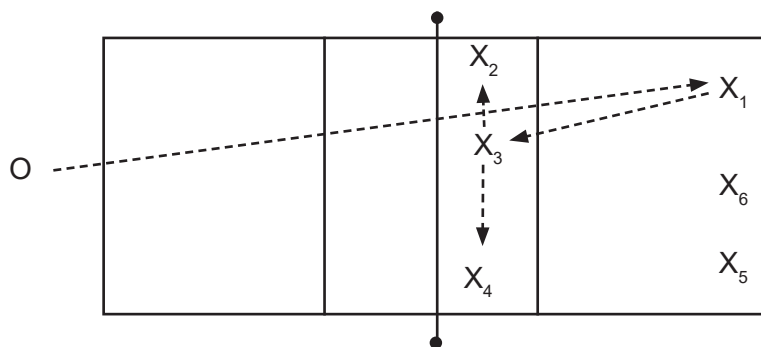
SECTION ONE – Skills Performance

1. Skills set

(30 marks)

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Forearm pass: serve reception	Front set	Spike	Block	Serve – Overhead float

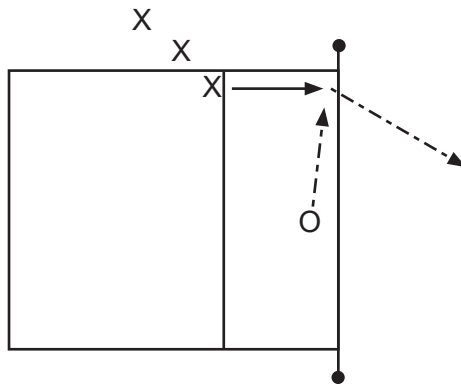
Drill #1: Forearm pass: serve reception, Front set



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

Drill description:

1. Feeder serves the ball into the area where there are three passers (X_1 , X_6 , X_5).
2. Players forearm pass the ball to the setter X_3 .
3. Setter sets the ball to player X_4 who catches and returns the ball to the feeder.

Drill #2: Spike

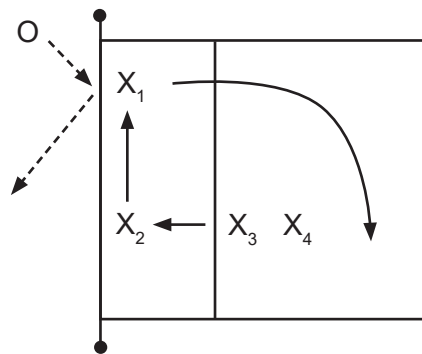
Key:

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

Drill description:

1. Feeder stands in position 3 and throws a ball up that resembles a high outside set.
2. Players are lined up outside the court ready to spike the ball from position 4.
3. Player spikes the ball and then the retriever returns the ball back to the feeder.
4. Drill may be performed from position 2 for left handed players.

Drill #3: Block



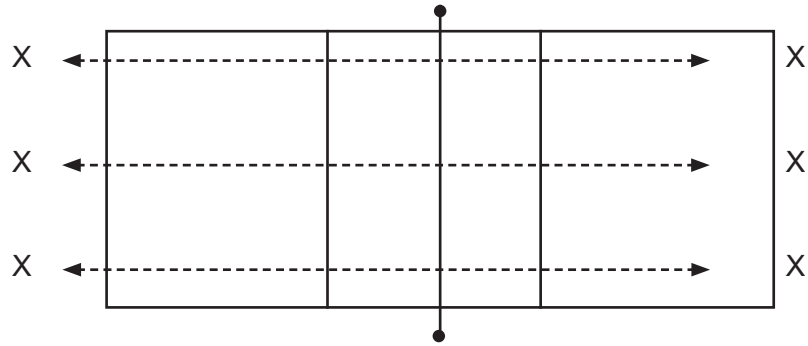
- Key:**
- X = player
 - O = feeder
 - > = player movement
 - > = feeder movement
 - - - - -> = ball movement

Drill description:

1. Feeder stands on a box or desk just outside the court next to position 4.
2. X₁ stands in position 2 on the other side of the court ready to block the spiked ball that is hit by the feeder.
3. Feeder spikes a driven ball toward X₁.
4. X₁ attempts to block the ball back into court.

Variation:

5. Have X₁ move from middle (position 3).
6. Add in second blocker (X₂).

Drill #4: Serve – Overhead float serve

Key:

X	= player
O	= feeder
—————>	= player movement
—————>	= feeder movement
- - - - ->	= ball movement

Drill description:

1. Players are to serve over the net demonstrating the overhead float.
2. Players on opposite side stand outside of the court and roll the ball back to the servers.

SECTION TWO – Conditioned Performance

(20 marks)

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Full court
SPECIFY NUMBER OF PLAYERS	6 vs 6 (2 examination rooms combine for this drill).
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Create the most effective attack and defense from opportunities in a game situation.
SPECIFY ROLES OR GOALS OF PLAYER(S)	Two rotation points off/on court.
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	No special rules apply.

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