

UNIT OF WORK: LACROSSE

GAME SENSE



Belle Vue Athletic Centre
Pink Bank Lane
Manchester
M12 5GL
0161 833 0000
www.englishlacrosse.co.uk

The unit of work has been devised to provide opportunities for all pupils to develop and acquire the fundamental skills and tactics to play POP Lacrosse.

This Game sense resource is aimed at both primary and secondary school teachers. The activities, games and progressions have been included to enable teacher to transfer their knowledge of Invasion games and feel confident to teach Lacrosse within their school.

GENERAL SAFETY	EXTENSION AND ENRICHMENT
<ul style="list-style-type: none"> ▪ Comply to risk assessment of the activity and playing area ▪ Locate emergency contact point ▪ Awareness of the first aider ▪ Check the playing area for hazards ▪ Examine the suitability of the players kit for condition ▪ All jewellery must be removed ▪ Long hair must be tied back ▪ anyone who has any significant health/ medical condition, their medication must be kept in a waterproof container and taken out to the playing area. ▪ Explain the relevant safety equipment or procedures to the participants 	<p>Encourage the children to;</p> <ul style="list-style-type: none"> ▪ Take part in activities during playtime and lunchtimes ▪ Take part in out of hours learning activities ▪ Look for other roles within Lacrosse, umpiring, scorer or coach ▪ Keep a diary of their physical activities and participation ▪ Provide the child with information about local lacrosse club (PESSCL). ▪ Be a player for the school lacrosse team, take part in local competitions ▪ Relate the need for health bodies not just for sport but for life.
LACROSSE SPECIFIC	CROSS CURRICULAR LINK
<ul style="list-style-type: none"> ▪ Gum shield are an advised but not compulsory ▪ Passing drills should be done in a line, 10m between partners ▪ No goalkeeper ▪ Maximum area; POP Lacrosse pitch 	<p><u>Literacy</u></p> <ul style="list-style-type: none"> ▪ Speaking and listening, extending the range and quality of the vocabulary, with specific reference to Lacrosse. ▪ Literacy cards, of all the Lacrosse specific terms. ▪ Write newspaper reports about lacrosse training and matches ▪ Conduct interviews, with the school team
RESOURCES	<p><u>Numeracy</u></p> <ul style="list-style-type: none"> ▪ Collect match stats, how many times each team touched the ball, shot. ▪ Recording of match results ▪ Running tournaments
<ul style="list-style-type: none"> ▪ 35 POP Lacrosse sticks ▪ 35 POP Lacrosse balls ▪ 100 marker cones ▪ 10 mini traffic cones ▪ 40 bibs (x20 blue & yellow) ▪ Cue cards ▪ Water bottles ▪ 1st Aid kit ▪ Whistle 	<p><u>Science</u></p> <ul style="list-style-type: none"> ▪ Explanation at relevant times how the body works and feels ▪ Understand the benefits of exercise and nutrition
	<p><u>ICT</u></p> <ul style="list-style-type: none"> ▪ Performance Analysis: evaluation of performances through a video recorder ▪ Use spreadsheets to record match statistics and work-out performance records
	<p><u>PSHE</u></p> <ul style="list-style-type: none"> ▪ Develop relationships based on trust and honesty ▪ Working effectively with others ▪ Learn to cope with success and failure ▪ Take criticism and act upon it ▪ Develop awareness of strengths and weaknesses

