**Grade 7 & 8 Volleyball Skills Assessment**

**I. Serve**

1. Can hit the ball over the net doing an underhand serve. 4 3 2 1 (To differentiate, students can serve from different distances)

**II. Volley**

1. Contacts the ball with both hands at the same time above the head. 4 3 2 1

2. Contacts the ball using finger pads and not the palms. 4 3 2 1

**III. Forearm pass**

1. Contacts the ball with both forearms at the same time below waist. 4 3 2 1

2. Has hands together when hitting the ball. 4 3 2 1

3. Extends knees when hitting the ball and does not swing arms. 4 3 2 1

**Legend**

4 = All of the time. 3 = Most of the time. 2 = Some of the time. 1 = Not often.