**I. Design Planning**

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| **A. What do I want my students to know?** | |
| **Planning Area:** | **REMEMBER to...** |
| 1. **Content**  **Objective(s)**  \* Estimated Classtime: 12 periods | 1. Mastery of skills, body mechanics, rules and strategies.  2. Effective control of the ball in the lacrosse stick, the cradle, pick-up, over arm throw, and catch.  3. Demonstrate basic evasive techniques: the dodge, the pivot, controlled checking (crosse to crosse contact)  4. Adhere to safety protocols and accepted sportspersonship |
| 2. **Critical Attributes**  **of the Objective(s)** | Students should be able to:   1. Hold stick correctly 2. Run with the ball 3. Pass to a teammate with an overarm throw 4. Reverse grip to play to the right or left side 5. Catch a passed ball 6. Often throw the ball straight and at least 15 yards 7. Legally pick a ball up off the ground 8. Know what to do in all areas of the field 9. Know how to start a game 10. Can dodge opponents and keep control of the ball |
| 3. **Key Questions** | 1. Which hand should be on top of the stick, your strong or weak one? 2. Why is it necessary to cradle the ball if you want to keep possession of it? 3. Will pivoting help you keep your opponent from getting the ball from you? 4. What does *marking* mean? 5. What does *intercept* mean? 6. How is a lacrosse game started? 7. Which is preferable, passing to someone cutting into open territory or passing to someone who is open and standing still? Why? 8. What are you hoping to achieve by making a fake move left then running right? |
| 4. **Key Terms** | Lacrosse Terms: Cradle, Pivot, Controlled Checking, Face Off, Outlet Pass.  Biomechanic Terms: Leverage, Force, Opposition, Rotary Motion, Proprioception  Skill Related Fitness: Agility, Coordination, Speed, Balance  Health Related Fitness: Muscular strength, endurance, flexibility, cardiovascular fitness. |
| 5. **Essential**  **Prerequisites** | Students should know:   * How to move to open space * Ask for a ball to be thrown to them * Basic safety and teamwork skills * Offensive and defensive strategies |
| **B. How will I know if they have learned the content objective(s)?** | |
| **Planning Area:** | **REMEMBER to...** |
| 1. **Initial Assessment**  (*Diagnosis*) | * Verbal questions to determine cognitive understanding and experience * Basic skills test to determine lacrosse passing, catching and pick up skills. |
| 2. **Acquisition**  **Assessments**  (*Short-Term Learning*) | * Skills tests: 10 yards apart with a partner, check for accuracy with: passing, pick up a stationary ball and pass, pick up a moving ball and pass * Self and partner assessment with checklist * Self assessment with cognitive concepts: rules, strategies, history and interesting facts |
| 3. **Mastery**  **Assessments**  (*Long-Term Learning*) | * Tournament play using a rubric to assess level of activity, instructions and rules, moving with the ball, passing, receiving and stopping, teamwork. * Written assessment covering rules, strategies, biomechanical principles, skill and health related fitness concepts, and history of game. |
| **C. What resources and strategies will I use to teach the objective(s)?** | |
| **Planning Area:** | **REMEMBER to...** |
| 1. **Resources** | Expert village: [www.expertvillage.com/videos/lacrosse-ground.ball.htm](http://www.expertvillage.com/videos/lacrosse-ground.ball.htm)  How to start the game (face off): |
| 2. **Strategies** | 1. Introduce equipment  2. Skills:   * Cradle * Pickup * Overarm Throw * Catch * Dodge * Pivot * Controlled Checking   3. Field positions and responsibilities  4. Standard rules |
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**II. Delivery Planning**

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| **How will I construct the learning experiences for each lesson?** | | |
| **\*Monitoring**  **And**  **Feedback** | **Part of INSTRUCTION** | **REMEMBER to...** |
| **History**  [File:Stickball.jpg](http://upload.wikimedia.org/wikipedia/commons/8/80/Stickball.jpg) | History: **Lacrosse** is a [team sport](http://en.wikipedia.org/wiki/Team_sport) of [Native American](http://en.wikipedia.org/wiki/Indigenous_peoples_of_the_Americas) origin played using a small solid [rubber](http://en.wikipedia.org/wiki/Rubber) ball and a long-handled stick called a crosse or [lacrosse stick](http://en.wikipedia.org/wiki/Lacrosse_stick). The head of the lacrosse stick is strung with loose mesh designed to catch and hold the [lacrosse ball](http://en.wikipedia.org/wiki/Lacrosse_ball). Offensively, the objective of the game is to score by shooting the ball into an opponent's goal, using the lacrosse stick to catch, carry, and pass the ball to do so. Defensively, the objective is to keep the opposing team from scoring and to dispossess them of the ball through the use of stick checking and body contact or positioning.  