

# Lacrosse III (8)

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

## Unit Overview

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The focus of this unit is to give students offensive and defensive strategies to help them succeed in a game of Lacrosse and also remain injury free. We want students to have solid background knowledge in Lacrosse if they wish to participate in Lacrosse at the high school or outside of school. Students will learn offensive strategies like offensive positioning and setting picks. Students will learn defensive strategies like man-to-man defense and zone defense. Students will also identify common injuries that occur during a Lacrosse game and ways to reduce the risk of getting injured.

## Transfer

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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

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### Understandings

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Students will understand...

- How to identify safety issues associated with lacrosse.
- How to compare and contrast offensive and defensive strategies with mates during a game.

- How to demonstrate proper sportsmanship and cooperation during games.

## **Essential Questions**

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Students will keep considering...

- self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.
- why identifying safety issues is an important component of physical activity.
- how analyzing personal and team strategies has an impact on achieving your goal.

## **Application of Knowledge and Skill**

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

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Students will know...

- Safety issues associated with Lacrosse.
- Offensive and Defensive strategies in the game of Lacrosse.
- What sportsmanship and cooperation looks like on the Lacrosse field.

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

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Students will be skilled at...

- identifying safety issues associated with Lacrosse and eliminating the risk of injury during games.
- evaluating the effectiveness of offensive and defensive strategies during a game of Lacrosse.
- conducting themselves in a responsible manner and cooperating with teammates during a game.

## Academic Vocabulary

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### Learning Goal 1

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Students will identify safety issues associated with lacrosse.

HPE.2.5.8.C.2

Summarize types of equipment, products, procedures, and rules that contribute to the safety of specific individual, small-group, and team activities.

### Target 1

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Students will identify common injuries that occur during a game of Lacrosse.

### Target 2

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Students will explain safety procedures that help to eliminate the risk of injury during a game of Lacrosse.

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### Learning Goal 2

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Students will compare and contrast offensive and defensive strategies with teammates during a game.

HPE.2.5.6.B.3

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

HPE.2.5.8.B.1

Compare and contrast the use of offensive, defensive, and cooperative strategies in a variety of settings.

HPE.2.5.8.B.2

Assess the effectiveness of specific mental strategies applied to improve performance.

### Target 1

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Students will identify different team formations to use during a game of Lacrosse.

### **Learning Goal 3**

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Students will demonstrate proper sportsmanship and cooperation during games.

HPE.2.5.8.C.1

Assess player behavior for evidence of sportsmanship in individual, small-group, and team activities.

### **Target 1**

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Students will explain what good sportsmanship looks like on the athletic field.

### **Target 2**

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Students will create a team lineup and rotation of positions for team members during a game.

### **Target 3**

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Students will Referee their own games and call fouls when rule infractions occur.

### **Summative Assessment**

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Students will self-reflect and evaluate their team's ability to employ defensive and offensive strategies on a rating scale.

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

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WORK.5-8.9.1.8.1

The ability to recognize a problem and apply critical thinking and problem-solving skills to solve the problem is a lifelong skill that develops over time.

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.5-8.9.1.8.2

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.B.1	Use multiple points of view to create alternative solutions.
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**

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

### **Differentiation/Enrichment**

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

### **Unit Resources**

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Lacrosse Balls

Lacrosse Sticks

Cones

Jerseys

Goals