**Lacrosse Day 1**

Grade/Subject: Physical Education 7-9 Unit: Lesson Duration: 40 Minutes

|  |  |  |  |
| --- | --- | --- | --- |
| **SPECIFIC OUTCOMES FROM ALBERTA PROGRAM OF STUDIES** | **LEARNING OBJECTIVES**  (2-3, clear, and measurable)  **Students will:** | | **ASSESSMENTS**  (Observations, Key Questions, Products/Performances) |
| **Skills/cooperation/ Teamwork/Leadership** | Practice lacrosse skills in partners and small groups | | **Observation, questioning and log books** |
| **LEARNING RESOURCES CONSULTED** | | | |
| **Resource #1: POS** | | | |
| **MATERIALS/ EQUIPMENT/ SET UP** | | | |
| **\***  **\***  **\*** | | | |
| **PROCEDURE** | | | |
| **Introduction** (\_\_min.)**:** | | | |
| **GRADE 7 CO-ED**  *Attention Grabber:* Getting sticks and getting into groups for a relay race  *Assessment of Prior Knowledge:* Who has played lacrosse before, How do you pick up the ball, and how do you run with it?  *Connection to Curriculum:* Skills, cooperation, leadership  *Expectations for Learning and Behaviour:* Trying your best, being a good teammate  *Advance Organizer/Agenda:* Passing  *Transition to Body:* Passing and game like situations | | **GRADE 8/9 GIRLS**  *Attention Grabber:* Getting sticks, how to pick up the ball, and how to run with it.  *Assessment of Prior Knowledge:* Who has played lacrosse before, How do you pick up the ball, and how do you run with it?  *Connection to Curriculum:* Skills, cooperation, leadership  *Expectations for Learning and Behaviour:* Trying your best, being a good teammate  *Advance Organizer/Agenda:* Passing  *Transition to Body:* Passing and game like situations | |
| **Body** (\_\_min.)**:** | | **Body** (\_\_min.)**:** | |
| ***Learning Activity #1:*** Relay races – in groups of five, pick up the ball, run to a cone, cradle the ball, throw it up and down three times and then run back, put the ball down, next teammate goes.*Assessments/Differentiation:* Log books, effort and demonstration of skills  *Motivation:* To develop lacrosse skills, and win the relay race  \*\*Discuss passing  ***Learning Activity #2:*** Passing with a partner, start moving further apart as it gets easier.  *Assessments/Differentiation:* Whose using the correct form for passing and picking up the ball.  *Motivation:* Developing skills to use in a game. | | ***Learning Activity #1:*** Relay races – in groups of five, pick up the ball, run to a cone, cradle the ball, throw it up and down three times and then run back, put the ball down, next teammate goes.*Assessments/Differentiation:* Log books, effort and demonstration of skills  *Motivation:* To develop lacrosse skills, and win the relay race  \*\*Discuss passing  ***Learning Activity #2:*** Passing with a partner, start moving further apart as it gets easier.  *Assessments/Differentiation:* Whose using the correct form for passing and picking up the ball.  *Motivation:* Developing skills to use in a game. | |
| **Closure** ( \_\_min.)**:** | | | |
| *Consolidation/Assessment of Learning:* using skills with their partners  *Feedback From Students:* Are they excited to use skills in a game situation?  *Feedback To Students:* What I saw and what I thought  *Transition To Next Lesson:* Rules and regulations | | *Consolidation/Assessment of Learning:* using skills with their partners  *Feedback From Students:* Are they excited to use skills in a game situation?  *Feedback To Students:* What I saw and what I thought  *Transition To Next Lesson:* Rules and regulations | |

**Lacrosse Day 2 – Rules and Regulations**

Grade/Subject: Physical Education 7-9 Unit: Lesson Duration: 40 Minutes

|  |  |  |  |
| --- | --- | --- | --- |
| **SPECIFIC OUTCOMES FROM ALBERTA PROGRAM OF STUDIES** | **LEARNING OBJECTIVES**  (2-3, clear, and measurable)  **Students will:** | | **ASSESSMENTS**  (Observations, Key Questions, Products/Performances) |
| **Skills/cooperation/ Teamwork/Leadership** | Practice lacrosse skills in partners and small groups | | **Observation, questioning and log books** |
| **LEARNING RESOURCES CONSULTED** | | | |
| **Resource #1: POS** | | | |
| **MATERIALS/ EQUIPMENT/ SET UP** | | | |
| **\***  **\***  **\*** | | | |
| **PROCEDURE** | | | |
| **Introduction** (\_\_min.)**:** | | | |
| **GRADE 7 CO-ED**  *Attention Grabber:* Getting sticks and getting into groups warm up by passing back and forth.  *Assessment of Prior Knowledge:* Who has played lacrosse before, How do you pick up the ball, and how do you run with it?  *Connection to Curriculum:* Skills, cooperation, leadership  *Expectations for Learning and Behaviour:* Trying your best, being a good teammate  *Advance Organizer/Agenda:* Passing  *Transition to Body:* Passing and game like situations  \*\*Known as the fastest game on two feet | | **GRADE 8/9 GIRLS**  *Attention Grabber:* Getting sticks, how to pick up the ball, and how to run with it.  *Assessment of Prior Knowledge:* Who has played lacrosse before, How do you pick up the ball, and how do you run with it?  *Connection to Curriculum:* Skills, cooperation, leadership  *Expectations for Learning and Behaviour:* Trying your best, being a good teammate  *Advance Organizer/Agenda:* Passing  *Transition to Body:* Passing and game like situations | |
| **Body** (\_\_min.)**:** | | **Body** (\_\_min.)**:** | |
| ***Learning Activity #1:*** Discuss Rules before playing a game: You can hit someone else’s stick with your stick, cant go out of bounds, you want to score in the hockey nets on the field, IF YOU ARE ON DEFENSE you cannot cross half, offensive players can go anywhere. When the ball hits the ground you continue playing.*Assessments/Differentiation:* Log books, effort and demonstration of skills  *Motivation:* To develop lacrosse skills, and win the relay race  \*\*Discuss passing  ***Learning Activity #2:*** Passing with a partner, start moving further apart as it gets easier.  *Assessments/Differentiation:* Whose using the correct form for passing and picking up the ball.  *Motivation:* Developing skills to use in a game. | | ***Learning Activity #1:*** Discuss Rules before playing a game: You can hit someone else’s stick with your stick, cant go out of bounds, you want to score in the hockey nets on the field, IF YOU ARE ON DEFENSE you cannot cross half, offensive players can go anywhere. When the ball hits the ground you continue playing.*Assessments/Differentiation:* Log books, effort and demonstration of skills  *Motivation:* To develop lacrosse skills, and win the relay race  \*\*Discuss passing  ***Learning Activity #2:*** Passing with a partner, start moving further apart as it gets easier.  *Assessments/Differentiation:* Whose using the correct form for passing and picking up the ball.  *Motivation:* Developing skills to use in a game. | |
| **Closure** ( \_\_min.)**:** | | | |
| *Consolidation/Assessment of Learning:* using skills with their partners  *Feedback From Students:* Are they excited to use skills in a game situation?  *Feedback To Students:* What I saw and what I thought  *Transition To Next Lesson:* Rules and regulations | | *Consolidation/Assessment of Learning:* using skills with their partners  *Feedback From Students:* Are they excited to use skills in a game situation?  *Feedback To Students:* What I saw and what I thought  *Transition To Next Lesson:* Rules and regulations | |