In many societies or tribes, the ball sport was often part of a night of partying, played to resolve conflicts, heal the sick, develop strong, virile men and prepare for war. Legend tells of games with more than 100 players from different tribes taking turns to play.[[*citation needed*](http://en.wikipedia.org/wiki/Wikipedia:Citation_needed)] It could be played on a field many miles in length and width (present day lacrosse is played on a field 60 yards wide and 110 yards long); sometimes the game could last for days. Early lacrosse balls were large and hairy made of deerskin, clay, stone, and sometimes wood.  Lacrosse, a relatively popular [team sport](http://en.wikipedia.org/wiki/Team_sport) in the [Americas](http://en.wikipedia.org/wiki/Americas), may have developed as early as the 12th century,[[1]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-vennum-0)[[2]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-liss-1) but since then has undergone many modifications. In the traditional [Native Canadian](http://en.wikipedia.org/wiki/Indigenous_peoples_of_the_Americas) version, each team consisted of about 100 to 1,000 men on a field that stretched from about 500 yards to a couple of miles long.[[3]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-STX-2) These lacrosse games lasted from sunup to sundown for two to three days straight. These games were played as part of ceremonial ritual to give thanks to the Creator. The modern [Ojibway](http://en.wikipedia.org/wiki/Anishinaabe_language) verb 'to play Lacrosse' is *baaga'adowe* (Baggataway [sic]).[[4]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-3)  Lacrosse played significant role in the community and religious life of tribes across the continent for many years. Early lacrosse was characterized by deep spiritual involvement, befitting the spirit of combat in which it was undertaken. Those who took part did so in the role of warriors, with the goal of bringing glory and honor to themselves and their tribes.[[5]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-4) The game was said to be played "for the Creator" or was referred to as "The Creator's Game".  The [French](http://en.wikipedia.org/wiki/France) [Jesuit](http://en.wikipedia.org/wiki/Jesuit_missions_in_North_America) missionary, [Jean de Brébeuf](http://en.wikipedia.org/wiki/Jean_de_Br%C3%A9beuf), saw [Iroquois](http://en.wikipedia.org/wiki/Iroquois) tribesmen play it in 1637 and was the first European to write about the game.[[6]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-5) He called it *la crosse*. Some say the name originated from the French term for [field hockey](http://en.wikipedia.org/wiki/Field_hockey), *le jeu de la crosse*.[[7]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-6) Others suggest that it was named after the [*crosier*](http://en.wikipedia.org/wiki/Crosier), a staff carried by bishops.[[8]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-7)  [http://upload.wikimedia.org/wikipedia/commons/thumb/0/06/From_rattlesnake_hunt_to_hockey_page_121_cropped.jpg/250px-From_rattlesnake_hunt_to_hockey_page_121_cropped.jpg](http://en.wikipedia.org/wiki/File:From_rattlesnake_hunt_to_hockey_page_121_cropped.jpg)  [http://bits.wikimedia.org/skins-1.5/common/images/magnify-clip.png](http://en.wikipedia.org/wiki/File:From_rattlesnake_hunt_to_hockey_page_121_cropped.jpg)  [Richmond Hill](http://en.wikipedia.org/wiki/Richmond_Hill,_Ontario) "Young Canadians" lacrosse team, 1885.  In 1856, [William George Beers](http://en.wikipedia.org/wiki/William_George_Beers), a [Canadian](http://en.wikipedia.org/wiki/Canada) [dentist](http://en.wikipedia.org/wiki/Dentist), founded the [Montreal Lacrosse Club](http://en.wikipedia.org/wiki/Montreal_Lacrosse_Club). In 1867 he codified the game, shortening the length of each game and reducing the number of players to twelve per team.[[3]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-STX-2) The first game played under Beers' rules was at [Upper Canada College](http://en.wikipedia.org/wiki/Upper_Canada_College) in 1867, with Upper Canada College losing to the Toronto Cricket Club by a score of 3–1. By the 20th century, [high schools](http://en.wikipedia.org/wiki/High_school), [colleges](http://en.wikipedia.org/wiki/College), and [universities](http://en.wikipedia.org/wiki/University) began playing the game. Lacrosse was contested as a demonstration sport in the [1928](http://en.wikipedia.org/wiki/1928_Summer_Olympics) and [1932](http://en.wikipedia.org/wiki/1932_Summer_Olympics) [Olympics](http://en.wikipedia.org/wiki/Summer_Olympic_Games). On each occasion, a playoff was held to determine the American representative to the Olympics and on each occasion the playoffs were won by the [Johns Hopkins Blue Jays](http://en.wikipedia.org/wiki/Johns_Hopkins_Blue_Jays_men%27s_lacrosse).