



ATAR course examination, 2024

PHYSICAL EDUCATION STUDIES

Practical (performance) examination Australian football

Time allowed

Preparation: 30 minutes
Examination: 75 minutes (30 minute performance)

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.

Criteria for marking the practical (performance) examination

Criteria	Marks available	Percentage of practical examination
Skills performance	30	50
Conditioned performance	20	50
Total		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 2024* document.

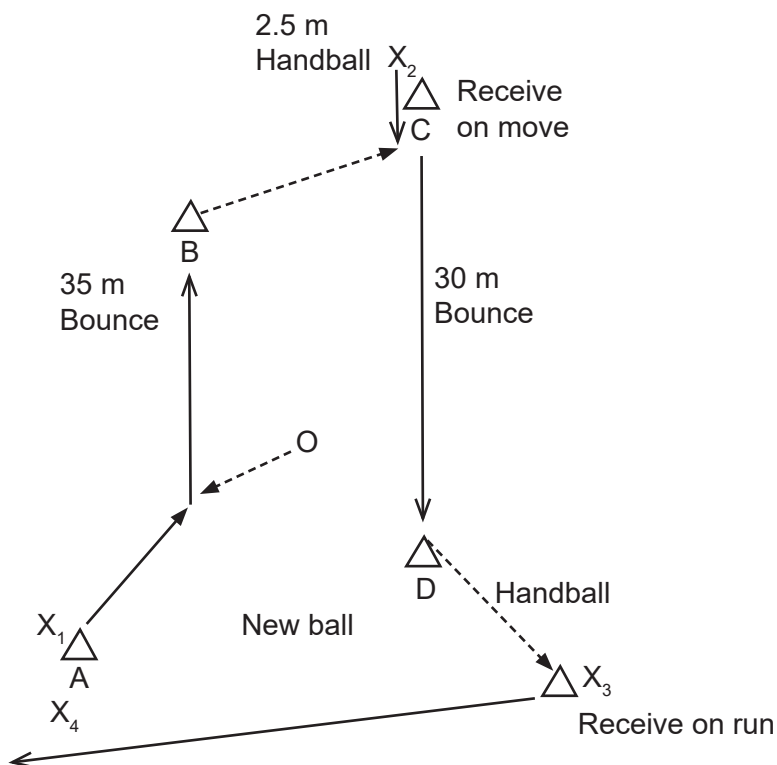
SECTION ONE – Skills Performance

1. Skills set

(30 marks)

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Bounce	Handball	Overhead mark	Running drop punt	Picking up the ball

Drill #1: Bounce, Handball



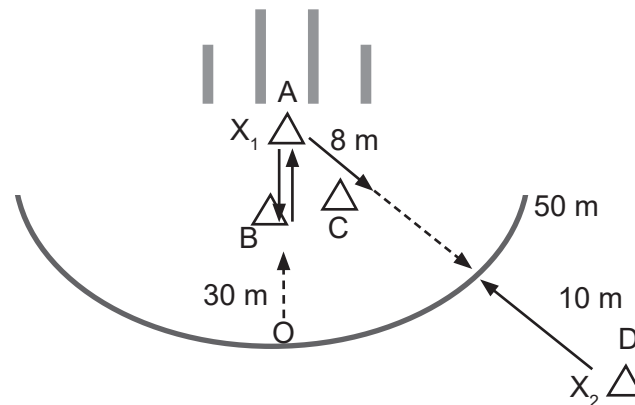
Key:

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

Drill description:

1. The feeder O rolls the ball to player X₁ using a flat roll. The ball should be rolled at medium intensity.
2. Player X₁ starts at marker A, moves forward and picks up the moving ball and runs towards marker B where he handballs to player X₂.
3. Player X₂ starts at marker C and runs forward to receive handball from player X₁. Player X₂ then runs, bouncing the ball, toward marker D.
4. Player X₂ handballs to player X₃ who runs around and behind player X₄.

Drill #2: Overhead mark, Running drop punt

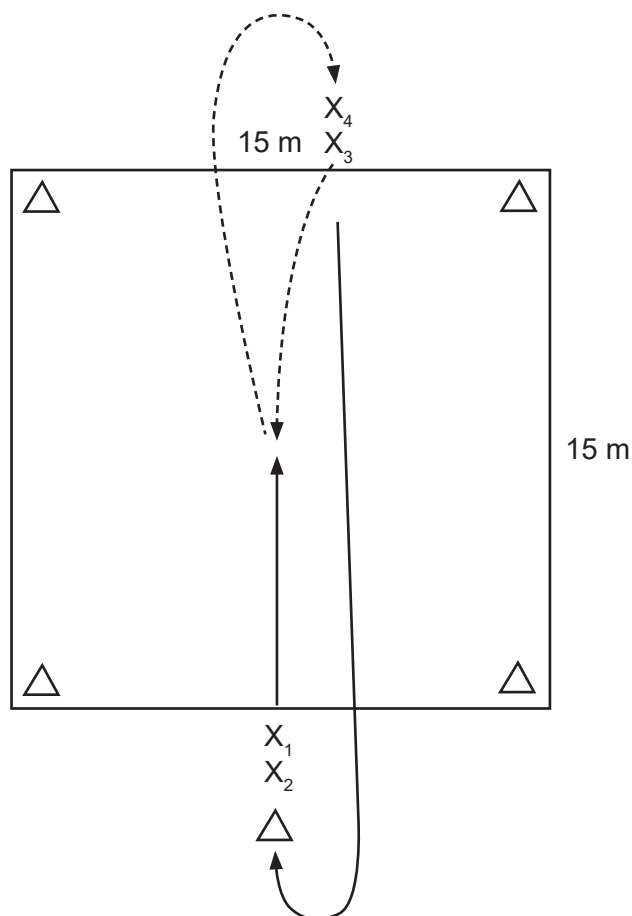


- Key:**
- X = player
 - O = feeder
 - △ = marker
 - = player movement
 - = ball movement

Drill description:

1. Player X₁ starts at marker A.
2. The feeder O kicks the ball to player X₁ who moves forward to take an overhead mark at marker B.
3. Player X₁ pushes back 5 m towards marker A then plays on and runs forward on a 45° disposing the ball at marker C.
4. Player X₂ starts at marker D 10 m outside the 50 m line.
5. Player X₂ moves forward making a lead towards player X₁ to link with movements after the overhead mark has taken place.
6. Player X₁ kicks a running drop punt to player X₂.

Drill #3: Picking up the ball



Key:

- X = player
- O = feeder
- Δ = marker
- = player movement
- - - - -> = ball movement

Drill description:

1. Player X₃ rolls the ball to player X₁ using a flat roll. The ball should be rolled at medium intensity.
2. Player X₁ moves forward and picks up the moving ball. Player X₃ provides passive defensive pressure.
3. Player X₁ handballs the ball to player X₄ who will recommence the drill by rolling the ball to player X₂.
4. Player X₃ and player X₁ follow through to line up at opposite ends once completed.

See next page

SECTION TWO – Conditioned Performance

(20 marks)

SCENARIO PLANNING	
DEFINE PLAYING AREA OR BOUNDARIES	50 metre arc
SPECIFY NUMBER OF PLAYERS	8 (can be done with 6)
SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED	Creating and defending a scoring shot.
SPECIFY ROLES OR GOALS OF PLAYER(S)	Feeder kicks the ball in. Four players (offence) try to score a goal. Other four players defend to get the ball out of the 50 metre arc (defence). Ball must pass through 3 possessions before shot on goal.
SPECIFY OPTIONS, RULES AND/OR RESTRICTIONS	Change offence and defence after 5 minutes.

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