

## Prior Learning

Able to pass and catch in a game situation. Shown basic skills to maintain possession, including ground balls. Implemented and adhered to the basic rules of lacrosse.

## Unit Focus

Consistently perform basic lacrosse skills such as ground balls and over-arm throws. Implement the rules, develop tactics and apply them to competitive situations. Increase speed and endurance during gameplay.

## We are learning...

1. to follow a pass to create more space for teammates.
2. to run with the ball under pressure.
3. to use a range of passes to maintain possession.
4. to shoot from close range with power and accuracy.
5. to receive the ball and turn with it into space.
6. to use pacing when running to move continuously in a game.

## Key Questions

1. Why does a game like lacrosse require stamina to play it well?
2. Why is it important to know where the space is before receiving the ball?
3. Once we receive the ball, what are our options? (Shoot, pass, run with the ball).

## Equipment

Lacrosse sticks, lacrosse balls, alternative balls, bibs, cones, targets/goals.

## Vocabulary

Pass, catch, push, pull, head, stick, groundballs, step, squat, scoop, low, overarm, underarm, goal, interception, space, possession, crease.

## Rules

- You cannot shoot if someone is between the shooter and the goal.
- Restart is the non-scoring team's ball at the centre point.
- Players are allowed around the back of the goal.

## Assessment Overview

**Head** - Explain the best type of pass for different scenarios to keep possession.

**Hand** - Shoot using the correct technique.

**Heart** - Keep possession of the ball in small groups.

