

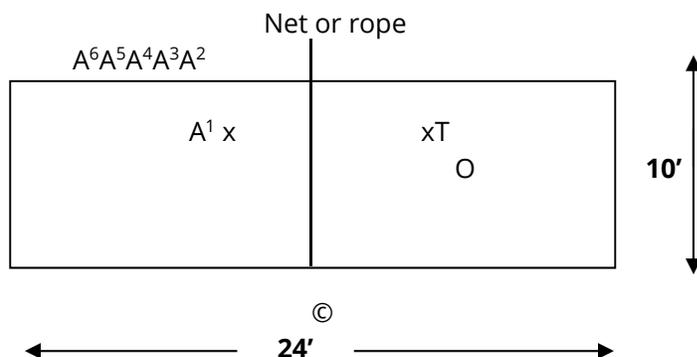
## Fifth Grade: B. Overhead Volley (Perform)

**Assessment Task:** Student uses a **two-hand overhead volley** to strike/volley the ball over the net and to the target thrower in four attempts. The attempts begin from a toss made from a skilled thrower on the opposite side of the net.

- This assessment measures the student's ability to execute the overhead volley pattern (overhead pass or volleyball set) with accuracy.

### Set-up of the Assessment Task:

- A 24 x 10 foot space is needed for assessment.
- Attach a net or rope between two poles at a height of 7 feet.
- Place a hoop with two (2) identical trainer volleyballs beside the teacher.
- Place an X on the floor on both sides of the net. The X should be 6 feet from the net.
- The picture below demonstrates one group being assessed. Other students should be participating in another activity or station.



### Administration of the Assessment Task:

- Make sure each student turns toward the camera and the teacher states his or her group letter and number.
- Instruct the students that they will have four attempts to overhead volley a ball over the net (or rope) to the thrower. The ball will be underhand tossed by a skilled thrower. If the toss is not a good toss (high arc and within two steps of the student), the student may elect to catch it and ask for another toss.
- Clearly indicate with an X on the floor where the student and thrower should stand (marked 6 feet from the net).
- Either the teacher or a competent thrower should gently toss the ball so it travels in an arch pathway up and over the net within 1–2 steps of student. If it is a poor toss (no height or beyond 2 steps of the student), repeat the throw. If the toss is repeated, the thrower should turn to the camera and state that the last attempt is being repeated due to a poor toss.
- Remind the student that he/she does not have to stay on the starting mark but must return there after each attempt.
- The use of trainer volleyballs is recommended. Use the same type of ball for all assessed on both the pre- and post-assessment.

### Equipment/Facilities/Materials:

- Numbered pinnies for all students
- Tape measure and tape to mark location thrower and student should stand (6 feet from net)

- 2 volleyball trainers (both the same size)
- A 7' net or suspended rope between two poles

**Camera Location and Operation:**

It is critical that the camera is placed in position to view both the thrower (T) and the student assessed (S). Accuracy of volley is determined by return volley to thrower. Keep the camera stationary and recording once play has started. Stop the recording at the completion of each letter group and restart when the next group is ready.

**Critical Elements:**

- 1) Body aligned and positioned under the ball
- 2) Knees and elbows bent in preparation for the volley
- 3) Hands rounded; thumbs and pointer finger make triangle (without touching).
- 4) Ball contacts only the finger pads
- 5) Extends arms upward on contact; follow through up and toward target resulting in an upward arc pathway over the net/rope.

**Helpful Hints for Student Growth:**

- Toss and catch with hands in volley position and nose directly under ball
- Repeat above but volley to self
- Partner tossing and setting (practice the toss)
- Volley against the wall
- Teacher toss to students in a station
- Have volley competitions
- Set-up volley stations after above has been taught
- Review the overhead volley throughout your volley (or volleyball) unit

**5+:**

- 1) Throw 8 balls mixing up tossing to the right, left, or forward where student has to move to volley the ball returning the ball to the tosser with 75% success rate.
- 2) Allow student to volley the ball back and forth over the net with another skilled player or teacher for 8 consecutive volleys (including those of the skilled player or teacher). Allow two attempts.