Lacrosse

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 1**
Length: **3 weeks**
Status: **Published**

Standards

2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball).
2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
2.2.12.PF.1	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
2.2.12.LF.2	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
2.2.12.LF.4	Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.
2.2.12.LF.5	Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new).

Enduring Understandings

1. The movement aspects of running, catching and throwing are skills developed in this activity that can be used across other activities.

HE.9-12.2.2.12.MSC *- Movement Skills and Concepts*
- [Core Idea] - Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).

2. Positive experiences and decision making regarding fitness attributes to a healthy lifestyle.

HE.9-12.2.2.12.PF *- Physical Fitness*
- [Core Idea] - Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.

3. To continue in activities that provide for fitness and exercise throughout childhood and continuing through adulthood.

HE.9-12.2.2.12.PF *- Physical Fitness*
- [Core Idea] - Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self-expression, enjoyment, and emotional satisfaction.

4. Lacrosse provides enjoyment through team sports atmosphere and play.

HE.9-12.2.2.12.MSC *- Movement Skills and Concepts*
- [Core Idea] - Individual and team execution requires interaction, respect, effort, and positive attitude.

5. Body awareness, flexibility, and coordination are necessary components for a well grounded individual.

HE.9-12.2.2.12.LF *- Lifelong Fitness*
- [Core Idea] - Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, kayaking, ping-pong, cricket, hiking, biking, swimming).

Essential Questions

1. What components of fitness does lacrosse encompass?

2. How does engaging in this activity increase the fitness level of the individuals?

3. What are some teaching cues for passing, catching, and footwork skills in lacrosse?

4. Why is lacrosse good for communication and cooperation skills?

5. What are the different teamwork strategies to be successful in lacrosse?

Knowledge and Skills

The performance expectations are:

-understand individual skills and strategies to be successful during drills and games. ***HE.9-12.2.2.12.MSC.1***

-use a lacrosse stick to throw and catch the ball, stationary and while on the move. **HE.9-12.2.2.12.MSC.2**

-use defensive and offensive strategies for successful game play. **HE.9-12.2.2.12.MSC.4**

-exhibit responsible and respectful personal and social behavior in a physical education setting. ***HE.9-12.2.2.12.PF.2***

-gain knowledge in the history and cultural background of the sport. **HE.9-12.2.2.12.LF.2**

Transfer Goals

1. Students will be able to work cooperatively with others during skills, games and tournament play.

2. Through "play" in lacrosse, students will be physically active, engaging in all aspects of physical fitness while understanding individual strategies and skills.

3. Students will learn how to communicate with students in class, and develop strategies to deal with conflicts.

Resources

USA Lacrosse

https://www.usalacrosse.com/

PE Central

https://www.pecentral.org/

The PE Specialist

https://www.thepespecialist.com/teaching-basketball-ball-handling-dribbling/

History of Lacrosse

https://www.youtube.com/watch?v=JxM5mcuCR8M

Assessments

https://docs.google.com/document/d/1BOAeClx7LL5zRF2pRuT3834ZpzSQUwwv/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit