

Volleyball Performance Assessment

Assessment Key

4= Excellent: Consistently demonstrate correct form and control

3= Good: Frequently demonstrated correct form with minor errors

2= Fair: Inconsistent form, need improvement

1= Poor: Struggles with basic technique

N/A: Not assessed

Skill 1: Bump (Forearm Pass)

Criteria	4	3	2	1	N/A
Feet are shoulder-width apart, knees bent					
Hands together, thumbs pointed down					
Contact made with the forearms					
Follows through towards the target after contact					
Accuracy (ball goes towards the intended target)					

Skill 2: Set

Criteria	4	3	2	1	N/A
Hands are in a triangle shape above the forehead					
Ball contact is made with the fingertips					
Arms extend upward after contact					
Proper foot placement (one foot slightly forward)					
Accuracy (ball goes towards the intended target)					

Skill 3: Overhand Serve

Criteria	4	3	2	1	N/A
Stands behind the end line					
Tosses the ball at the correct height					
Makes contact with an open hand					
Follows through with arm swing					
Accuracy (serve lands in-bounds)					

Skill 4: Underhand Serve

Criteria	4	3	2	1	N/A
Stands behind the end line					
Holds the ball at waist height in non-dominant hand					
Steps forward with the opposite foot to the hitting arm					
Swings dominant arm underhand to make contact					
Follows through in the direction of the target					
Accuracy (serve lands in-bounds)					

Volleyball Performance Assessment Score Sheet (Multiple Students)

Student Name	Bump	Set	Overhand Serve	Underhand Serve	Comments
	F1	H2	F3	T4	A5
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Student 1					
Student 2					

1. Team Sports

- **PEHS.1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
 - Students demonstrate proper techniques for volleyball skills like bumping, setting, and serving.
- **PEHS.2:** Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performing physical activities.
 - Understanding the roles of teamwork, positioning, and strategy in volleyball games.
- **PEHS.4:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
 - Participating respectfully and safely in team volleyball activities.

2. Personal Fitness

- **PEPF.1:** Develops competency in motor skills and movement patterns needed to perform a variety of physical activities.
 - Mastering the basic skills of volleyball contributes to overall motor skills development.
- **PEPF.3:** Achieves and maintains a health-enhancing level of physical fitness.
 - Playing volleyball promotes cardiovascular fitness, agility, and coordination.

3. Physical Conditioning

- **PEPC.3:** Participates regularly in physical activity and conditioning.
 - Volleyball drills and gameplay enhance endurance, coordination, and strength.
- **PEPC.4:** Achieves and maintains a health-enhancing level of physical fitness.
 - Regular practice of volleyball can improve overall fitness levels.
- **PEPC.5:** Demonstrates responsible personal and social behavior in physical activity settings.
 - Encourages good sportsmanship and cooperation during volleyball activities.

4. Lifetime Sports

- **PELS.1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
 - Practicing volleyball serves, bumps, and sets as skills for a lifetime sport.
- **PELS.3:** Understands the relationship between physical activity and lifetime wellness.
 - Volleyball can be played throughout life to maintain fitness and social connections.
- **PELS.5:** Demonstrates responsible personal and social behavior in physical activity settings.
 - Practicing teamwork and communication in volleyball.

5. Recreational Games

- **PERE.1:** Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
 - Demonstrates the essential volleyball skills of bump, set, and serve.
- **PERE.4:** Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
 - Participating appropriately in a recreational setting, showing good sportsmanship and cooperation.