

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