



**PHYSICAL EDUCATION STUDIES**

**Practical (performance) examination 2023**

**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 ATAR course examination consists of a written component and a practical (performance) component.

Structure of this practical (performance) examination

<b>Sections and criteria</b>	<b>Marks available</b>	<b>Percentage of total exam</b>
Individual skills		
Skill 1: Bounce	6	50
Skill 2: Handball	6	
Skill 3: Overhead mark	6	
Skill 4: Running drop punt	6	
Skill 5: Picking up the ball	6	
Conditioned performance	20	50
	<b>Total</b>	<b>100</b>

**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.

**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, centering 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 and skill demands of each sport, its rules and general conduct.

**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: Bounce**

**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 carried in two hands with fingers spread, elbows flexed and close to the upper torso
- Movement begins while opposite foot is forward

**Execution**

- Elbow extends to push the ball towards the ground
- Bounce of the ball is at an appropriate angle and distance to enable ball to return to the hands
- Ball is pushed from the chest and released at approximately hip height

**Completion/Outcome**

- Ball comes back up to hands at hip height
- Ball is caught in both hands out in front of the body for quick release, if needed

**D. MARK ALLOCATION**

Marks	Observable key skill components described in C: Preparation, Execution, Completion and Outcome
6	Consistently displays all of the selected observation points, performing skills with fluency and precision achieving the desired outcome
5	Demonstrates fluency and control while consistently displaying most of the selected observation points, performance usually achieves intended outcome
4	With some fluency and control, displays most of the selected observation points but achievement of the intended outcome is inconsistent
3	Demonstrates some control and some of the selected observation points, occasionally achieves the intended outcome
2	With some control, displays some of the selected observation points but performance and achievement of intended outcomes are inconsistent
1	Demonstrates minimal control and performance reflects a few of the selected observation points with minimal achievement of the intended outcome
0	Does not demonstrate any of the selected observation points

**Skill 2: 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**

<b>Marks</b>	<b>Observable key skill components described in C: Preparation, Execution, Completion and Outcome</b>
6	Consistently displays all of the selected observation points, performing skills with fluency and precision achieving the desired outcome
5	Demonstrates fluency and control while consistently displaying most of the selected observation points, performance usually achieves intended outcome
4	With some fluency and control, displays most of the selected observation points but achievement of the intended outcome is inconsistent
3	Demonstrates some control and some of the selected observation points, occasionally achieves the intended outcome
2	With some control, displays some of the selected observation points but performance and achievement of intended outcomes are inconsistent
1	Demonstrates minimal control and performance reflects a few of the selected observation points with minimal achievement of the intended outcome
0	Does not demonstrate any of the selected observation points

### 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

Marks	Observable key skill components described in C: Preparation, Execution, Completion and Outcome
6	Consistently displays all of the selected observation points, performing skills with fluency and precision achieving the desired outcome
5	Demonstrates fluency and control while consistently displaying most of the selected observation points, performance usually achieves intended outcome
4	With some fluency and control, displays most of the selected observation points but achievement of the intended outcome is inconsistent
3	Demonstrates some control and some of the selected observation points, occasionally achieves the intended outcome
2	With some control, displays some of the selected observation points but performance and achievement of intended outcomes are inconsistent
1	Demonstrates minimal control and performance reflects a few of the selected observation points with minimal achievement of the intended outcome
0	Does not demonstrate any of the selected observation points

### Skill 4: 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

Marks	Observable key skill components described in C: Preparation, Execution, Completion and Outcome
6	Consistently displays all of the selected observation points, performing skills with fluency and precision achieving the desired outcome
5	Demonstrates fluency and control while consistently displaying most of the selected observation points, performance usually achieves intended outcome
4	With some fluency and control, displays most of the selected observation points but achievement of the intended outcome is inconsistent
3	Demonstrates some control and some of the selected observation points, occasionally achieves the intended outcome
2	With some control, displays some of the selected observation points but performance and achievement of intended outcomes are inconsistent
1	Demonstrates minimal control and performance reflects a few of the selected observation points with minimal achievement of the intended outcome
0	Does not demonstrate any of the selected observation points

### Skill 5: 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

Marks	Observable key skill components described in C: Preparation, Execution, Completion and Outcome
6	Consistently displays all of the selected observation points, performing skills with fluency and precision achieving the desired outcome
5	Demonstrates fluency and control while consistently displaying most of the selected observation points, performance usually achieves intended outcome
4	With some fluency and control, displays most of the selected observation points but achievement of the intended outcome is inconsistent
3	Demonstrates some control and some of the selected observation points, occasionally achieves the intended outcome
2	With some control, displays some of the selected observation points but performance and achievement of intended outcomes are inconsistent
1	Demonstrates minimal control and performance reflects a few of the selected observation points with minimal achievement of the intended outcome
0	Does not demonstrate any of the selected observation points



**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**

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

**D. MARK ALLOCATION**

<b>Marks</b>	<b>Observable key skill components described in C: Use of space, Positioning, Execution and Decision making</b>
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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