



## ATAR course examination, 2020

# PHYSICAL EDUCATION STUDIES

## Practical (performance) examination Hockey

### Time allowed

Warm up: 30 minutes  
Skills and drills: 60 minutes

### Materials required

*To be provided at the venue*

Non-personal equipment required for Hockey

*To be provided by the candidate*

Hockey stick, shin and mouth protection, footwear suitable for a synthetic playing surface

## 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 2020* document.

## SECTION ONE – Skills Performance

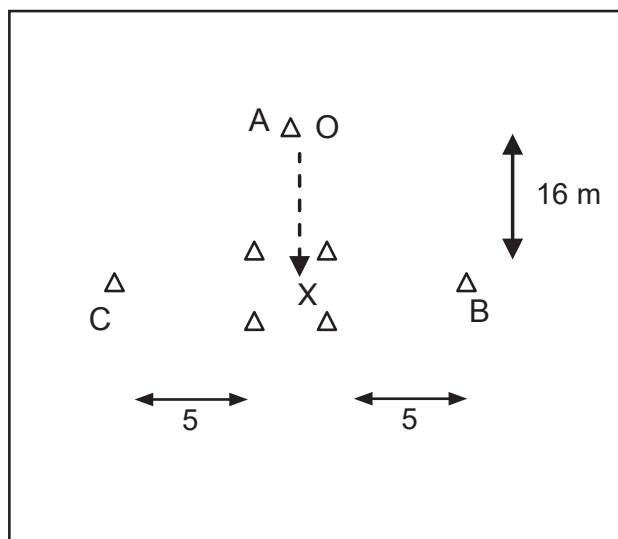
## 1. Skills set

(30 marks)

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Trap – flat stick and reverse stick	Slap hit	Drag to eliminate	Flat stick dribble	Flat stick tackle

See next page

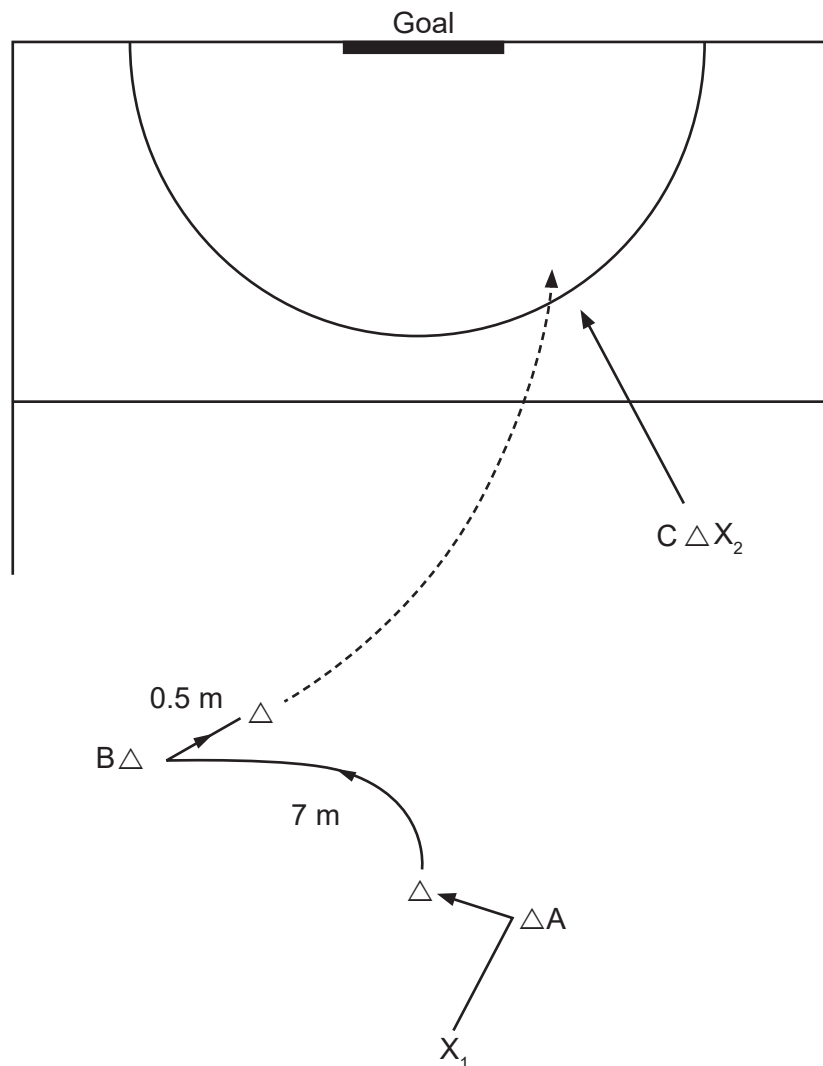
Drill #1: Trap – flat stick and reverse stick



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

**Drill Description**

1. Ball is pushed at X (who is facing the feeder) from a distance of 16m. X must make a trap and maintain control of the ball.
2. Player to execute the skill with both the flat stick or reverse stick.
3. Once X controls the ball, he/she must turn and pass the ball to B when trapping on flat stick or C when trapping on reverse stick.

