



PHYSICAL EDUCATION

PERFORMANCE ASSESSMENT SUPPORT MATERIAL

NETBALL

IMPORTANT INFORMATION

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Assessment of practical student performance in Physical Education

Authentic assessment must include tasks that are worthwhile, significant and meaningful, as well as involve the ongoing process of recording, monitoring and reflection to assist learning, monitor learning, set learning goals and help identify further practice opportunities in order for these to be achieved. Final assessment at the end of a teaching unit on the selected activity may be completed through monitoring of progress together with formalised assessment tasks.

When assessing students' performance in a practical context, a teacher should refer to observation points for individual and game skills in the selected activity.

Assessment of **individual skills**

Observation points for a skill must be taken into account holistically rather than by focussing on a detailed anatomy of its parts before deciding on a mark. It is essential that when assessing individual skills, observations reflect the quality of a student's movement when performing. The teacher must take into account four elements in the demonstration of a skill: consistency; precision; fluency; and control.

Final assessment of the skill performance and level of attainment will be guided by the achievement standards for the appropriate year level as set out by the School Curriculum and Standards Authority.

Breaking of sport specific rules

When students are taught and given opportunities to practise and use various skills in a competitive scenario, the teacher should indicate to the student if a rule is consistently broken while performing the skill, e.g. stepping. If, at the time of assessment, a student consistently breaks the rules of the sport, but who otherwise performs at a particular standard, should have one mark deducted for each rule that is consistently broken.

Assessment of **game/competition skills**

Tactical situations or problems appropriate to the year group should be identified before assessment of students' performance. This may include defence or offence skills depending on the activity being assessed. Game pressure, pace, skill and intensity of opponent and teammates, playing area, environmental conditions etc. may affect performance and should be taken into account when assessing game/competition skills.

The teacher must take into consideration that contact, or possession, which provide the opportunity for individual skill assessment accounts for only a small percentage of game time. Most game time is spent in movement and performance of tactical/strategic skills 'off the ball'.

Assessment should typically take into account the totality of game play, including the dynamic and changing situations associated with game play, by considering tactical products and processes which form part of the total composition of game/competition performance.

The range of marks or assessment scale will be determined by the teacher but must reflect expected achievement standards for that year group.

Individual skills – marks allocation	
A mark is allocated to the level of performance demonstrated consistently for each skill across a variety of practice drills and scenarios.	
6	Observation points across all phases of a skill are demonstrated over a number of attempts. Performance is fluent and control of the body and/or the ball is maintained throughout the execution of the skill.
5	Performance consistently reflects the majority of the observation points of a skill and is performed with some fluency. Control of the body and/or the ball is maintained.
4	Performance is mostly efficient with the ability to correct some errors during execution of a skill. The body and/or the ball are controlled during the majority of the performance.
3	Performance is somewhat effective while demonstrating most observation points, occasionally performing each skill with some fluency and control. Overall reflects an adequate skill level.
2	Achieves some success when performing a skill but commits a number of errors with respect to execution and control. Sometimes reflects an adequate skill level.
1	Performs with significant errors and minimal control. Rarely demonstrates an adequate skill level.
0	Minimum skill level is not demonstrated

Individual skills

Shoulder pass
Chest pass
Bounce pass
Lob pass
Two-foot land
Split and re-offer
Front cut
Dodge
Shadowing
First ball – defence intercept
3 feet (0.9m) recovery
Outside-foot land and pivot
Goal shooting

Shoulder pass

Preparation

- Body is balanced with a stable trunk
- Opposite foot to throwing arm is slightly forward
- Feet are shoulder-width apart on a slight angle
- Ball is held in two hands with fingers spread wide around the ball

Execution

- Arms lead trunk in rotation towards the throwing side
- Ball is transferred to one hand with arm back behind the shoulder, in line with the ear
- Elbow is away from the hip, creating a 'V' shape
- Weight is transferred forward as throwing arm moves through
- Hips and shoulders rotate towards the target
- Opposite foot to throwing arm steps forward towards the target

Completion

- Optimal angle of release with appropriate force transferred to ball
- Arm follows through; wrists and fingers extend in direction of the target

Outcome

- Ball flight has a flat trajectory toward intended target

Chest pass

Preparation

- Body is balanced upright with a stable trunk
- Front-on to the target
- Ball is held with two hands at chest height
- Fingers are spread around the ball, thumbs behind with elbows in

Execution

- Flexion of elbows to draw the ball towards the chest
- Force is transferred by stepping toward the target transferring weight to front foot
- Simultaneously pushing the ball with wrists and fingers
- Ball is released evenly from both hands

Completion

- Optimal angle of release with force transferred to the ball with full arm extension and wrist flick
- Arms follow through; wrists and fingers extend in direction of the target

