



## PHYSICAL EDUCATION

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PERFORMANCE ASSESSMENT SUPPORT MATERIAL

AUSTRALIAN FOOTBALL

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## **IMPORTANT INFORMATION**

This syllabus is effective from 1 January 2016.

Users of this syllabus are responsible for checking its currency.

Syllabuses are formally reviewed by the School Curriculum and Standards Authority on a cyclical basis, typically every five years.

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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. throwing during the handballing action. 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.	
<b>6</b>	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.
<b>5</b>	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.
<b>4</b>	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.
<b>3</b>	Performance is somewhat effective while demonstrating most observation points, occasionally performing each skill with some fluency and control. Overall reflects an adequate skill level.
<b>2</b>	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.
<b>1</b>	Performs with significant errors and minimal control. Rarely demonstrates an adequate skill level.
<b>0</b>	Minimum skill level is not demonstrated

## Individual skills

Running drop punt  
Handball  
Bounce  
Chest mark  
Picking up the ball  
Kick for goal (running drop punt)  
Chest height hand mark  
Shepherd  
Overhead mark  
Block  
Set shot for goal  
Tackle  
Spoil

### Running drop punt

#### Preparation

- Ball held in both hands with fingers spread
- Nose of ball positioned over kicking foot
- Balance is maintained while transferring body weight to non-kicking foot

#### Execution

- Kicking leg swings back with knee flexion and hip extension
- Kicking leg swings from behind to extend through to execute the kick
- Player utilises full range of motion of kicking leg
- Ball guided to kicking foot, not dropped
- Top of foot makes contact with bottom of ball while pointing kicking foot to target
- Opposite arm used to balance kicking action
- Balance maintained on non-kicking leg
- Eyes directed at ball

#### Completion

- Follow-through with chest square to target
- Follow-through of kicking leg in the direction of kick
- Ball travels end-over-end with backspin

#### Outcome

- Ball follows appropriate trajectory
- Ball hits intended target

Handball
<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>• Ball is held in non-hitting hand extended in front of the body</li> <li>• Hitting hand is clenched with thumb on the outside of the fist</li> <li>• Body is balanced with weight on the back leg</li> <li>• Hitting arm is flexed at the elbow and hand swings behind the body</li> </ul> <p><b>Execution</b></p> <ul style="list-style-type: none"> <li>• Weight is transferred onto the support leg</li> <li>• Hitting arm swings forward contacting the ball slightly prior to full extension of the elbow</li> <li>• Velocity and angle of handpass is appropriate to distance required</li> </ul> <p><b>Completion</b></p> <ul style="list-style-type: none"> <li>• Arm follows through in the direction of intended target</li> <li>• Ball travels end-over-end with backspin, to intended target</li> </ul> <p><b>Outcome</b></p> <ul style="list-style-type: none"> <li>• Ball follows appropriate trajectory</li> <li>• Ball hits intended target</li> </ul>
Bounce
<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>• Ball is carried in two hands with fingers spread, elbows flexed and close to the upper torso</li> <li>• Movement begins while opposite foot is forward</li> </ul> <p><b>Execution</b></p> <ul style="list-style-type: none"> <li>• Elbow extends to push the ball towards the ground</li> <li>• Bounce of the ball is at an appropriate angle and distance to enable ball to return to the hands</li> <li>• Ball is pushed from the chest and released at approximately hip height</li> </ul> <p><b>Completion</b></p> <ul style="list-style-type: none"> <li>• Ball comes back up to hands at hip height</li> </ul> <p><b>Outcome</b></p> <ul style="list-style-type: none"> <li>• Ball is caught in both hands out in front of the body for quick release, if needed</li> </ul>
Chest mark
<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>• Body is positioned in line with the flight of the ball</li> <li>• Eyes follow flight path of the ball</li> <li>• Body moves towards the ball</li> </ul> <p><b>Execution</b></p> <ul style="list-style-type: none"> <li>• Arms are brought forward with elbows flexed</li> <li>• Elbows are flexed next to torso</li> <li>• Torso flexion absorbs the force</li> <li>• Knees are flexed as the ball is marked</li> <li>• Jumps into the ball depending on the height that the chest mark is taken</li> </ul> <p><b>Completion</b></p> <ul style="list-style-type: none"> <li>• Ball is taken cleanly in one grab to prepare for next phase</li> </ul> <p><b>Outcome</b></p> <ul style="list-style-type: none"> <li>• Player takes clean possession of ball</li> <li>• Player is balanced and ready for either handball or kick</li> </ul>

