



PHYSICAL EDUCATION STUDIES

Practical (performance) examination 2016

Australian Football

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
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 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: Picking up the ball	6	15
• Skill 2: Running drop punt	6	
• Skill 3: Overhead mark	6	
• Skill 4: Handball	6	
• Skill 5: Set Shot	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: Picking up the ball

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 position is lowered by flexing hips and knees
- Hands and arms prepare for pick up
- Foot is positioned on the outside of and near the ball
- Balance and speed are maintained throughout the movement
- Eyes focus on the ball

Execution

- Feet are positioned to ensure a wide base of support
- Weight is placed on the front foot just before pick up
- Hands come together to secure the ball
- Ball picked up in two hands

Completion/Outcome

- Ball is taken cleanly in one grab
- Extension through the hips to get back to upright position
- Pace is adjusted according to ball direction and game conditions

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: Running drop punt

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

- Both hands hold the ball on either side with fingers spread
- The nose of the ball is positioned over the kicking foot
- Balance is maintained while transferring body weight to non-kicking foot

Execution

- Kicking leg swings back with flexion of the knee and extension of the hip
- Kicking leg swings from behind the ball to extend through to execute the kick
- Ball speed and height are achieved by utilising full range of motion of the kicking leg
- Ball is guided with the same hand as kicking foot
- The top of the foot makes contact with the ball at bottom rear of the ball while pointing kicking foot in direction of target
- Non-kicking leg provides a strong base
- Eyes focus on the ball and body comes up onto toe of the non-kicking foot at impact

Completion/Outcome

- Follow through with chest square to the target
- Follow through is in the direction of the kick
- Ball travels end-over-end with back spin, to intended target
- Ball hits target

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: Overhead mark

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 is positioned in line with the flight of the ball
- Eyes follow flight path of the ball
- Take off position at appropriate distance to intercept the flight of the ball
- Hips and knees are flexed

Execution

- Take off using one leg
- Jump is into path of the ball
- Lead knee maintains flexed position
- Fingers are spread and elbows flexed
- Ball is marked in front maintaining elbow flexion and along the midline of the body.

Completion / Outcome

- Elbows and lower arms are flexed to guide ball into control
- Ball is cleanly marked
- Landing on two feet

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: Handball

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

- Ball is held in non-hitting hand extended in front of the body
- Hitting hand is clenched with thumb on the outside of the fist
- Body is balanced with weight on the back leg
- Hitting arm is flexed at the elbow and hand swings behind the body

Execution

- Weight is transferred onto the support leg
- Hitting arm swings forward contacting the ball slightly prior to full extension of the elbow
- Velocity and angle of handpass is appropriate to distance required

Completion/Outcome

- Arm follows through in the direction of intended target
- Ball travels end-over-end with back spin, to intended target

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: Set shot

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

- Both hands hold the ball on either side with fingers spread
- The nose of the ball is positioned over the kicking foot
- Balance is maintained while transferring body weight to non-kicking foot
- Target is selected behind the goal
- Movement begins at an appropriate distance behind the mark for approach routine
- Rhythmical approach is used consisting of walking and running strides

Execution

- Kicking leg swings back with flexion of the knee and extension of the hip
- Kicking leg swings from behind the ball to extend through to execute the kick
- Ball speed and height are achieved by utilising full range of motion of the kicking leg
- Ball is guided with the same hand as kicking foot
- The top of the foot makes contact with the ball at bottom rear of the ball while pointing kicking foot in direction of the target
- Non-kicking leg provides a strong base
- Eyes focus on the ball and body comes up onto toe of the non-kicking foot at impact)

Completion/Outcome

- Chest is positioned square to the target
- Follow through in the direction of the kick
- Ball travels end-over-end with back spin, through goal posts

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	OFFENCE	DEFENCE
Use of space	<ul style="list-style-type: none"> • Runs to create options • Creates and maintains space • Blocks opposition to allow team mate to attack 	<ul style="list-style-type: none"> • Reads play and moves to man or zone defence • Blocks attacking players • Is ready to force turnover
Positioning	<ul style="list-style-type: none"> • Anticipates ball movement and moves to effective attacking position • Blocks defensive players • Creates and maintains space • Creates attacking goal shooting options 	<ul style="list-style-type: none"> • Anticipates ball movement and moves to effective defensive position • Blocks offensive players • Moves quickly in turnovers
Execution	<ul style="list-style-type: none"> • Uses ball skills effectively • Follows up to be involved in play 	<ul style="list-style-type: none"> • Uses ball skills effectively under pressure • Follows up after passing or blocking
Decision making	<ul style="list-style-type: none"> • Creative use of skill • Shows evidence of strategic thinking in attacking moves 	<ul style="list-style-type: none"> • Creative use of skill • Shows evidence of strategic thinking in blocking attack
Mark	10	10
Total		20

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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