|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Set**  **/6** | **Dig**  **/6** | **Spike**  **/6** | **Block**  **/6** | **Underarm serve**  **/6** | **Overhead serve**  **/6** | **Total**  **/36** |
|  |  |  |  |  |  |  |  |
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**Skills Assessment**

**Games Assessment**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Name** | **Skills in game situation**  **/5** | **3 passes**  **/3** | **Communication**  **/5** | **Decision Making**  **/5** | **Footwork**  **/2** | **Total**  **/20** |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

# Marking key for Volleyball – Year 11 General Physical Education Studies

**Skill 1: Forearm pass: serve reception**

**A. SKILL**– demonstration of skills in competitive situations will be assessed, taking into account the combination of four elements of an action, i.e. consistency, precision, fluency and control

**B. CONTEXT**–game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking

**C. KEY SKILL COMPONENTS**

|  |  |  |
| --- | --- | --- |
| **1. FOREARM PASS: SERVE RECEPTION** | | |
| Preparation | Execution | Completion |
| * Move is to get the ball in line with the midline of the body and to face the target or execute lateral pass if receiving a jump serve * Balanced position with weight on the balls of the feet and outside foot forward * Shoulders are directed towards the target with arms forming a stable triangle * As ball approaches position is lowered with greater knee bend | * Arms should be straight with a flat platform * Body weight is moving up and forward as is all of body movement * Body goes from a low position to a high position in a forward flowing movement * All contact is on forearm (above ‘watch strap’) with elbows fully extended. Note: Jump serve is received with very little arm movement to cushion the ball on impact | * Arms follow through no higher than parallel to the court * Ball travels on a parabola between the contact point and the setter * Movement is into the team-attack position |

**D. MARK ALLOCATION**

|  |  |
| --- | --- |
| **Mark** | **Observable key skill components described in C:**  **Preparation, Execution, Completion and Outcome** |
| **6** | Always demonstrates the observation points |
| **5** | Almost always demonstrates the observation points |
| **4** | Demonstrates reasonable skill level more than 50% of the time |
| **3** | Demonstrates adequate skill level approximately 50% of the time |
| **2** | Demonstrates adequate skill level less than 50% of the time |
| **1** | Rarely demonstrates adequate skill level |
| **0** | Does not demonstrate minimum skill level |

**Skill 2: Front Set**

**A. SKILL**–demonstration of skills in competitive situations will be assessed, taking into account the combination of four elements of an action, i.e. consistency, precision, fluency and control

**B. CONTEXT**–game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking

**C. KEY SKILL COMPONENTS**

|  |  |  |
| --- | --- | --- |
| **2. FRONT SET** | | |
| Preparation | Execution | Completion |
| * Body is balanced with foot closest to the net slightly in front * Knees and hips are flexed * Hands are positioned slightly in front and above the head, forming a triangle * Elbows are at 900 with thumbspointing to the floor | * Hips and shoulders are facing the target * Base is stable and knees flex on contact * Ball is cushioned with all fingers and thumbs of both hands * Elbows flex upon contact followed by extension to 180° leading to release | * Arms point in direction of the target * Thumbs and forefingers also point in the direction of the target * Ball is released into a parabolic flight with no spin * Next movement is into defensive position |

**D. MARK ALLOCATION**

|  |  |
| --- | --- |
| **Mark** | **Observable key skill components described in C:**  **Preparation, Execution, Completion and Outcome** |
| **6** | Always demonstrates the observation points |
| **5** | Almost always demonstrates the observation points |
| **4** | Demonstrates reasonable skill level more than 50% of the time |
| **3** | Demonstrates adequate skill level approximately 50% of the time |
| **2** | Demonstrates adequate skill level less than 50% of the time |
| **1** | Rarely demonstrates adequate skill level |
| **0** | Does not demonstrate minimum skill level |

**Skill 3: Spike**

**A. SKILL** **–** demonstration of skills in competitive situations will be assessed, taking into account the combination of four elements of an action, i.e. consistency, precision, fluency and control

**B. CONTEXT** **–** game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking

**C. KEY SKILL COMPONENTS**

|  |  |  |
| --- | --- | --- |
| **3. SPIKE** | | |
| Preparation | Execution | Completion |
| * Spike approach begins on or behind the attack line * Spike approach footwork is R - L - together (opposite for left-hander) * Knee bend is deep with arms swinging back parallel to the court * Two-foot take-off is vertical and controlled * Arms swing forwards and upwards to get maximum height in the jump * Arms assume ‘bow and arrow’ position with hitting arm pulled back behind the body in a ‘bow’ position and non-hitting arm pointing to the ball | * Lead is with elbow first, then high contact with open hand on the ball, snapping the wrist on contact * Contact is made at maximum height approx 50cm in front of the body and in line with the hitting shoulder | * Two-foot landing is controlled with flexion of knees to absorb impact * Landing is in the same place as take-off * Ball crosses the net in a downward path with speed * Ball avoids the opposition block and spike-defensive players |

