

# Unit 16: Lacrosse

<b>Unit #:</b>	APSDO-00026645	<b>Duration:</b>	5.0 Lesson(s)	<b>Date(s)</b>	
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**Grade(s)**  
5, 6, 7, 8

**Subject(s)**  
Wellness

## Unit Focus

In this unit, students will experience lacrosse through a deliberate focus on stick handling, cradling, passing, and shooting on targets. Students will demonstrate improved performance by participating in small team objectives and skill developing activities.

## Stage 1: Desired Results - Key Understandings

Standard(s)	Transfer	
<p><b>Connecticut Goals and Standards</b> <i>Physical Education: 8</i></p> <ul style="list-style-type: none"> <li>Apply safe practices, rules, procedures etiquette and good sportsmanship in all physical activity settings, and take initiative to encourage others to do the same <i>H.13.1</i></li> <li>Demonstrate an understanding of what the body does, where the body moves, how the body performs the movement and relationships that enable skilled performances <i>H.10.1</i></li> <li>Demonstrate competence in applying basic locomotor, nonlocomotor and manipulative skills in the execution of more complex skills <i>H.9.2</i></li> </ul>	<p><b>T1</b> (T1) Develop skills, knowledge and concepts needed to make appropriate decisions to create a healthy and balanced lifestyle.</p> <p><b>T2</b> (T4) Identify a goal, determine an appropriate plan, evaluate its effectiveness and make appropriate adjustments.</p>	
	Meaning	
	Understanding(s)	Essential Question(s)
	<p><b>U1</b> (U101) Knowing where your body is located in space keeps you moving where you want to go.</p> <p><b>U2</b> (U104) Changing directions and speed requires understanding of balance and how it relates to movement.</p> <p><b>U3</b> (U106) Effective execution of kicks is determined by the amount of power and</p>	<p><b>Q1</b> (Q101) How do I use my body to move around the ____ (field, gym, dance floor)? How do I stay aware of where everyone else is?</p> <p><b>Q2</b> (Q104) How do I stay in control when I stop, start and change direction?</p> <p><b>Q3</b> (Q108) How do I get the ball/object where I want it to go? How do I get ready to catch</p>

<ul style="list-style-type: none"> <li>• Demonstrate understanding of how rules, and safety practices and procedures need to be adjusted for different movement situations <i>H.10.3</i></li> <li>• Develop and demonstrate initiative in implementing strategies for including all persons, despite individual differences, in physical activity settings <i>H.13.3</i></li> <li>• Use physical activity as a positive opportunity for social and group interaction and development of lifelong skills and relationships <i>H.14.3</i></li> </ul>	technique necessary to get the ball to its destination.	the ball?
	<b>Acquisition of Knowledge and Skill</b>	
	<b>Knowledge</b>	<b>Skill(s)</b>
		<p><b>S1</b></p> <p>Gr 5-8: Demonstrate stick handling, cradling, scooping, passing, catching, and shooting at specific targets safely</p> <p><b>S2</b></p> <p>Gr 5-8: Execute proper positioning on field or arena</p> <p><b>S3</b></p> <p>Gr 5-8: Demonstrate understanding of safe play during activity</p>