

# PE Unit 09: Lacrosse

Content Area: **Health & PE**  
Course(s): **Health 1, Driver's Ed, PE 2, Health 4, PE 4, PE 3**  
Time Period: **Generic Time Period**  
Length: **3 weeks**  
Status: **Published**

## Unit Introduction

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Students will learn the basic offensive and defensive strategies needed to compete in a game of lacrosse.

Students will also learn strategy, teamwork, communication, good sportsmanship, and movement concepts.

## Standards

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HE.9-12.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HE.9-12.2.5.12.A.1	Explain and demonstrate ways to transfer movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HE.9-12.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HE.9-12.2.5.12.B.1	Demonstrate and assess tactical understanding by using appropriate and effective offensive, defensive, and cooperative strategies.
HE.9-12.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HE.9-12.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
HE.9-12.2.5.12.C.1	Analyze the role, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance and behavior.
HE.9-12.2.5.12.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.

## Essential Questions

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1. How do team-based activities benefit you individually?
2. Why do I have to show good sportsmanship and follow the rules?

3. What benefits are gained from participating in activities promoting cardiovascular fitness?
4. To what extent does strategy influence performance in competitive games and activities?
5. Why is practicing skills important in improving your overall success rate?
6. To what extent does strategy influence performance in competitive games and recreational activities?

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**Content / Skills**

Supplementary materials includes but not limited to:

- lacrosse sticks
- balls
- nets
- cones