



## ATAR course examination, 2017

# PHYSICAL EDUCATION STUDIES

## Practical (performance) examination Hockey

### Time allowed

Warm up: 30 minutes  
Skills and Drills: 75 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

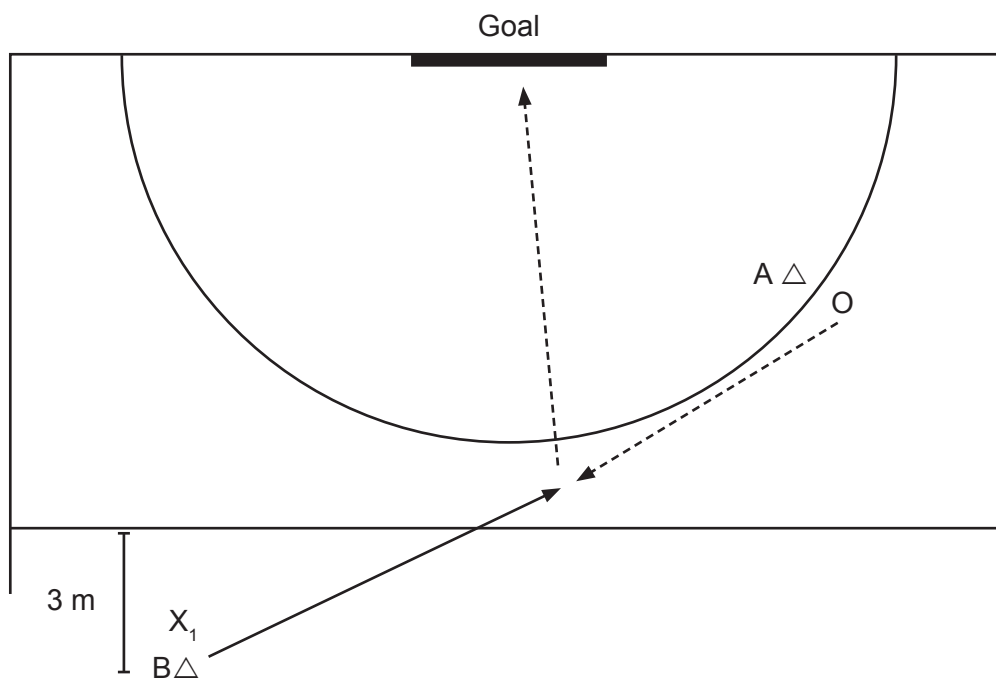
1. You are required to wear clothing and personal playing and safety equipment that is approved for competition by the sport's governing body.
2. Clothing must not identify you, your school, club or achievements, and it is requested that you wear black, navy or white shirts for the examination.
3. You 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 2017* document.

SECTION ONE – Skills Performance

1. Skills set

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Trap	Hit	Drag to eliminate	Push	Jab tackle

