**Lacrosse Unit Organizer**

**3rd Grade Wilcox/Reeves**

**Previous Unit Next Unit Continuous Unit**

**Soccer Throwing and Catching Throwing, Catching**

**Summary**

**In this unit students will be learning skills for the first time with this sport. `**

**Colorado Physical Education State Standards  
Standard: 1. Movement Competence and Understanding in Physical Education**

**1A. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activity.**

**3B. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.**

**4C. Apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury.**

**Integrated Units**

**Passing-Whiffle ball, Baseball, Team Handball, Speedball**

**Catching-Basketball, Whiffle ball, Baseball, Team Handball, Soccer, Speedball**

**Shooting-Soccer, Speedball, hockey**

**Prior Knowledge**

Kindergarten –

K – Throwing- Students learn the mechanics of Load, Step and Snap while working through the throwing progression. This will aide in the mechanics for throwing in lacrosse.

1st-2nd- Throwing- Students learn the mechanics of Load, Step and Snap while working through the throwing progression. This will aide in the mechanics for throwing in lacrosse.

4th- -6th Lacrosse- Students learn the mechanics and skill cues for scooping, passing, catching and the face-off. They will play a game of sideline lacrosse with 3 players out at a time and then a tournament with 6 teams.

**What they will learn in future grades?**

7th-8th –Core class will focus on sports, skill cues, game rules and history of the activity. Students will participate in a game of dodge ball, team handball, Alfonso ball and also a football unit. Students do have the option of taking an elective class in which they will play all of the games but not have a formal football unit. Electives class is smaller in numbers and the focus is on fitness and weights. Because of the lower numbers the games we play tend to be more fun and competitive. We review/learn game rules, practice for a short time and then play the game. In elective there is not any new skill development other than repetition and correction on skills that may be done incorrectly.

9th-12th – Students

may take PE as an elective class in which they will play ping-pong, paddleball, badminton, pickleball, and tennis. The main unit covered in high school elective is a two week tennis unit. The students learn the rules and practice the skills before playing games. The first half of the unit is played inside at Liberty on smaller indoor courts learning control with less reactive tennis balls and the second half is played outside at Edora Park tennis courts. They do not cover specific throwing and catching units.

**Core Knowledge Links – Connections to Core Knowledge in other classrooms**

In general, our Lacrosse unit follows the basic core knowledge principles. Students learn the basics in 3rd grade which build upon each other year after year. We make sure to overlap/practice what was learned the year before and build upon their current skill set. Each year a little more time is spent on the sport and it is taught more in depth.

**Additional Resources**

G.A.S.P poster in gym & white board with tournament information on it.

**Standards for Achievement**

**Student’s will-**

**Know the skill cues for scooping, passing and catching.**

**Display appropriate safety for themselves and their partner throughout the unit.**

**Be able to scoop, pass and catch a lacrosse ball.**

**Students will understand the importance of spacing on the field.**

**Types of Assessments**

**Students will be assessed visually by the teacher to determine if they are ready to pass and catch rather than toss and catch.**

**Students will be quizzed orally regarding skill cues and safety.**

**Students will test their ability to pass and catch during class with competitions.**