**D. MARK ALLOCATION**

|  |  |
| --- | --- |
| **Mark** | **Observable key skill components described in C:**  **Preparation, Execution, Completion and Outcome** |
| **6** | Always demonstrates the observation points |
| **5** | Almost always demonstrates the observation points |
| **4** | Demonstrates reasonable skill level more than 50% of the time |
| **3** | Demonstrates adequate skill level approximately 50% of the time |
| **2** | Demonstrates adequate skill level less than 50% of the time |
| **1** | Rarely demonstrates adequate skill level |
| **0** | Does not demonstrate minimum skill level |

**Skill 4: Block**

**A. SKILL**–demonstration of skills in competitive situations will be assessed, taking into account the combination of four elements of an action, i.e. consistency, precision, fluency and control

**B. CONTEXT**– game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking

**C. KEY SKILL COMPONENTS**

|  |  |  |
| --- | --- | --- |
| **4. BLOCK** | | |
| Preparation | Execution | Completion |
| * Feet are shoulder-width apart and arm-length off the net * Hands are in front of the body, at shoulder height and facing the opposition * Fingers are spread * Movement along the net is sideways and controlled | * Knees bend no more than 90º * Knees are extended fully to jump vertically * No gap is left between arms and net (maximum penetration) * Arms are kept straight and strong reaching over the net * Thumbs should be high, fingers spread and hands close together to avoid ball going through the middle of both hands | * Two-foot landing is controlled with flexion of the knees to absorb impact and without any net touches * Ready position is resumed |

**D. MARK ALLOCATION**

|  |  |
| --- | --- |
| **Mark** | **Observable key skill components described in C:**  **Preparation, Execution, Completion and Outcome** |
| **6** | Always demonstrates the observation points |
| **5** | Almost always demonstrates the observation points |
| **4** | Demonstrates reasonable skill level more than 50% of the time |
| **3** | Demonstrates adequate skill level approximately 50% of the time |
| **2** | Demonstrates adequate skill level less than 50% of the time |
| **1** | Rarely demonstrates adequate skill level |
| **0** | Does not demonstrate minimum skill level |

**Skill 5: Underarm Serve**

**A. SKILL**–demonstration of skills in competitive situations will be assessed, taking into account the combination of four elements of an action, i.e. consistency, precision, fluency and control

**B. CONTEXT**–game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking

**C. KEY SKILL COMPONENTS**

|  |  |  |
| --- | --- | --- |
| **5. Underarm serve** | | |
| Preparation | Execution | Completion |
| * Position behind the baseline at appropriate distance. * Feet shoulder width apart with non-dominant foot slightly forward * Ball is held in the palm of non-dominant hand * Dominant hand swings back in preparation | * Dominant hand swings forwards * Ball is contacted with fleshy section of the palm | * Arm swings through and extends * Dominant leg may step forward |

**D. MARK ALLOCATION**

|  |  |
| --- | --- |
| **Mark** | **Observable key skill components described in C:**  **Preparation, Execution, Completion and Outcome** |
| **6** | Always demonstrates the observation points |
| **5** | Almost always demonstrates the observation points |
| **4** | Demonstrates reasonable skill level more than 50% of the time |
| **3** | Demonstrates adequate skill level approximately 50% of the time |
| **2** | Demonstrates adequate skill level less than 50% of the time |
| **1** | Rarely demonstrates adequate skill level |
| **0** | Does not demonstrate minimum skill level |

**Skill 6: Overhead Serve**

**A. SKILL** **–** demonstration of skills in competitive situations will be assessed, taking into account the combination of four elements of an action, i.e. consistency, precision, fluency and control

**B. CONTEXT** **–** game pressure, pace, skill and intensity of opponent and team mates, playing area, environmental conditions etc. may affect performance and should be taken into account when marking

**C. KEY SKILL COMPONENTS**

|  |  |  |
| --- | --- | --- |
| **6. OVERHEAD FLOAT SERVE** | | |
| Preparation | Execution | Completion |
| * Server stands behind the baseline * Straight arms point towards target with hitting hand behind the ball * Weight on the back foot ready to be transferred onto front foot upon contact * Step is towards the target with the opposite foot * Hitting arm is drawn straight back behind the head with elbow flexion | * The ball is tossed up with the opposite hand in line with the serving hand, little spin and less than 1m high * Opposite foot forward when contact is made with the ball * Contact with the ball is above the head in line with the serving arm * Contact with the ball is with an open hand | * Weight is transferred forward onto the court and move into a defensive position * Arm follows through in the direction of the target; thumb brushing quadriceps on the same side as serving arm * Ball has a flat trajectory and no spin(floating) * Ball clears the net no higher than the top of the antennae |

**D. MARK ALLOCATION**

|  |  |
| --- | --- |
| **Mark** | **Observable key skill components described in C:**  **Preparation, Execution, Completion and Outcome** |
| **6** | Always demonstrates the observation points |
| **5** | Almost always demonstrates the observation points |
| **4** | Demonstrates reasonable skill level more than 50% of the time |
| **3** | Demonstrates adequate skill level approximately 50% of the time |
| **2** | Demonstrates adequate skill level less than 50% of the time |
| **1** | Rarely demonstrates adequate skill level |
| **0** | Does not demonstrate minimum skill level |