



## ATAR course examination, 2024

# PHYSICAL EDUCATION STUDIES

## Practical (performance) examination Volleyball

### Time allowed

Preparation: 30 minutes  
Examination: 60 minutes (30 minute performance)

### Materials required

*To be provided at the venue*

Non-personal equipment required for Volleyball

*To be provided by the candidate*

Non-marking athletic shoes

## 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 2024* document.

## SECTION ONE – Skills Performance

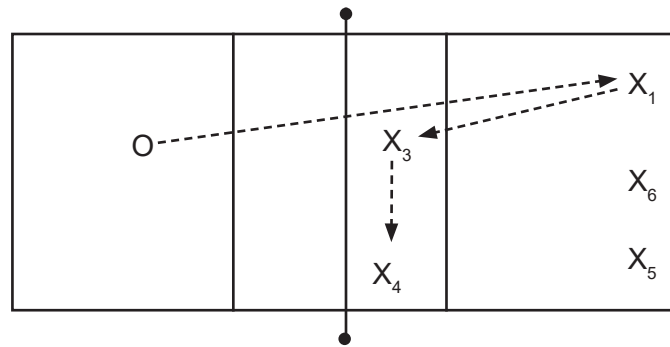
## 1. Skills set

(30 marks)

Skill 1	Skill 2	Skill 3	Skill 4	Skill 5
Forearm pass: serve reception	Front set	Spike	Block	Overhead float serve

See next page

Drill #1: Forearm pass: serve reception, Front set

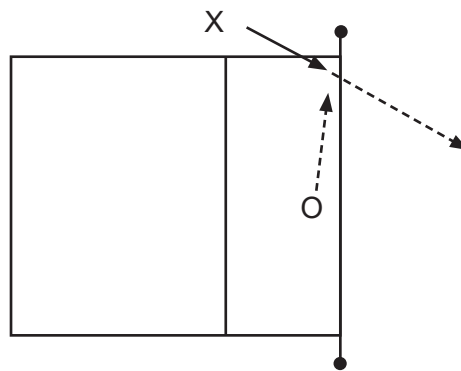


- Key:**
- X = player
  - O = feeder
  - > = player movement
  - > = feeder movement
  - - - - -> = ball movement

**Drill description:**

1. Feeder O serves the ball into the area where there are three passers (X<sub>1</sub> X<sub>6</sub> X<sub>5</sub>).
2. Players forearm pass the ball to the setter X<sub>3</sub>.
3. Setter sets the ball to player or X<sub>4</sub> who catches and returns the ball to the feeder O.

## Drill #2: Spike

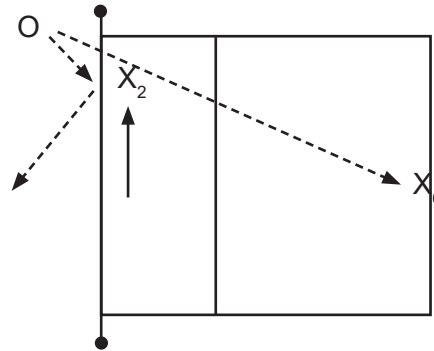


- Key:**
- X = player
  - O = feeder
  - ▶ = player movement
  - ▶ = feeder movement
  - - - - -▶ = ball movement

**Drill description:**

1. Feeder O stands in position 3 and throws a ball up that resembles a high outside set.
2. Players are lined up outside the court ready to spike the ball from position 4.
3. Player X spikes the ball and then the retriever returns the ball back to the feeder.
4. Drill may be performed from position 2 for left handed players.

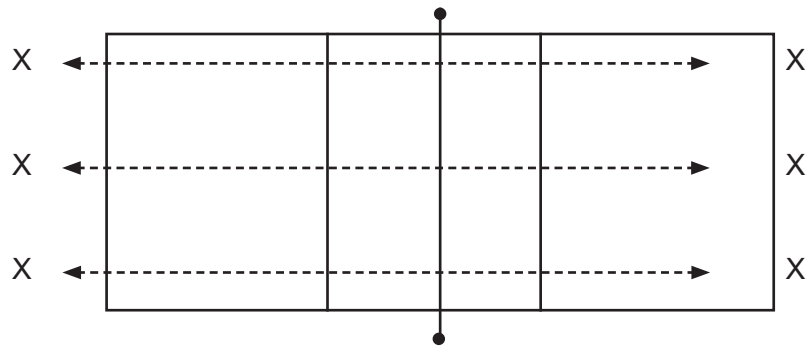
Drill #3: Block



- Key:**
- X = player
  - O = feeder
  - ▶ = player movement
  - ▶ = feeder movement
  - - - - -▶ = ball movement

**Drill description:**

1. Feeder stands on a jump box just outside the court next to position 4.
2. Player X<sub>2</sub> stands in position 2 on the other side of the net ready to block the spiked ball that is hit by the feeder.
3. Feeder spikes a driven ball toward player X<sub>2</sub> towards position X<sub>6</sub>.
4. Player X<sub>2</sub> attempts to block the ball back into court.

**Drill #4:** Overhead float serve

**Key:**

- X = player
- > = player movement
- > = feeder movement
- > = ball movement

**Drill description:**

1. Players are to serve over the net demonstrating the overhead float.
2. Players on opposite side stand outside of the court and roll the ball back to the servers.





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CANNINGTON WA 6107*