**Drill #2:** Drag to eliminate, slap hit

**Key:**

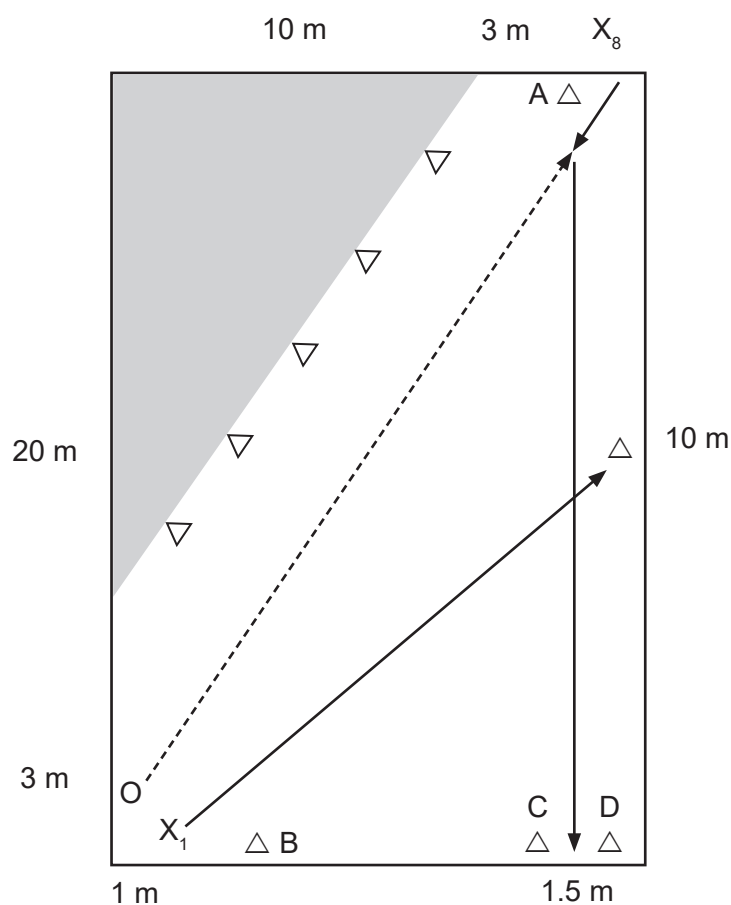
X	= player
O	= feeder
△	= marker
→	= player movement
- - - - - →	= ball movement

**Drill Description**

1. Player X<sub>1</sub> starts just inside the centre of the field at marker A.
2. Player X<sub>1</sub> dribbles 7 m forward and performs a drag to eliminate at marker A (0.5 m apart).
3. Player X<sub>1</sub> continues and performs a second drag to eliminate at marker B.
4. Player X<sub>2</sub> starts at marker C.
5. Player X<sub>2</sub> leads to coincide with Player X<sub>1</sub>'s movements and skills.
6. Player X<sub>1</sub> then performs a slap hit into space for Player X<sub>2</sub> to receive the ball on the move.

**See next page**

Drill #3: Flat stick dribble, Flat stick tackle



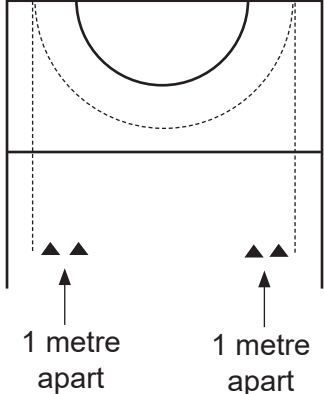
- Key:**
- X = player
  - O = feeder
  - △ = marker
  - = player movement
  - - - - -> = ball movement

**Drill Description**

1. Attacker  $X_8$  starts at marker A.
2. Defender  $X_1$  starts at marker B.
3. Ball starts with the feeder positioned next to the Defender who makes a strong pass to  $X_8$ .
4.  $X_8$  dribbles (flat stick) the ball between markers C and D and must stay inside marked zone area.
5.  $X_1$  must push up to channel  $X_8$  on the forehand stick side and engage to tackle using a flat stick tackle after the 10 m mark.

## SECTION TWO – Conditioned Performance

(20 marks)

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Half field
SPECIFY NUMBER OF PLAYERS	4 vs 4 or 3 vs 3
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Creating a scoring opportunity from a hit in from the side of the half way line.
SPECIFY ROLES OR GOALS OF PLAYER(S)	<ol style="list-style-type: none"> <li>Candidates will be separated into two even teams (4 vs 4 or 3 vs 3) depending on the size of the examination group.</li> <li>The playing field will be half of the hockey field. The playing area will be slightly narrower as depicted in the below diagram with outletting goals on either side of the pitch for defenders to score through. <div style="text-align: center;">  </div> </li> <li>The game will be umpired using the current Hockey WA rules with the following exceptions: <ul style="list-style-type: none"> <li>No goal keepers.</li> <li>No shortcorners. A free hit is to be awarded just outside the circle in line with infringement.</li> </ul> </li> <li>Each team will spend an equal amount of time in attack and defence.</li> </ol>
SPECIFY OPTIONS, RULES AND/OR RESTRICTIONS	Change offence and defence after 5 minutes

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