

Pre-Assessments

VOLLEYBALL SKILL ASSESSMENT

Rate yourself and your partner for each skill according to the scale below. Then explain why you gave yourself or your partner that rating.

- 0- I have never heard of this
- 1- I have heard this term but haven't seen it done before
- 2- I have heard of this, and seen this, but don't know how to perform it with correct form
- 3- I can do this, but am not using the correct form
- 4- I can do this using the correct form, in a non-game situation
- 5- I can do this, using the correct form, in a game situation

PRE-TEST (self-assessment)

PASSING: 0 1 2 3 4 5

Why?:

SETTING: 0 1 2 3 4 5

Why?:

SERVING: 0 1 2 3 4 5

Why?:

PRE-TEST (peer-assessment)

PASSING: 0 1 2 3 4 5

Why?:

SETTING: 0 1 2 3 4 5

Why?:

SERVING: 0 1 2 3 4 5

Why?:

POST-TEST (self-assessment)

PASSING: 0 1 2 3 4 5

Why?:

SETTING: 0 1 2 3 4 5

Why?:

SERVING: 0 1 2 3 4 5

Why?:

POST-TEST (peer-assessment)

PASSING: 0 1 2 3 4 5

Why?:

SETTING: 0 1 2 3 4 5

Why?:

SERVING: 0 1 2 3 4 5

Why?:

Lesson 1 Assessments

Day 1 Exit Ticket

1. What are the three components of a proper pass

2. What are the three components of a proper set

Lesson 2 Assessments

Day 2 Exit Ticket

1. Which serve do you prefer, overhand or under hand and why?

2. What are the three steps of the serve you prefer?

3. What are the three of the six keys to receiving a ball?

Lesson 3 Assessments

Volleyball Formal Post-Assessment

Part 1: Peer & Self-assessment (see above, students retake 'Volleyball Skill Assessment')**

**Staple your completed pre- and post- assessment sheet to this paper.

Part 2: Rules & Strategies

1. How many players on the court at once?
 - a. 4
 - b. 5
 - c. 6

2. How many times can a team touch the ball before it has to go over the net?
 - a. 2
 - b. 3
 - c. 4
3. Can a player hit the ball two times in a row?
 - a. Yes
 - b. No
4. When do you rotate positions?
 - a. After your team serves it
 - b. When your team gets the ball back
 - c. Every time a play is made
5. The purpose of a setter is to...
 - a. Move the ball over the net
 - b. Move the ball to the hitter or passer
 - c. Play up at the net
 - d. Both b and c
6. A pass in volleyball can also be called a...
 - a. Dig
 - b. Hit
 - c. Bump
 - d. Both a and c
7. What is the correct order of a basic play sequence?
 - a. Pass, set, hit
 - b. Set, pass, hit
 - c. Pass, set, pass
8. What is an 'ace'?
 - a. When the ball is served over and your opponent returns it
 - b. When your opponent serves the ball out of bounds
 - c. When your serve the ball in bounds and it is not returned

Part 3: Written Reflection (student voice)

1. Did you respect your classmates? Give one example.

2. Did you encourage your classmates? Give one example.

3. Did you use effective teamwork? Give one example.

4. What were the three most important things you learned about volleyball?

5. What are three things you still want to learn about volleyball?

6. Which skill, movement pattern, or concept did you struggle the most with?

7. Which skill, movement pattern, or concept were you the most confident with?

8. What was one thing you did that helped you improve?

9. Do you feel like you met the learning targets each day? If not, which ones were not met?

10. Do you feel that you have the basic skills and strategy need to play in a game of volleyball?

Evaluation Criteria

Rating Scale for Skill Assessments

- 0- I have never heard of this
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