

Sample Instructional Resources

Overhead Pass

Grade	Benchmark	Assessment	Resources
Grade Seven	Execute an overhead pass with correct form so the ball travels in an upward direction and to within one step of the partner at least 50 percent of the when the ball is lobbed directly to the student from 15 feet away.	Test and Criteria: Appendix G, Pages 4-5	Drills and Activities: Volleyball: Steps to success, pgs. 57-66 Rubrics and Video Samples: Secondary School Motor Skill CD, Slide 23 Sample Written/Reflective Activities: Appendix G, Pages 6-9 Web Sources: http://pe.central.vt.edu/lessons/searchresults.asp?category=53