
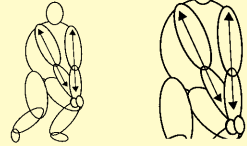
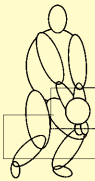


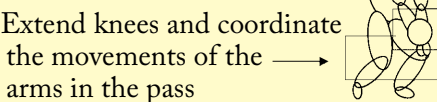
Appendix IV: Illustration of Assessment Criteria for Volleyball

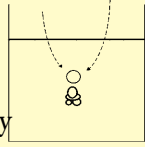
Overall Level 3

1. Demonstrate the correct ready position 


2. Extend arms and hold together in front of the body to hit the ball 

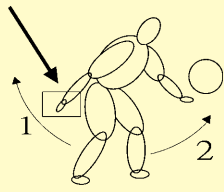
3. Hit the ball with forearms 

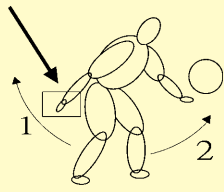
4. Extend knees and coordinate the movements of the arms in the pass 

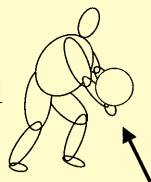
5. Hit the ball from different directions, move to the ball and keep it directly in front of the body 

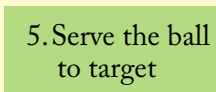
Overall Level 4

1. Hold the ball in front of the body 

2. Draw the serving arm backwards in a pendulum motion and swing it forward to hit the ball 


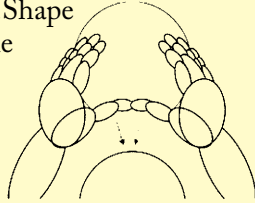
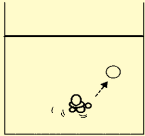
3. Lock the wrist 

4. Hit the lower part of the ball with the fist or the heel of the hand 

5. Serve the ball to target 

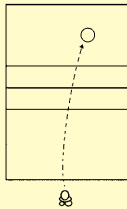

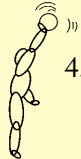
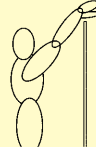
Overall Level 5

1. Make contact point just above the forehead (overhand pass)
2. Use thumbs and index fingers to form a broken triangle with the thumbs pointing at the forehead. Shape the other fingers to fit the ball (overhand pass)
3. Extend the arms and legs as the pass is made (overhand pass)
4. Pass the ball to targets
5. Move into a proper position to pass the ball

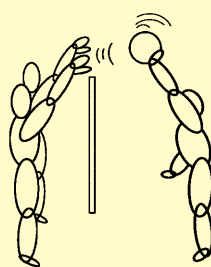
Overall Level 6

1. Serve into the opponent's court
2. Make use of overhand and underhand passing skills appropriately
3. Jump up to spike
4. Hit the ball with the palm in front of the hitting shoulder at the peak of the jump
5. Demonstrate appropriate blocking skills

Overall Level 7

1. Anticipate situations, apply overhand or underhand passing skills appropriately in competitions
2. Move into a proper position to pass the ball and set up an attack
3. Apply appropriate skills to pass the ball across the net within 3 hits
4. Organise an attack with 3-hit combination

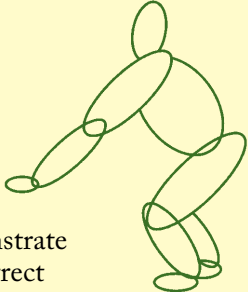


5. Demonstrate blocking skills to block an opponent from spiking

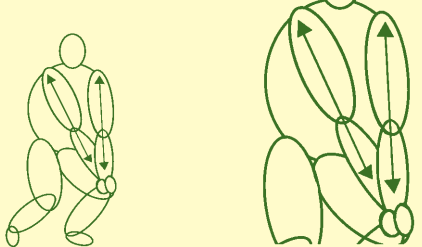
Overall Level 8

1. Switch offence and defence formations to cope with the opponent's tactics
2. Pass the ball strategically to organise an attack
3. Employ various strategies in attack
4. Cooperate with teammates to execute offence and defence tactics

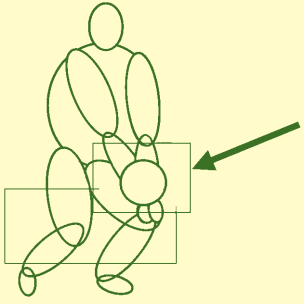
Overall Level 3



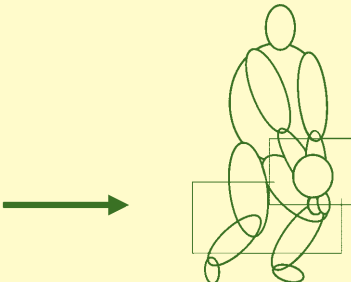
- Demonstrate the correct ready position