[[9]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-8)  In the [United States](http://en.wikipedia.org/wiki/United_States), lacrosse had primarily been a regional sport centered in and around [Colorado](http://en.wikipedia.org/wiki/Colorado), [Florida](http://en.wikipedia.org/wiki/Florida), upstate [New York](http://en.wikipedia.org/wiki/New_York), [Texas](http://en.wikipedia.org/wiki/Texas), and [mid-Atlantic states](http://en.wikipedia.org/wiki/Mid-Atlantic_states). In recent years, its popularity has started to spread south to [Georgia](http://en.wikipedia.org/wiki/Georgia_(U.S._state)), [North Carolina](http://en.wikipedia.org/wiki/North_Carolina_(U.S._state)), [Alabama](http://en.wikipedia.org/wiki/Alabama), and the Midwest. Lacrosse is the fastest growing sport in the midwest currently. The sport has gained increasing visibility in the media, with a growth of [college](http://en.wikipedia.org/wiki/College), [high school](http://en.wikipedia.org/wiki/High_school), and youth programs throughout the country. The NCAA Men's Lacrosse Championship has the highest attendance of any [NCAA Championship](http://en.wikipedia.org/w/index.php?title=Category:NCAA_Championships&action=edit&redlink=1), outdrawing the [Final Four](http://en.wikipedia.org/wiki/Final_Four) of [men's basketball](http://en.wikipedia.org/wiki/NCAA_Men%27s_Division_I_Basketball_Championship).[[10]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-9) The growth of lacrosse was also facilitated by the introduction of plastic stick heads in the 1970s by [Baltimore](http://en.wikipedia.org/wiki/Baltimore)-based [STX](http://en.wikipedia.org/wiki/STX). This innovation reduced the weight and cost of the lacrosse stick. It also allowed for faster passes and game play than traditional wooden sticks.  Up until the 1930s, all lacrosse was played on large fields outdoors. The owners of Canadian hockey arenas invented a reduced version of the game, called [box lacrosse](http://en.wikipedia.org/wiki/Box_lacrosse), as a means to make more profit from their arena investments. In a relatively short period of time, box lacrosse became the dominant form of the sport in Canada, in part due to the severe winter weather that limited outdoor play. More recently, field lacrosse has witnessed a revival in Canada as the [Canadian University Field Lacrosse Association](http://en.wikipedia.org/wiki/Canadian_University_Field_Lacrosse_Association) (CUFLA) began operating a collegiate men's league in 1985. It now includes 12 varsity teams. In 1994 Canada declared lacrosse its [National Summer Sport](http://en.wikipedia.org/w/index.php?title=National_Summer_Sport&action=edit&redlink=1) with the passage of the [National Sports Act (Bill C-212)](http://en.wikisource.org/wiki/National_Sports_of_Canada_Act).[[11]](http://en.wikipedia.org/wiki/Lacrosse#cite_note-10)  In 1987 a men's professional box lacrosse league was started, called the Eagle Pro Box Lacrosse League. This league changed its name to the [Major Indoor Lacrosse League](http://en.wikipedia.org/wiki/Major_Indoor_Lacrosse_League), then later to the [National Lacrosse League](http://en.wikipedia.org/wiki/National_Lacrosse_League) and grew to encompass men's lacrosse clubs in twelve cities throughout the United States and Canada. In the summer of 2001, a men's professional field lacrosse league, known as [Major League Lacrosse](http://en.wikipedia.org/wiki/Major_League_Lacrosse) (MLL), was inaugurated. Initially starting with six teams, the MLL has grown to a total of ten clubs located in major metropolitan areas in the United States. On July 4, 2008, Major League Lacrosse set the professional lacrosse attendance record: 20,116 fans attended a game at [Invesco Field](http://en.wikipedia.org/wiki/Invesco_Field) in Denver, Colorado. In 2006 a field lacrosse league was developed in Quebec, Canada. Composed of the English colleges, this league came together to become the first official college field lacrosse league in Quebec. |
| **Lesson Order** | 1.Cradling, Picking Up, and Pivoting  2. Overarm throw and Catch   * Cognitive goals: Students will learn why they must cradle the ball on reception, that they gain strength and power by using their stick as a lever, and their follow through determines the direction of the pass.   3. Moving to Pass   * Cognitive goals: Students will learn how the lever action of their pass helps with power and how to change the direction of their pass.   4. Checking and Keep Away  5. Mini Game  6. Tournament Play |
| **Formative Assessments** | * Observations * Practice skills tests * Self/partner assessments * Small sided games with modified rules |
| **Summative Assessments** | * End of unit skills tests (passing, catching, ball pick up) * End of unit analysis of game play (observation by rubric) * End of unit written assessment |
| **Culminating Events** | Tournament at lunch with all classes invited to register their teams |
| **\*Monitoring and Feedback** | * Teacher will interact with students, during all parts of the lesson, to give helpful feedback. * Students will self and partner assess throughout the lesson using checklists and rubrics * Skills tests and written assessments provide feedback |