Outcome

- Ball flight has flat trajectory toward intended target

Bounce pass

Preparation

- Body is balanced with stable trunk
- Feet are shoulder-width apart, on a slight angle
- Ball is held in both hands with fingers spread wide around the ball

Execution

- Flexion of elbows to draw ball towards the chest
- Weight is transferred forward onto the foot opposite the throwing arm
- Upright trunk position is maintained throughout the action, knees bend to lower the body
- Front foot leads towards the target
- Ball is transferred to one hand
- Arm is extended so the ball is placed into the space 2/3 of the way to target

Completion

- Optimal angle of release with force transferred to the ball
- Arm follows through; wrists and fingers extend in direction of the target

Outcome

- End height of the ball after bounce should be between the hip and knee of the receiver

Lob pass

Preparation

- Body is balanced with a stable trunk
- Opposite foot to throwing arm is slightly forward
- Feet are shoulder-width apart, on a slight angle
- Ball is held in two hands with fingers spread wide around the ball

Execution

- Ball is transferred to one hand with arm back behind the shoulder
- Weight is transferred forward as throwing arm moves through
- Hips, shoulders and leading foot rotate towards the target
- Optimal angle of release to achieve accurate delivery of the pass
- Ball is released at its highest point

Completion

- Arm follows through; wrists and fingers extend in direction of the target

Outcome

- Ball flight has parabolic trajectory toward intended target

Two-foot land

Preparation

- Strong lead to the ball
- Body is balanced upright with a stable trunk
- Shoulders are square and chin is up
- Arms are extended towards the ball

Execution

- Impact on landing is even between both feet
- Hips, knees and ankles are flexed
- Land with a wide stance
- Body weight is transferred over both feet with shoulders even
- Ball is received in front of the body so player runs onto the ball
- Fingers are spread with thumbs behind the ball, forming a 'W' with index fingers
- Ball is brought into the body to absorb impact

Completion / Outcome

- Balance is maintained to prevent illegal movements
- Target for next pass is anticipated

Split and re-offer

Preparation

- Body is upright and trunk is stable
- Knees and hips are slightly flexed
- Shoulders are square and chin is up with eyes on the thrower

Execution

- Attacker 1 – outside foot is placed strongly on the ground with adequate transfer of force in the opposite direction – lead left, take-off left, land left, pivot left (opposite for right hand side)
- Attacker 2 – change of direction is appropriately timed
- Attacker 2 – hips turn inside towards the ball
- Force is transferred sequentially through legs, trunk and arms throughout motion
- Strong drives on both leads
- Fingers are spread with thumbs behind ball, forming a 'W' with the index fingers

Completion

- Run on to catch in front

Outcome

- Strong sharp take of the ball in preparation for next pass

Front cut

Preparation

- Body is upright and trunk is stable
- Knees and hips are slightly flexed
- Shoulders are square and chin is up
- Sprinting action is fast and efficient
- Attacker drives ball side

Execution

- Two to three fast accelerated steps taken away from the intended catching direction
- Outside foot is placed strongly on the ground in preparation for push off
- Adequate transfer of force in the opposite direction, attacker drives between the defender and the thrower (ball side)
- Fingers are spread with thumbs behind ball, forming a 'W' with index fingers

Completion

- Fast, sharp acceleration after change of direction towards receipt of the ball

Outcome

- Strong sharp take of the ball in preparation for next pass

Dodge

Preparation

- Body is upright and trunk is stable
- Knees are slightly flexed
- Eyes are on the thrower

Execution

- Sprinting dynamic lateral move by pushing off outside foot to transfer force and dodge in the opposite direction
- When cutting off defender, angle is towards the ball
- Accelerates onto the catch
- Fingers are spread with thumbs behind ball, forming a 'W' with index fingers

Completion

- Sharp movement landing on the outside foot and pivot outside

Outcome

- Strong take of the ball in preparation for next pass

Shadowing

Preparation

- Body is balanced with feet shoulder-width apart on a slight angle either left or right
- Knees are flexed
- Weight is slightly forward on the leg closest to the attacker

Execution

- Back is to attacker with use of peripheral vision to track opponent
- Positioned to cover half of opponent's body
- Arms are close to the body
- Trunk twists slightly as shoulders open to play
- Chin and eyes are up, head is positioned to see both ball and opponent (45°)

Completion

- Small steps with fast feet to shadow player
- Uses slide step to maintain balance

Outcome

- Intercept pass and/or restrict the movement of opponent

First ball – defence intercept

Preparation

- Body is upright and trunk is stable
- Knees and hips are slightly flexed
- Shoulders are square and chin is up
- Sprinting action is fast and efficient

Execution

- Back is to attacker for starting position; covering half of the opponent's body, forcing them away from the ball
- Strong upright body position is maintained throughout the shadow phase
- On release of the ball, the defender runs through to intercept the ball
- Eyes focus on the ball

