Lacrosse

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **School Year**
Length: **8 blocks**
Status: **Published**

Transfer

Big Idea: Cooperation, Work Ethic, Skill Development and Physical Fitness

Enduring Understandings

Individuals who learn to practice safely, effectively and efficiently have better performance of Lacrosse skills in both practice and games.

Understanding game score promotes cognitive strategies to improve chance of success.

Rules are established and must be followed for a safe and healthy environment.

Essential Questions

How do I reach the next level of performance?

How does knowledge of the game score influence strategy?

Why is sportsmanship important in class?

Content

Vocabulary

Cradling

Offside’s

Offense

Defense

Midfielders

Draw

Face

Free play

Attackers

Learning Objectives

Demonstrate mechanically the correct form and control when cradling , throwing, catching, and shooting a Lacrosse ball.

Compare and contrast offensive and defensive strategies used in playing Lacrosse

Demonstrate good sportsmanship.

Recognize and correct errors in throwing, catching, and shooting a Lacrosse ball and modify.

Standards

HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.B	Strategy
HPE.2.5.12.B.2	Apply a variety of mental strategies to improve performance.

HPE.2.5.12.C	Sportsmanship, Rules, and Safety
HPE.2.5.12.C.3	Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.

Assessments

Written tests
Formative: Other Evidence: Test: Written
Class discussion
Formative: Other Evidence: Oral: Discussion
Teacher observation and proper demonstration of strategies and skills in Lacrosse during games.
Summative: Transfer Tasks: Performance: Skill Demonstration