## Picking up the ball

### Preparation

- Body position is lowered by flexing hips and knees
- Hands and arms prepare for pick up
- Foot is positioned on the outside of and near the ball
- Balance and speed are maintained throughout the movement
- Eyes focus on the ball

### Execution

- Feet are positioned to ensure a wide base of support
- Weight is placed on the front foot just before pick up
- Hands come together to secure the ball which is picked up in two hands

### Completion

- Ball is taken cleanly in one grab
- Extension through the hips to get back to upright position
- Pace is adjusted according to ball direction and game conditions

### Outcome

- Player takes clean possession of ball and is balanced and ready for either handball or kick

## Kicking for goal (running drop punt)

### Preparation

- Eyes focus on ball
- Hands hold the ball on either side with fingers spread
- The nose of the ball is positioned over the kicking foot
- Balance is maintained while transferring body weight to non-kicking foot

### Execution

- Kicking leg swings back with flexion of the knee and extension of the hip
- Kicking leg swings from behind the ball to extend through to execute the kick
- Ball speed and height are achieved by utilising full range of motion of the kicking leg
- Ball is guided with the same hand as kicking foot
- The top of the foot makes contact with the ball at bottom rear of the ball while pointing kicking foot in direction of the target
- Non-kicking leg provides a strong base
- Eyes focus on the ball and body comes up onto toe of the non-kicking foot at impact

### Completion

- Chest is positioned square to the target
- Follow-through in the direction of the kick

### Outcome

- Ball travels end-over-end with back spin, through goal posts

Chest height hand mark
<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>• Body position adjusted to be in line with the flight of the ball</li> <li>• Eyes follow flight path of the ball.</li> <li>• Body moves towards the ball</li> </ul> <p><b>Execution</b></p> <ul style="list-style-type: none"> <li>• Shoulders and elbows extend so that hands move forward ahead of the body</li> <li>• Fingers spread and elbows flexed</li> </ul> <p><b>Completion</b></p> <ul style="list-style-type: none"> <li>• Ball is marked in front maintaining elbow flexion and along the midline of the body</li> </ul> <p><b>Outcome</b></p> <ul style="list-style-type: none"> <li>• Ball taken cleanly into hands in one grab to prepare for next phase</li> </ul>
Shepherd
<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>• Eyes track opposing players</li> <li>• Position established to intercept opponent</li> </ul> <p><b>Execution</b></p> <ul style="list-style-type: none"> <li>• Arms begin to extend in preparation for contact</li> <li>• Knees and hips are flexed in preparation to absorb contact</li> <li>• Arms are wide below shoulder level</li> <li>• Body is maintained in a low, balanced position</li> <li>• Contact and movement are maintained along opponent's path</li> </ul> <p><b>Completion</b></p> <ul style="list-style-type: none"> <li>• Opponent is kept away from team mate</li> <li>• Team mate followed to prepare for next phase</li> </ul> <p><b>Outcome</b></p> <ul style="list-style-type: none"> <li>• Player successfully blocks opponent</li> <li>• Player is balanced and ready to give further assistance to ball carrier</li> </ul>
Overhead mark
<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>• Body is positioned in line with the flight of the ball</li> <li>• Eyes follow flight path of the ball</li> <li>• Take off position at appropriate distance to intercept the flight of the ball</li> <li>• Hips and knees are flexed</li> </ul> <p><b>Execution</b></p> <ul style="list-style-type: none"> <li>• Take off using one leg</li> <li>• Jump is into path of the ball</li> <li>• Lead knee maintains flexed position</li> <li>• Fingers are spread and elbows flexed</li> <li>• Ball is marked in front maintaining elbow flexion along the midline of the body</li> </ul> <p><b>Completion</b></p> <ul style="list-style-type: none"> <li>• Elbows and lower arms are flexed to guide ball into control</li> <li>• Landing on two feet</li> </ul> <p><b>Outcome</b></p> <ul style="list-style-type: none"> <li>• Ball is cleanly marked</li> </ul>



