



## Western Australian Certificate of Education ATAR course examination, 2016

# PHYSICAL EDUCATION STUDIES

## Practical (performance) examination Volleyball

### **Time allowed**

Warm up: 30 minutes  
Skills and Drills: 75 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
<b>Total</b>		100

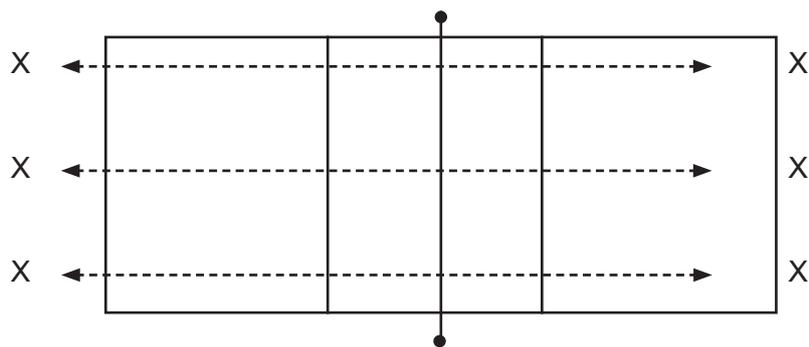
## Instructions to candidates

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 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
Serve overhead float serve	Front set	Forearm pass freeball	Spike	Block

**Drill #1:** Overhead float serve



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

**Drill description:**

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

**Drill #2: Front set**

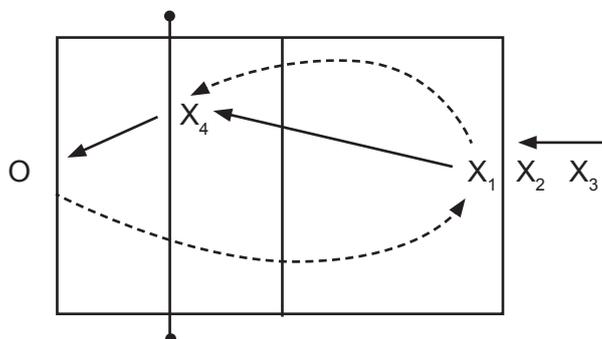
**Key:**

X	= player
O	= feeder
→	= player movement
→	= feeder movement
- - - - - →	= ball movement
●	= net poles

**Drill description:**

1.  $X_1$  front sets the ball to  $X_2$ .
2.  $X_2$  front sets the ball back to  $X_1$ .
3. Drill is continuous.

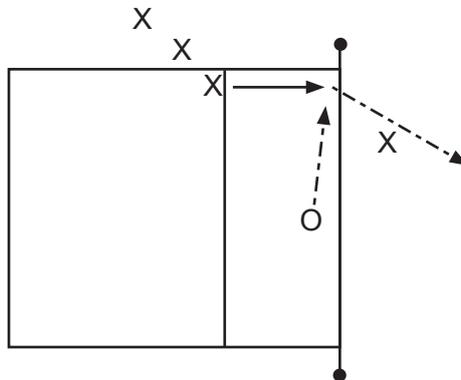
**Drill #3:** Forearm pass-free ball



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

**Drill description:**

1. Feeder stands behind the attack line in the opposite court and underarm hits a free ball to the first person in line (X<sub>1</sub>).
2. Other players line up at the back of the court.
3. First player in line forearm passes the ball to the catcher (X<sub>4</sub>) and then follows the ball to become the next catcher.
4. Catcher receives the ball and returns it to the feeder.
5. The next person in line moves up to pass the next ball.

**Drill #4: Spike**

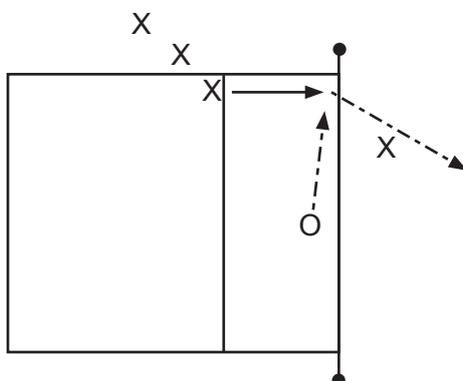
**Key:**

X	= player
O	= feeder
→	= player movement
→	= feeder movement
- - - - - →	= ball movement
●	= net poles

**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 on opposite side of the net makes an attempt to block the spike.
4. Player spikes the ball and then the retriever returns the ball to the feeder.
5. Drill may be performed from position 2 for left handed players.

**Drill #5:** Block



**Key:**

X	= player
O	= feeder
—————>	= player movement
—————>	= feeder movement
- - - - ->	= ball movement
●	= net poles

**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 on opposite side of the net is attempting to block the spike.
4. Player blocks the spike and then the retriever returns the ball to the feeder.
5. Drill may be performed from position 2 for left handed players.

## SECTION TWO – Conditioned Performance

(20 marks)

<b>SCENARIO PLANNING</b>	
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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*Published by the School Curriculum and Standards Authority of Western Australia  
303 Sevenoaks Street  
CANNINGTON WA 6107*