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

<table>
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<tr>
<th>Criteria</th>
<th>Marks available</th>
<th>Percentage of practical examination</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skills performance</td>
<td>30</td>
<td>50</td>
</tr>
<tr>
<td>Conditioned performance</td>
<td>20</td>
<td>50</td>
</tr>
<tr>
<td>Total</td>
<td>100</td>
<td></td>
</tr>
</tbody>
</table>

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 2019 document.
SECTION ONE – Skills Performance

1. Skills set  30 marks

<table>
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<tr>
<th>Skill 1</th>
<th>Skill 2</th>
<th>Skill 3</th>
<th>Skill 4</th>
<th>Skill 5</th>
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<tbody>
<tr>
<td>Trap – flat stick and reverse stick</td>
<td>Slap hit</td>
<td>Drag to eliminate</td>
<td>Flat stick dribble</td>
<td>Flat stick tackle</td>
</tr>
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</table>
Drill #1: Trap – flat stick and reverse stick

Key:
- $X$ = player
- $O$ = feeder
- $\triangle$ = marker
- $\rightarrow$ = player movement
- $\rightarrow$ = 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 and 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

Drill Description
1. Player X₁ starts just inside the centre of the field at marker A.
2. Player X₁ dribbles 7 m forward and performs a drag to eliminate at marker A (0.5 m apart).
3. Player X₁ continues and performs a second drag to eliminate at marker B.
4. Player X₂ starts at marker C.
5. Player X₂ leads to coincide with Player X₁’s movements and skills.
6. Player X₁ then performs a slap hit into space for Player X₂ to receive the ball on the move.

Key:  

- X = player
- O = feeder
- △ = marker
- → → → = player movement
- - - - - → = ball movement
Drill #3: Flat stick dribble, Flat stick tackle

Key:
- $\nabla$ = player
- $\triangle$ = feeder
- $\bigtriangleup$ = marker
- $\longrightarrow$ = player movement
- $\rightarrow$ = 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

<table>
<thead>
<tr>
<th>SCENARIO PLANNING</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>DEFINE PLAYING AREA OR BOUNDARIES</td>
<td>Half field</td>
</tr>
<tr>
<td>SPECIFY NUMBER OF PLAYERS</td>
<td>4 vs 4</td>
</tr>
<tr>
<td>SPECIFY TACTICAL PROBLEM(S) TO BE SOLVED</td>
<td>Creating a scoring opportunity from a hit in from the side of the half way line.</td>
</tr>
<tr>
<td>SPECIFY ROLES OR GOALS OF PLAYER(S)</td>
<td>A player from X hits the ball in to his team mates. X&lt;sub&gt;1&lt;/sub&gt; to X&lt;sub&gt;4&lt;/sub&gt; try to score a goal. Y&lt;sub&gt;1&lt;/sub&gt; to Y&lt;sub&gt;4&lt;/sub&gt; defend to get the ball out over half way.</td>
</tr>
<tr>
<td>SPECIFY OPTIONS, RULES &amp;/OR RESTRICTIONS</td>
<td>Change offence and defence after 5 minutes</td>
</tr>
</tbody>
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