

# Unit: Lacrosse 9-10

Content Area: **Physical Education**  
Course(s): **Physical Education I, Physical Education II**  
Time Period: **3rd Marking Period**  
Length: **3 weeks**  
Status: **Published**

## Unit Overview

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Lacrosse is a team sport that develops movement, team skills, and strategies that will help identify the importance of lifetime activity. Teamwork, cooperation, and good sportsmanship behaviors enhance game play resulting in more enjoyable and successful movement experiences for all. Participating in a team sport will help promote one's overall well-being by improving their overall fitness level in the following fitness areas: cardiorespiratory endurance, muscular strength, muscular endurance, and flexibility.

## Transfer

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

- continue participating in team sports to benefit their physical, social, and mental well-being.
- demonstrate the importance of working together with other students to achieve a common goal.
- encourage them to participate in a team sport outside of the PE class.

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

## Meaning

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## **Understandings**

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Students will understand...

- how to compare and contrast offensive and defensive strategies with teammates during a game.
- how to demonstrate proper sportsmanship and cooperation during the game.
- safety issues associated with lacrosse.

## **Essential Questions**

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Students will keep considering...

- How can participating in lacrosse contribute to overall wellness?
- How can understanding movement concepts improve my skill performance?
- What does good sportsmanship and teamwork look like and how does it positively affect game play?

## **Application of Knowledge and Skill**

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

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Students will know...

- the rules and scoring of the game.
- how to identify offensive and defensive strategies to be successful as a team.
- how to use offensive and defensive strategies together to be successful in the game of lacrosse.
- how to participate in the drills and game following proper safety rules.
- how to demonstrate proper sportsmanship during game play.

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

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Students will be skilled at...

- throwing the lacrosse ball using the correct form.
- catching the lacrosse ball using the proper form.
- ground ball pick-ups using the proper form.
- shooting on goal.
- defending the offensive player without contact in a controlled and safe manner.

## **Academic Vocabulary**

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Cradle

Groundball pick-up

Stick check

## **Learning Goal 1**

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Demonstrate and assess tactical understanding by using appropriate and effective offensive and defensive skills in lacrosse.

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HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.A.4	Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.
HPE.2.5.12.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.

## **Target 1**

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Students will be able to throw, catch, pick the ball up off the ground, and shoot the lacrosse ball using form

that is acceptable to the teacher.

- Students will be able to throw, catch, pick the ball up off the ground, and shoot the lacrosse ball using form that is acceptable to the teacher.

## **Target 2**

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Students will be able to use proper technique on defending an offensive player without using contact in a controlled and safe manner.

- Students will be able to use proper technique on defending an offensive player without using contact in a controlled and safe manner.

## **Learning Goal 2**

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Apply a variety of mental strategies to improve individual and team performance in lacrosse.

- Apply a variety of mental strategies to improve individual and team performance in lacrosse.

HPE.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HPE.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
HPE.2.5.12.B.CS1	Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.

## **Target 1**

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Students will be able to explain and demonstrate effective offensive strategies to help improve team performance during game play.

- Students will be able to explain and demonstrate effective offensive strategies to help improve team performance during game play.

## **Learning Goal 3**

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In lacrosse, promote individual and group success while including good safety practices, etiquette,

cooperation, and team work.

- In lacrosse, promote individual and group success while including good safety practices, etiquette, cooperation, and team work.

HPE.2.5.12.C.2

Develop rule changes to existing games, sports, and activities that enhance safety and enjoyment.

HPE.2.5.12.C.3

Determine the current impact of globalization and technology on the development of, participation in, and viewing of games, sports, dance, and other movement activities, and predict future impact.

HPE.2.5.12.C.CS1

Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.

### **Target 1**

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Students will be able to identify spatial awareness and use the lacrosse stick in a safe manner while around others.

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### **Target 2**

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Students will be able to respect different levels of individual skill while participating in activity.

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### **Target 3**

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Students will be able to assess personal and team behaviors for evidence of effective teamwork, effort, and sportmanship.

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### **Summative Assessment**

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\* Skill Performance

> Teacher Observation

> Skill Checklist

\* Participation Performance

- > Teacher Observation
- > Self and Peer assessments
- \* Written Assessment
  - > Open-ended questions

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

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CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.

## **Formative Assessment and Performance Opportunities**

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During drills and game play:

- Teacher observation
- Class participation
- Skill performance
- Self and peer assessments
- Open-ended questions

## **Differentiation/Enrichment**

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

## **Unit Resources**

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- \* Lacrosse balls

- \* Lacrosse sticks
- \* Scrimmage vest
- \* Cones
- \* Lacrosse goals