

Lacrosse I (6)

Content Area: **Physical Education**
Course(s): **Physical Education**
Time Period: **4th Marking Period**
Length: **3 Weeks**
Status: **Published**

Lacrosse I Overview

Lacrosse is the fastest growing game in the US. Lacrosse helps to improve a students health related fitness as well as their hand eye coordination. Lacrosse is a team game that helps students work together to communicate and cooperate with one another to achieve a common goal. In this unit, students will learn the how to scoop, cradle, throw and catch a Lacrosse ball using a lacrosse stick. Students will also be introduced to basic rules of Lacrosse in order to successfully participate in a game of Lacrosse.

Transfer

Students will be able to independently use their learning to...

- participate successfully in a game of Lacrosse and enjoy the physical, social and mental benefits of the game to improve their overall health.

Meaning

Understandings

Students will understand...

- how to throw a Lacrosse ball with a Lacrosse stick using the correct form.
- how to catch a Lacrosse ball with a Lacrosse stick using the correct form.

- how to scoop a Lacrosse ball with a Lacrosse stick using the correct form.
- how to cradle a Lacrosse ball with a Lacrosse stick using the correct form.
- the rules of Lacrosse.
- the origin and cultural background of Lacrosse.
- how Lacrosse enhances their personal fitness level.
- how to cooperate with teammates to achieve a common goal.

Essential Questions

Students will keep considering...

- how concepts of force and motion affect the skill performance in a game situations.
- why practicing appropriate and safe behaviors while participating in and viewing games, sports, and other competitive events contributes to enjoyment of the event.
- there is a strong cultural, ethnic, and historical background associated with competitive sports.
- to what extent Lacrosse improves skill-related fitness versus health-related fitness.

Application of Knowledge and Skill

Students will know...

Students will know...

- the proper mechanics of the throwing with a Lacrosse stick.
- the proper mechanics of the catching with a Lacrosse stick.
- the proper form for scooping a ball with a Lacrosse stick.

- the proper form for cradling a ball with a Lacrosse stick.
- the rules for a game of Lacrosse.
- sportsmanship rules while playing a competitive game.
- the health related fitness components related to playing a game of Lacrosse.

Students will be skilled at...

Students will be skilled at...

- throwing with a Lacrosse stick.
- catching with a Lacrosse stick.
- scooping with a Lacrosse stick.
- cradling with a Lacrosse stick.
- working with teammates to achieve a common goal.
- identifying and following the rules of Lacrosse.

Academic Vocabulary

Learning Goal 1

Students will cradle the ball stationary and on the move.

- Students will cradle the ball stationary and on the move.

HPE.2.5.6.A.1	Explain and perform movement skills that combine mechanically correct movement in smooth flowing sequences in isolated settings (i.e., skill practice) and applied settings (i.e., games, sports, dance, and recreational activities).
HPE.2.5.6.A.2	Explain concepts of force and motion and demonstrate control while modifying force, flow, time, space, and relationships in interactive dynamic environments.
HPE.2.5.6.A.4	Use self-evaluation and external feedback to detect and correct errors in one's movement performance.

Target 1

Students will practice stationary cradling using the following form points:

- Top hand holds the stick near the neck with your fingers/Bottom hand loosely holds the bottom hand of the stick
- Hold the stick vertically with the head of the stick near your shoulder
- Curl your wrist and rotate the head of the stick in a half circle by your shoulder

Target 2

Students will learn how to cradle a ball while running and dodging.

Target 3

Students will practice cradling a ball on the move, against a defender, without losing possession.

Learning Goal 2

Students will throw and catch a ball with a Lacrosse stick using the proper form.

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Target 1

Students will practice throwing a ball with the Lacrosse stick using the following form points:

- Top hand in the middle of the shaft/Bottom hand on the butt end
- Step with the bottom hand foot

- Bring stick back away from body with the head of the stick over the shoulder
- Rotate hips and drive top hand forward over the shoulder
- Follow through with the head of the stick going towards the target

Target 2

Students will practice throwing a ball with the Lacrosse stick using the following form points:

- Top hand by the neck of the stick/Bottom hand on the butt end of the stick
- Stick is vertical facing the thrower
- Follow the ball with your eyes
- Give with the ball as it comes into the pocket

Learning Goal 3

Students will scoop a ball with a Lacrosse stick using the proper form.

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Target 1

Students will practice scooping a ball with the Lacrosse stick using the following form points:

- Top hand by the neck of the stick/Bottom hand on the butt end
- Step with the top hand foot with the stick out to the side of your body
- Put lip of the stick under the ball
- Push with the bottom hand and pull up with the top hand

Learning Goal 4

Students will explain the rules of Lacrosse.

- Students will explain the rules of Lacrosse.

HPE.2.5.6.C.2

Apply rules and procedures for specific games, sports, and other competitive activities and describe how they enhance participation and safety.

Target 1

Students will identify Lacrosse Field Dimensions and Out of Bounds Rules.

Target 2

Students will identify and explain the following rule infractions:

- Slashing
- Holding
- Unnecessary Roughness

Target 3

Students will identify and explain the following rules associated with the faceoff:

- "Down" - Players get down with head of the stick next to the ball and the shaft of the stick parallel with the midfield line.
- "Set" - Players can't move or else a false start is called and the other team is awarded possession
- "Whistle" - Players try to trap the ball with the head of their stick and rake the ball to their teammates

Learning Goal 5

Students will identify the origin and cultural background of Lacrosse.

- Students will identify the origin and cultural background of Lacrosse.

HPE.2.5.6.C.3

Relate the origin and rules associated with certain games, sports, and dances to different cultures.

Target 1

Students will explain where Lacrosse began and its cultural significance in American History.

Learning Goal 6

Students will explain how Lacrosse enhances their cardiorespiratory endurance.

- Students will explain how Lacrosse enhances their cardiorespiratory endurance.

HPE.2.6.6.A.1

Analyze the social, emotional, and health benefits of selected physical experiences.

HPE.2.6.6.A.2

Determine to what extent various activities improve skill-related fitness versus health-related fitness.

Target 1

Students will review what cardiorespiratory endurance is and explain how Lacrosse helps to improve it.

Summative Assessment

Throwing Mechanic Checklist

Scooping Form Checklist

Cradling Form Checklist

21st Century Life and Careers

WORK.5-8.9.1.8.1

Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency.

WORK.5-8.9.1.8.2

Leadership abilities develop over time through participation in groups and/or teams that are engaged in challenging or competitive activities.

WORK.5-8.9.1.8.A.1

Develop strategies to reinforce positive attitudes and productive behaviors that impact critical thinking and problem-solving skills.

WORK.5-8.9.1.8.C.1

Determine an individual's responsibility for personal actions and contributions to group

activities.

WORK.5-8.9.1.8.C.2

Demonstrate the use of compromise, consensus, and community building strategies for carrying out different tasks, assignments, and projects.

WORK.5-8.9.1.8.C.3

Model leadership skills during classroom and extra-curricular activities.

Formative Assessment and Performance Opportunities

Teacher will monitor students during skill activities and provide positive feedback to correct their form.

Differentiation/Enrichment

Each student is provided an opportunity to be successful through the use of monitoring, equipment and repetition.

Unit Resources

Lacrosse Balls

Lacrosse Sticks

Cones

Jerseys

Goals