Completion

- Arms extend to meet the ball with fingers spread and thumbs behind the ball, forming a 'W' with index fingers

Outcome

- Land and balance to outlet pass

3 feet (0.9m) recovery

Preparation

- Adequate transfer of force in the opposite direction
- Strong stride/jump back to 3 feet (0.9m) from the attacker's grounded foot
- Weight is balanced over two feet
- Hips, knees and ankles are slightly flexed

Execution

- Once distance is gained, arms are up and in a position appropriate to dictate desired direction of pass
- Weight is balanced on the balls of the feet

Completion

- Body leans forward from the hips with eyes up, tracking the ball and play

Outcome

- Repositions quickly to defend attacker's moves

Outside-foot land and pivot

Preparation

- Body is upright and trunk is stable with knees slightly flexed
- Lead on 45° angle – lead left, take-off left, land left (opposite for right hand lead)
- Leading leg and arms extend towards the ball
- Eyes focus on the thrower

Execution

- Land on ball of foot of outside leg, impact is taken through outside foot, knee and hip
- Flexion through the knee, hip and ankle
- Follows with landing of second foot quickly to absorb remainder of forces of landing
- The attacker is to drive onto the ball which is thrown/placed into space
- Fingers are spread with thumbs behind ball, forming a 'W' with index fingers
- Allows force of the ball to assist in taking body around in turn
- Pivots on ball of the outside foot
- Strong through the trunk

Completion

- Balance is maintained to prevent illegal movements

Outcome

- Target for next pass is anticipated

Goal shooting

Preparation

- Ball is held in one hand with fingers spread, ball sits on middle of fingers with arm high
- Other hand supports on the side of the ball
- Feet are shoulder-width apart
- Feet, hips and shoulders are square to post

Execution

- Knees are evenly flexed
- Elbow is slightly flexed
- Pushes up with the legs strongly to toes
- Elbow points towards the post
- Arm extends and follow through is with wrist and fingers on release of the ball
- Ball is released high

Completion

- Stable base is maintained
- Arm is fully extended above the head on follow through

Outcome

- Shot is successful

Defence of shot at goal

Preparation

- Body is square to opponent
- Knees are flexed
- Body is balanced with back straight

Execution

- Single-arm defence of shot
- Arm fully extends to highest point up and forward over the ball
- Balance on front foot and extend onto toes
- Extend through the trunk
- Spread fingers
- Inside hang
- Arm fully extends to highest point up and forward over the ball
- Balance is on one leg and other knee is lifted towards the torso
- Jump on shot
- Ready position (arm extended, knees flexed) is timed to coincide with shooter bending the elbows in preparation for the shot
- Jump is forward and up as shooter releases the shot

Completion

- Balance is maintained to prevent illegal movements
- Optimal angle of extension on arm to prevent accurate shot at goal

Outcome

- Shot at goal is successfully defended

Game skills		
Tactical problems	OFFENCE	DEFENCE
Use of space	<ul style="list-style-type: none"> • Runs to create options • Leads to open space 	<ul style="list-style-type: none"> • Reads play and moves to defend space or opponent • Denies opponent's opportunity to attack
Positioning	<ul style="list-style-type: none"> • Anticipates ball movement and moves to attacking position • Moves to a defensive position when possession is lost 	<ul style="list-style-type: none"> • Anticipates ball movement and moves to a defensive position • Blocks opponent's moves • Shows attacking flair in turnovers
Execution	<ul style="list-style-type: none"> • Uses ball skills effectively • Follows up to be involved in play 	<ul style="list-style-type: none"> • Uses ball and defensive skills effectively under pressure • Follows up to back-up team mates
Decision making	<ul style="list-style-type: none"> • Uses skill creatively • Shows evidence of strategic thinking in attacking moves 	<ul style="list-style-type: none"> • Uses skill creatively • Shows evidence of strategic thinking in nullifying attack
Subtotal	20	20
Total	40	

Game skills – marks allocation	
A mark is allocated to the level of performance demonstrated consistently for each element of offence and defence.	
5	Performance is consistent in offence and defence under pressure in a variety of competitive situations. Demonstrates the ability to control play and influence opponent's performance. Selection of movement patterns and skills are effective in achieving the intended outcome.
4	Performance is usually effective in a variety of competitive situations under some pressure. Movement patterns and skills are often effective and achieve the intended outcome.
3	Performance is somewhat effective while demonstrating most components with some success. Overall reflects an adequate level of performance.
2	Achieves some success when performing in a competitive situation but commits a number of errors with respect to execution of skills and appropriate decision making. Sometimes reflects an adequate level of performance.
1	Performs with significant errors with respect to execution of skills and appropriate decision making. Rarely demonstrates an adequate level of performance.
0	Minimum level of performance is not demonstrated