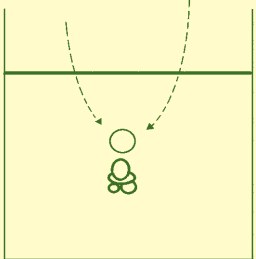
- Extend arms and hold together in front of the body to hit the ball



- Hit the ball with forearms

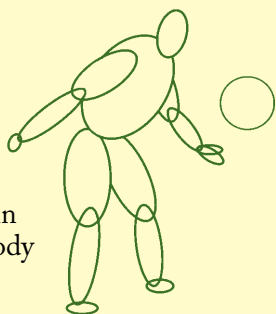


- Extend knees and coordinate the movements of the arms in the pass

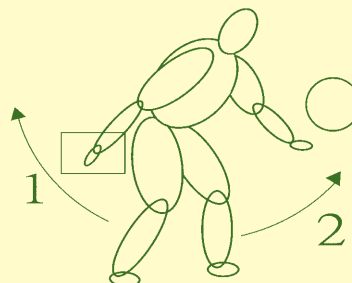


- Hit the ball from different directions, move to the ball and keep it directly in front of the body

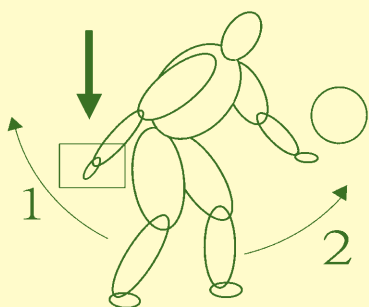
Overall Level 4



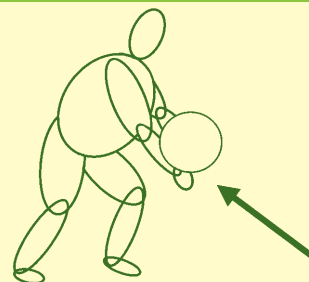
- Hold the ball in front of the body



- Draw the serving arm backwards in a pendulum motion and swing it forward to hit the ball



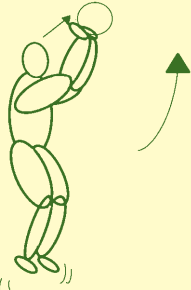
- Lock the wrist



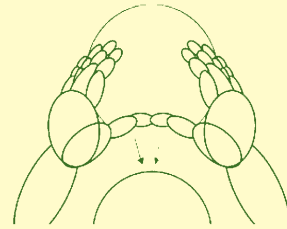
- Hit the lower part of the ball with the fist or the heel of the hand

- Serve the ball to target

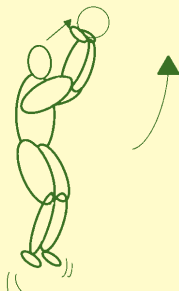
Overall Level 5



- Make contact point just above the forehead (overhand pass)

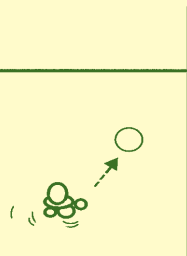


- Use thumbs and index fingers to form a broken triangle with the thumbs pointing at the forehead. Shape the other fingers to fit the ball (overhand pass)



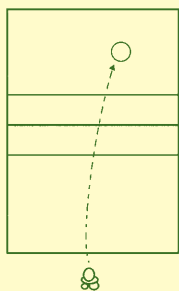
- Extend the arms and legs as the pass is made (overhand pass)

- Pass the ball to targets



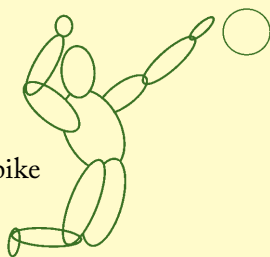
- Move into a proper position to pass the ball

Overall Level 6



- Serve into the opponent's court

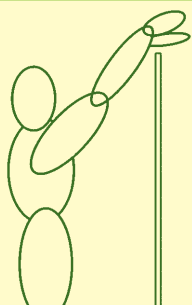
- Make use of overhand and underhand passing skills appropriately



- Jump up to spike



- Hit the ball with the palm in front of the hitting shoulder at the peak of the jump



- Demonstrate appropriate blocking skills

Overall Level 7

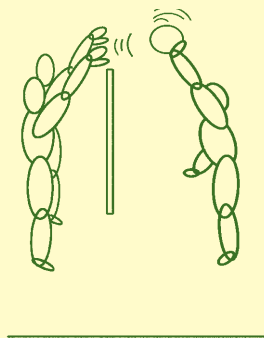
- Anticipate situations, apply overhand or underhand passing skills appropriately in competitions

- Move into a proper position to pass the ball and set up an attack

- Apply appropriate skills to pass the ball across the net within 3 hits

- Organise an attack with 3-hit combination

- Demonstrate blocking skills to block an opponent from spiking



Overall Level 8

- Switch offence and defence formations to cope with the opponent's tactics

- Pass the ball strategically to organise an attack

- Employ various strategies in attack

- Cooperate with teammates to execute offence and defence tactics