**Psychomotor Feedback Document for Focus Students**

**Format:** Written feedback provided as a separate document file based on observational data from the bumping assessment. Feedback was sent to focus students in an email.

**Focus Student #1: Haileigh – Feedback**  
Haileigh, you did an excellent job during the bumping assessment. You showed all three key parts of the skill, which means you are on the right track. You started with a strong, wide base, which helped you stay balanced and ready to move. Your forearms were flat and steady, creating a solid platform to control the ball. This is one of the most important parts of bumping, and you did it really well. You also kept your arms still and avoided swinging, which shows that you’re using your legs and body to guide the ball instead of your arms. That’s a really advanced habit to build at this stage. As you continue practicing, one thing to start thinking about is where you want the ball to go. Start picking a target when you bump, like a teammate’s hands or a certain area of the court. That will help you be more accurate and confident in gameplay. Overall, you showed strong form, great focus, and solid control. Keep it up and keep challenging yourself.

**Focus Student #2: Tessa – Feedback**  
Tessa, your performance during the bumping assessment showed some strong effort and awareness of technique. You had a really solid wide base, which gave you good balance and made it easier to stay in position. You also did a great job not swinging your arms, which tells me you’re learning how to stay in control and use your legs to lift the ball instead. That’s a really important part of building good habits in volleyball. The one area I’d like you to focus on next is keeping your forearms flat and locked when making contact. There were a few times where your arms were a little bent or not quite flat, and that can make the ball go off in a different direction. Try bringing your hands together and locking your elbows to create one strong surface for the ball to hit. You’re definitely showing progress, and you seem to be understanding the skill. Keep practicing that platform and you’ll see even more improvement.

**Focus Student #3: Maise – Feedback**  
Maise, I really liked what I saw during your bumping assessment. You came in ready to work and showed strong focus during the skill practice. You started with a great wide base, which helped you stay low and ready to move in any direction. You also had nice flat forearms for most of your bumps, which gave you a consistent platform to control the ball. That shows me you’re paying attention to the cues we’ve gone over. The main thing I’d like you to work on next is keeping your arms still during the bump. There were a few times where you swung your arms to hit the ball, and that can make it hard to control where the ball goes. Instead, try letting the ball come to you and focus on just lifting your body slightly with your legs when you make contact. That small adjustment will help your passes become more accurate and smoother. You’ve already got a lot of the fundamentals down, so keep practicing and paying attention to the small details and you’ll continue to improve.

**Cognitive Feedback Document for Focus Students**

**Format:** Written feedback provided as a separate document file based on their responses on the exit slip. Feedback was sent to focus students in an email.

**Haileigh**

Thank you for your effort on the volleyball exit slip. You did a nice job showing that you understand the basic volleyball skills we’ve been practicing in class. You were able to define what a bump, set, and spike are, and your answers showed that you’re starting to make connections between those skills and how they work together during a game. I really liked how you mentioned teammates working together to spike the ball over the net. That shows me you’re thinking about teamwork and how each person has a role in the play. One thing I’d like you to work on is explaining more about why teams use the bump-set-spike strategy. You mentioned that it helps score points, which is true, but think about what each skill does to help set up the next one. For example, how does a bump help lead into a good set, and why does that make a spike easier? You’re definitely on the right track, and your effort in class and on this assessment shows that you’re growing in both your skills and your understanding. Keep up the good work.

**Tessa**

Great work on your volleyball assessment. Your definitions of bump, set, and spike were clear and showed that you understand what each skill looks like and how it’s used. I could tell that you’ve been focused in class because your explanation of the bump-set-spike strategy made a lot of sense. You described how teams use those three skills to set up for the best play, which is exactly what we’ve been working on. I also really liked the example you gave about teamwork. You talked about calling for the ball and getting ready to spike, which shows that you understand how communication helps make a play more successful. One thing to keep working on is going a little deeper with your explanations. Try to think about how each skill works together, and why that strategy is better than just trying to hit the ball over right away. You’re showing great progress and a strong understanding of both the physical and team aspects of the game. Keep it up and continue participating the way you have been.

**Maisie**

I was really impressed with how well you did on your volleyball exit slip. You clearly understood the skills we’ve been practicing, and your definitions for bump, set, and spike were detailed and accurate. You explained how the bump uses your forearms and how a set helps get the ball ready for a spike, and those are exactly the key points we’ve been talking about in class. Your explanation of the bump-set-spike strategy showed that you know not just what each move is, but also how they work together in a real game. You also gave a great example of teamwork. You mentioned calling for the ball and working with your teammates to set up a play, which shows me that you’re thinking like a team player. That kind of awareness is really important, both in PE and in sports in general. It’s clear that you’ve been listening, practicing, and thinking deeply about what we’re doing. Keep putting in that kind of focus and effort, and you’re going to keep improving every time we play.