

**Physical Education
Unit 26: Lacrosse**

<p>Essential Understandings</p>	<ul style="list-style-type: none"> ▪ Students will learn the benefits of physical activity, cooperation, and teamwork.
<p>Essential Questions</p>	<ul style="list-style-type: none"> ▪ How does a player move the ball down the field? ▪ How does a team move the ball down the field? ▪ What is a penalty? ▪ What is a foul? ▪ How do you score? ▪ What is the crease? ▪ Where are the boundaries? ▪ What is checking?
<p>Essential Knowledge</p>	<ul style="list-style-type: none"> ▪ Basic Game Rules <ul style="list-style-type: none"> ○ A game starts with a draw- two opposing players toeing the center line, their crosses held in the air, parallel to the center line. The players pull their sticks up and away, lifting the ball into the air. ○ The team that has the ball advances the ball by carrying, throwing, rolling or batting it down the field. ○ If the ball goes out of bounds, it is given to the nearest player. ○ Only defense and the goalie are allowed in the crease. A shot must be taken from behind. ○ A team scores a goal when the ball passes completely over the goal line, between the posts. ○ Play is restarted at center field with another draw. ▪ Safety <ul style="list-style-type: none"> ○ As long as there is no control of the ball any player may go after it. Stick checking is allowed then. ○ If the stick is away from the body with a ball in it, a play may try to check it out. ▪ Fouls <ul style="list-style-type: none"> ○ No body checking. ○ No slashing when a player has control of the ball in their stick. ○ No tripping.
<p>Vocabulary</p>	<ul style="list-style-type: none"> ▪ <u>Terms:</u> <ul style="list-style-type: none"> ○ crosses, slashing, draw, crease line, body checking
<p>Essential Skills</p>	<ul style="list-style-type: none"> ▪ Demonstrate passing, catching, shooting, dodging, and defense.

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<p>Related Maine Learning Results</p>	<p><u>Health and Physical Education</u> G. Movement/Motor Skills and Knowledge G2.Movement Skills Students demonstrate a variety of specialized movement skills specific to a game/physical activity while participating in a game/physical activity. G3.Skill-Related Fitness Components Students explain the relationship of skill-related fitness components to specialized movement skills. G4.Skill Improvement Students design appropriate practices sessions, utilizing fundamental movement skills to improve performance. I. Personal and Social Skills and Knowledge I1.Cooperative Skills Students demonstrate collaborative skills while participating in skill activities. a. Accept constructive feedback. c. Include peers respectfully in activities. I2.Responsible Behavior Students demonstrate responsible and ethical personal behavior while participating in physical activities. I3.Safety Rules and Rules of Play Students predict how etiquette/rules improve games/activities. a. Explain how etiquette/rules contribute to productive participation. b. Predict how modifications to the environment can impact safety during games/physical activities.</p>
<p>Sample Lessons And Activities</p>	<ul style="list-style-type: none"> ▪ Ample time given for kids to practice passing and receiving. ▪ Divide class into two teams and begin game following basic rules.
<p>Sample Classroom Assessment Methods</p>	<ul style="list-style-type: none"> ▪ Students demonstrate proper method of lining up on field. ▪ Students demonstrate proper method of receiving the ball.
<p>Sample Resources</p>	<ul style="list-style-type: none"> ▪ <u>Publications:</u> <ul style="list-style-type: none"> ○ <u>The Sports Rule Book</u> - Thomas Hanlon ▪ <u>Other Resources:</u> <ul style="list-style-type: none"> ○ lacrosse.com

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