

East Physical Education

UNIT: Lacrosse

Stage 1 Desired Results

<p>ESTABLISHED GOALS</p> <p>Standard 1: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p>Standard 2: Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>Standard 3: Students will understand and be able to manage their personal and community resources.</p>	Transfer	
	<p><i>Students will be able to independently choose to engage in Lacrosse in order to achieve and maintain a healthy lifestyle. participate successfully in a game of Lacrosse and enjoy the physical, social and mental benefits of the game to improve their overall health.</i></p>	
	Meaning	
	<p>UNDERSTANDINGS <i>Students will understand that... Answer your essential Questions</i></p> <ul style="list-style-type: none"> • The origin and cultural background of Lacrosse. • Knowing the skills required and having proper techniques and form will help to become a more technical player • By watching and evaluating a classmate performing a skill, they in turn are gaining knowledge to help them perform the skill themselves. • Offensive and Defensive strategies in the game of Lacrosse. • How to identify safety issues associated with lacrosse. • Lacrosse allows positive social interaction and learning to work with others. Also the health related fitness components related to playing a game of Lacrosse. • Behaviors that promote team success include safety practices, obeying the rules, etiquette, teamwork, and positive social interaction 	<p>ESSENTIAL QUESTIONS</p> <ul style="list-style-type: none"> • What cultural, ethnic, and historical background associated with Lacrosse? • How can you improve your technical skills? • What self-initiated behaviors promote personal and group success? • In what ways do team strategies impact you achieving your goal? • Why is it important to identify safety issues during physical activity? • What are the physical and social benefits of playing lacrosse? • What ways can you demonstrate proper sportsmanship and cooperation during games?
	Acquisition	
	<p><i>Students will know...</i></p> <ul style="list-style-type: none"> • The origin and rules for a game of Lacrosse • Proper technique and form when 	<p><i>Students will be skilled at...</i></p> <ul style="list-style-type: none"> • Identifying and following the rules of Lacrosse. • Demonstrate cradling technique and

	<div>cradling.</div> <ul style="list-style-type: none">• Proper technique and form when throwing and catching.• Proper technique and form when scooping and shooting.• Proper technique and form when performing a ground ball pick up.• Defensive and offensive strategy and sportsmanship rules while playing a competitive game	<div>at least one dynamic move. i.e. roll dodge, face dodge</div> <ul style="list-style-type: none">• Demonstrate catching on their strong side.• Demonstrate throwing, cradling and ground ball pickups.• Demonstrate proper shooting technique.• Demonstrate defensive technique• Demonstrate working with teammates to achieve a common goal.
Stage 2 - Evidence		
Evaluative Criteria	Assessment Evidence	
Participation/Sportsmanship	<div>PERFORMANCE TASK(S):</div> <ul style="list-style-type: none">• Daily Grade based on Department Established Rubric.• Daily Fitness component towards Fitness gram improvement• Improvement of Skill level through tasks, skills, and student led games• Students will self-reflect and evaluate their team's ability to employ defensive and offensive strategies on a rating scale.	
Written Assignments	<div>OTHER EVIDENCE:</div> <ul style="list-style-type: none">• Written assignment on skills, rules, and impact on overall wellness	
Stage 3 – Learning Plan		
Summary of Key Learning Events and Instruction		
DAY 1	DAY 2	DAY 3
		DAY 4

<p>Intro to Lacrosse</p> <ol style="list-style-type: none"> 1. What do students know about Lacrosse? 2. History of Lacrosse 3. Review etiquette and personal and social responsibilities. Health/skill Related Fitness Components 4. Warm-up and stretch. Grips. The three types of scoops on ground balls 5. Individual/partner practice of the scoops. 6. Introduce Cradling 7. Relay-races with Scooping/Cradling 8. Students will play Cradle Tag/ Steal the bacon to practice the skill <p>Discuss/handouts community resources for..... Area Gyms, YMCA, rec centers, neighborhood possibilities)</p>	<p>Warm-up and stretch</p> <ol style="list-style-type: none"> 2. Review points on scooping and cradling 3.Students will play Scoop Lacrosse Musical Chairs 4. Dodging game “ Sharks and Fish” 5. Explain points of passing catching and shooting 6. Throw and catching to wall/partner 7. Shoot at target on the wall 8. Pass, Catch and Shoot Drill 9. Ultimate Lax” game (no defense) 	<p>Warm-up and stretch</p> <ol style="list-style-type: none"> 1. Review points on all the skills. 2. Shooting at goal with and with goalie. 2. Explain defensive 3. Monkey in the Middle 4. Offensive and Defensive strategies 5. One on One’s 6. 2v2’s or 3v3’s 7.Explanation of rules/ sportsmanship 8. Ultimate Lax” game (with defense) 	<p>Warm-up and stretch</p> <ol style="list-style-type: none"> 1. Review points on all the skills. 2. Explain the rules and position of lacrosse. Talk about safety and team work/ strategy. 3. Small side games 4. Full Scale games <p>Discuss/handouts community resources for..... Area Gyms, YMCA, rec centers, neighborhood possibilities)</p>
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DAY 5	DAY 6	DAY 7	DAY 8
<p>Warm-up and stretch</p> <p>1. Review points on all the skills.</p> <p>2. Explain the rules and position of lacrosse. Talk about safety and team work/ strategy.</p> <p>3. Small side games</p> <p>4. Full Scale games</p> <p>Discuss/handouts community resources for..... Area Gyms, YMCA, rec centers, neighborhood possibilities)</p>			

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