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Development of a Psychomotor Test Instrument on Volleyball Lower Passing in Elementary Schools

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This study aims to develop a psychomotor test instrument design of volleyball lower passing for elementary school students. The approach used is Research and Development (R&D), focused on the instrument design stage based on the analysis of teacher and student needs and the study of psychomotor development theory. The results of the needs analysis showed that the current assessment is still subjective, less standardised, and students need clear feedback. The instrument was designed in the form of an observation rubric with three main aspects: Start, Execution, and Follow-through, complete with detailed technical indicators and test protocols using modified balls according to student characteristics. The design emphasises technical aspects that students often struggle with, such as body position, ball contact, and coordination of movements, thus supporting a more objective and structured assessment. This instrument is still an initial design and is the basis for further research for testing and implementation in PJOK learning. Keywords: lower passing, volleyball, psychomotor, instrument, primary school

Author: Mr AGUS, Agus (Sekolah Tinggi Olahraga Kesehatan Bina Guna Medan)

Presenter: Mr AGUS, Agus (Sekolah Tinggi Olahraga Kesehatan Bina Guna Medan)

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