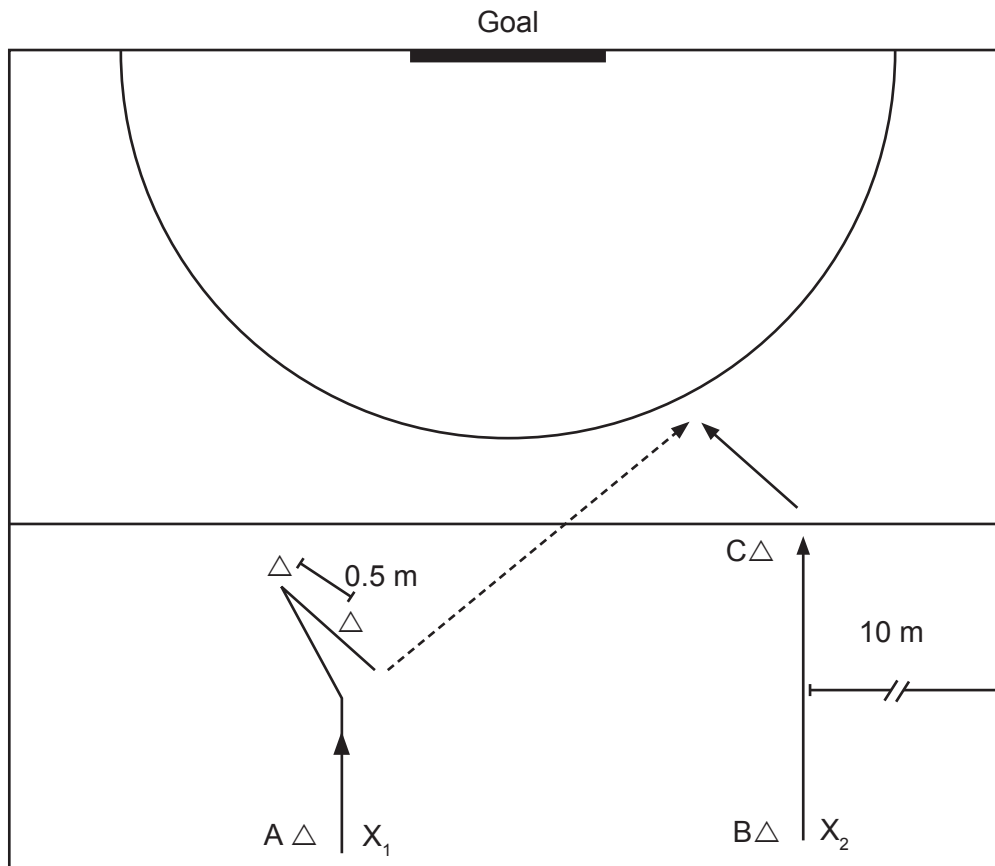
Drill #1: Trap, Hit



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

**Drill Description**

1. Feeder O starts with the ball at the edge of the shooting circle/D at marker A.
2. Player X<sub>1</sub> starts behind the 25 yard line at marker B.
3. Feeder O passes the ball to Player X<sub>1</sub>.
4. Player X<sub>1</sub> moves forward to trap and gain control of the ball.
5. Player X<sub>1</sub> then performs a hit into the goal.
6. The hit must be executed from just outside the shooting circle/D (It is not a shot at goal as per game rules but a hit to demonstrate accuracy over a distance)

**Drill #2:** Drag to eliminate, Push

**Key:**

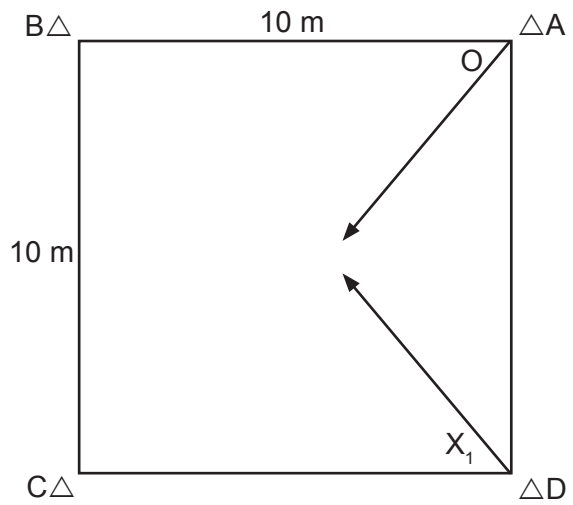
X	= player
O	= feeder
△	= marker
→	= player movement
- - - - ->	= ball movement

**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 5 m forward and performs a V drag at the two markers (0.5 m apart).
3. Player X<sub>2</sub> starts 10 m in from the sideline at marker B.
4. Player X<sub>2</sub> runs in a straight line towards the 25 yard line (marker C). At the 25 yard line, Player X<sub>2</sub> changes direction and runs on a 45° angle towards the goal. The lead must coincide with Player X<sub>1</sub>'s movements and skills.
5. Player X<sub>1</sub> then performs a push pass into space for Player X<sub>2</sub> to receive the ball on the move.

See next page

Drill #3: Jab tackle



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

**Drill Description**

1. Feeder O starts at marker A and dribbles at medium pace towards marker C.
2. Player X<sub>1</sub> starts at marker D.
3. Player X<sub>1</sub> moves into position and performs a jab stick tackle on the Feeder O

## SECTION TWO – Conditioned Performance

(20 marks)

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	Half field
SPECIFY NUMBER OF PLAYERS	4 vs 4
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)	A player from X hits the ball in to his team mates. X <sub>1</sub> to X <sub>4</sub> try to score a goal. Y <sub>1</sub> to Y <sub>4</sub> defend to get the ball out over half way.
SPECIFY OPTIONS, RULES &/OR RESTRICTIONS	Change offence and defence after 5 minutes

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*Published by the School Curriculum and Standards Authority of Western Australia  
303 Sevenoaks Street  
CANNINGTON WA 6107*