

# Lacrosse II (7)

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

## Lacrosse II

---

In this unit, students will continue to refine their skill technique and be introduced to team strategies to succeed in a game setting for Lacrosse. Students will practice cradling against a defender to maintain possession, throwing and catching a ball with a lacrosse stick in a game situation and scooping against an opponent. Students will also take a leadership role by evaluating classmates on their skill performance and give feedback to help students improve their skill level.

## 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 that...

- in order to maintain possession of the ball during a game, you need to be able to cradle, throw and catch with proper technique.
- by watching and evaluating a classmate performing a skill, they in turn are gaining knowledge to help them perform the skill themselves.
- cooperation and teamwork are essential skills that you will need for the rest of your life.

## Essential Questions

---

Students will keep considering...

- what impacts movement skill performance other than practice and effort?
- what self-initiated behaviors promote personal and group success?
- how movement activities provide a timeless opportunity to connect with other people?

## **Application of Knowledge and Skill**

---

### **Students will know...**

---

Students will know...

- how to cradle to maintain possession against an opponent
- how to throw and catch to maintain possession in a game situation
- how to evaluate another student's skill technique

### **Students will be skilled at...**

---

Students will be skilled at...

- cradling a ball with a lacrosse stick while dodging
- throwing and catching with a lacrosse stick in a game situation
- evaluating others' skill technique
- working with teammates to achieve a common goal

## Academic Vocabulary

---

### Target 2

---

Students will practice cradling, while performing dodges against an opponent, during a game situation.

### Target 1

---

Students will practice throwing and catching on the move, against an opponent, during a game.

### Learning Goal 3

---

Students will peer evaluate classmates on skill performance.

HPE.2.5.6.B.3

Analyze individual and team effectiveness in achieving a goal and make recommendations for improvement.

HPE.2.5.8.A.4

Detect, analyze, and correct errors and apply to refine movement skills.

### Target 1

---

Students will identify the form points for throwing, catching, cradling and scooping.

### Target 2

---

Students will practice watching others perform the skill and give feedback on specific form points.

### Target 3

---

Students will be given a skill checklist and use it to evaluate their classmates on the skill.

## **Summative Assessment**

---

### Peer Evaluation Skills Checklist

## **21st Century Life and Careers**

---

WORK.5-8.9.1.8.1	Gathering and evaluating knowledge and information from a variety of sources, including global perspectives, fosters creativity and innovative thinking.
WORK.5-8.9.1.8.1	Collaboration and teamwork enable individuals or groups to achieve common goals with greater efficiency.
WORK.5-8.9.1.8.1	The nature of the 21st-century workplace has shifted, demanding greater individual accountability, productivity, and collaboration.
WORK.5-8.9.1.8.1	Effective communication skills convey intended meaning to others and assist in preventing misunderstandings.
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.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.
WORK.5-8.9.1.8.D.3	Use effective communication skills in face-to-face and online interactions with peers and adults from home and from diverse cultures.
WORK.5-8.9.1.8.F.1	Demonstrate how productivity and accountability contribute to realizing individual or group work goals within or outside the classroom.

## **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