



## PHYSICAL EDUCATION

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FUNDAMENTAL MOVEMENT SKILLS

PERFORMANCE ASSESSMENT SUPPORT MATERIAL

PUNT

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## 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, range of marks (assessment scale) 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.

## Punt

### Preparation

- Ball is held in both hands in front of kicking leg at hip height
- Eyes are focused on the ball throughout the kick
- Non-kicking foot is planted on the ground on the last step of the approach

### Execution

- Hip extends back and knee of kicking leg is bent at least 90° during the backswing
- Body leans slightly backward
- Ball is 'guided' down toward the kicking foot with the same hand as the kicking foot
- Kicking leg swings forward and ball is contacted with the top of the foot
- Opposite arm to kicking leg swings forward and outward for balance

### Completion

- Kicking leg swings forward in the direction of the intended target