Block
<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>• Position established to intercept opponent</li> <li>• Eyes track opposing players</li> <li>• Arms are kept in close to the body</li> </ul> <p><b>Execution</b></p> <ul style="list-style-type: none"> <li>• Knees and hips are flexed in preparation to absorb contact</li> <li>• Body is maintained in a low, balanced position</li> <li>• Body weight drives into opponent through flexed legs</li> </ul> <p><b>Completion</b></p> <ul style="list-style-type: none"> <li>• Opponent is kept away from team-mate</li> </ul> <p><b>Outcome</b></p> <ul style="list-style-type: none"> <li>• Team-mate is followed to prepare for next phase</li> </ul>
Set shot for goal
<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>• Hands hold the ball on either side with fingers spread</li> <li>• The nose of the ball is positioned over the kicking foot</li> <li>• Balance is maintained while transferring body weight to non-kicking foot</li> <li>• Movement begins at an appropriate distance behind the mark for approach routine</li> <li>• Rhythmical approach is used consisting of walking and running strides</li> </ul> <p><b>Execution</b></p> <ul style="list-style-type: none"> <li>• Kicking leg swings back with flexion of the knee and extension of the hip</li> <li>• Kicking leg swings from behind the ball to fully extend through to execute the kick</li> <li>• Ball speed and height are achieved by utilising full range of motion of the kicking leg</li> <li>• Ball is guided with the same hand as kicking foot</li> <li>• The top of the foot makes contact with the ball at bottom rear of the ball while pointing kicking foot in direction of goal</li> <li>• Non-kicking leg provides a strong base</li> <li>• Eyes focus on the ball and body comes up onto toe of the non-kicking foot at impact</li> </ul> <p><b>Completion</b></p> <ul style="list-style-type: none"> <li>• Chest is positioned square to the target</li> <li>• Follow-through in the direction of the kick</li> </ul> <p><b>Outcome</b></p> <ul style="list-style-type: none"> <li>• Ball travels end-over-end with back spin, to score goal</li> </ul>

Tackle
<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>• Eyes track opposing players</li> <li>• Position established to intercept opponent</li> <li>• Arms kept in close to the body</li> <li>• Knees and hips are flexed in preparation to absorb contact</li> <li>• Stride rate is increased to produce acceleration towards the target</li> </ul> <p><b>Execution</b></p> <ul style="list-style-type: none"> <li>• Flexion of knees and hips is maintained</li> <li>• Body weight drives into opponent through flexed legs</li> </ul> <p><b>Completion</b></p> <ul style="list-style-type: none"> <li>• Arms extend to wrap opponent's arms and body between their shoulders and knees</li> </ul> <p><b>Outcome</b></p> <ul style="list-style-type: none"> <li>• Opponent is unable to hand the ball off resulting in ball-up or opponent releases the ball</li> </ul>
Spoil
<p><b>Preparation</b></p> <ul style="list-style-type: none"> <li>• Body is positioned in line of flight of the ball</li> <li>• Eyes follow flight path of the ball</li> <li>• Take off position at appropriate distance from the ball</li> <li>• Hips and knees are flexed</li> </ul> <p><b>Execution</b></p> <ul style="list-style-type: none"> <li>• Take off is executed from one leg</li> <li>• Jump in a direction to intercept the flight of the ball</li> <li>• Flexed position of lead knee is maintained</li> <li>• One arm is used with clenched fist and extending through shoulders and elbows</li> </ul> <p><b>Completion</b></p> <ul style="list-style-type: none"> <li>• Ball is contacted with adequate force to stop the player from taking the mark</li> </ul> <p><b>Outcome</b></p> <ul style="list-style-type: none"> <li>• Opponent fails to mark the ball</li> </ul>

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

<b>Game skills – marks allocation</b>	
A mark is allocated to the level of performance demonstrated consistently for each element of offence and defence.	
<b>5</b>	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.
<b>4</b>	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.
<b>3</b>	Performance is somewhat effective while demonstrating most components with some success. Overall reflects an adequate level of performance.
<b>2</b>	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.
<b>1</b>	Performs with significant errors with respect to execution of skills and appropriate decision making. Rarely demonstrates an adequate level of performance.
<b>0</b>	Minimum level of performance is not demonstrated