LESSON	1	UNIT OF WORK	Lacrosse	THEME	Possession
LEARNING OUTCOME	SKILL/ ACTIVITY	TEACHING POINTS		YEAR GROUP	
AQUIRING & DEVELOPING SKILLS with TACTICS	WARM UP 1. Get into a big circle, pulse raiser with joint mobility & lunges not static stretches	1. The WARM UP should be longer than normal to allow the children to get accustomed to the ‘teacher/coaches’ voice and instructions.		<ul style="list-style-type: none"> ▪ 4 seconds in possession ▪ No contact allowed (body or stick) ▪ Can only score in opponents half ▪ No one is allowed in the crease Defenders cannot goal keep, can only mark an attacker with the arc. ▪ Any fouls, team gets a free pass. ▪ Game starts a centre pass. Every centre pass Alternates (like netball) 	RULES OF POP
<ul style="list-style-type: none"> ▪ Attack and defend 1 on 1. ▪ Throwing & catching . ▪ Cradling ▪ Scooping 	2. Recap or explore stick skills <ul style="list-style-type: none"> ▪ Throwing & Catching. ▪ Cradling ▪ Scooping ▪ Full group, 1 ball for everyone, movement around the playing area; ▪ Running, Changing hands with the ball. ▪ <u>Decision Making</u>, Attack space ahead. Close control when near another player; turn go backwards-start over. 	2 & 3. Development of basic Lacrosse skills or recap on existing skills.			
APPLY SKILLS & TACTICS	<ul style="list-style-type: none"> ▪ Decision making, knowing when to run, pass and defend 	4, 5 & 6. Exploration of skills and the familiarisation of invasion game principles and tactics.			
IMPROVE & EVALUATE	<ul style="list-style-type: none"> ▪ Self discovery & reflection ▪ Use key points for handling the stick to perform effectively 	<ul style="list-style-type: none"> • The key point for this section will address the concept of possession through attacking and defending principles. 		NB) Players CAN go behind goal Will be able to; <ul style="list-style-type: none"> • Control the ball using the throw, catch, scoop and carry skills • Link throws, catches, scoops and carry to keep possession • Perform these skills accurately whilst moving slowly in a small sided game 	ALL CHILDREN
KNOWLEDGE & UNDERSTAND HRE	<ul style="list-style-type: none"> ▪ Appreciate how to use limbs to help performance ▪ Explain why heart rate increase during exercise 	Attack: Maintain possession The other team cannot score if you have the ball <ul style="list-style-type: none"> • Decision making, when to run with the ball, to pass and to support. • Cradling & Shielding the ball • Keep ball, triangle option-2 passes • Short passes, long ball – risk losing the ball • No penetration, go backwards or behind goal to start again. 			
SAFETY	<ul style="list-style-type: none"> ▪ Appreciation of person safety ▪ Follow basic safety rules ▪ Wear appropriate clothing ▪ No jewellery, hair tied back 	Defence: Regain Possession <ul style="list-style-type: none"> • Get goal side • Pressurise/close down ball carrier • Shadow ball carrier to delay attack • Stay low, stick length away. • Team mates mark other attackers 		Will be able to; <ul style="list-style-type: none"> • Show improved accuracy in performing all skills • Consistently pass, catch, cradle and scoop whilst in a game • Change direction and speed when running with or to the ball • Confidently undertake leadership roles during matches 	MOST CHILDREN
SET UP/ AREA	<ul style="list-style-type: none"> ▪ Use playground/field/ hall ▪ Use an area 20m x 40m ▪ Mark a line to use for demo’s ▪ Layout equipment in 5’s 	<ul style="list-style-type: none"> • 3 Attacker v 1 defender match (20x 20 m) ▪ Explore how to use team mates to create shooting opportunities ▪ 2v2: In the same space 			
RESOURCES	<ul style="list-style-type: none"> ▪ 35 POP Lacrosse Sticks ▪ 35 POP Lacrosse balls ▪ Marker Cones ▪ 8 mini traffic cones ▪ 16 bibs (x8 two colours) 	6. Game: 4v4 POP Lacrosse <ul style="list-style-type: none"> ▪ If struggling with ideas go to 2v2 or 3v1. ▪ If passing is poor revert to basic passing drills within 10x10m area. 		Will be able to; <ul style="list-style-type: none"> • Repeat skills accurately, with confidence and consistency • Perform most skills using both hands with noticeable accuracy • Change direction and speed effectively whilst cradling • Demonstrate skills confidently in small sided games 	FEW CHILDREN
DIFFERENTIATION	PLENARY: Evaluation and discussion of lessons content and themes				
<ul style="list-style-type: none"> ▪ High ability, reduce size of the area to challenge the control. ▪ Increase the size of the area if ability is low. 	<ul style="list-style-type: none"> ➤ Key principle of possession, teams cannot score if they do not have the ball ➤ Attack try to choose the best option, to either score or keep the ball ➤ Defenders need to put pressure on the ball carrier without giving up their goal side position. 				

LESSON	2	UNIT OF WORK	Lacrosse	THEME	Support	
LEARNING OUTCOME	SKILL/ ACTIVITY		TEACHING POINTS		YEAR GROUP	
AQUIRING & DEVELOPING SKILLS with TACTICS	WARM UP Get into a big circle, pulse raiser with joint mobility & dynamic stretches (with a stick).		2. Development of basic Lacrosse skills or recap on existing skills.		<ul style="list-style-type: none"> 4 seconds in possession No contact allowed (body or stick) Can only score in opponents half No one is allowed in the crease Defenders cannot goal keep, can only mark an attacker with the arc. Any fouls, team gets a free pass. Game starts a centre pass. Every centre pass Alternates (like netball) NB) Players CAN go behind goal	RULES OF POP
<ul style="list-style-type: none"> Basic stick skills Attack & defend Principles of Lacrosse & invasion games 	1. Full group, 1 ball for everyone, movement around one of the playing area; <ul style="list-style-type: none"> Running, Cradling & Scooping the ball. <u>Decision Making.</u> Attack space ahead. Close control when near another player; turn go backwards-start over. 		3. Handball allows the pupils to think about their movement rather than the skill development. <ul style="list-style-type: none"> Good useable Space: Team mates without the ball move to where they are not being marked and can see the ball carriers chest/ Draw & Dump: get the defender follow the ball, then pass the ball to a team mate in space Realistic passes: throws to and around the head of a team mate over a short distance Ball carrier should always have at least 2 passes, 			
APPLY SKILLS & TACTICS	<ul style="list-style-type: none"> Decision making, knowing when to run, pass and defence Skills used correctly-games 		4, 5 & 6. Explores skills & principles of support Attack: Provide passing options, move to a free space <ul style="list-style-type: none"> Constant movement, not just forwards 'Good Useable Space', to receive the ball and decision making Create 2 on 1 situations, overlap, penetration, triangle options Short passes to keep possession Under arm & over arm for short distances passing Lots of communication 		Will be able to; <ul style="list-style-type: none"> Control the ball using the throw, catch, scoop and carry skills Link throws, catches, scoops and carry to keep possession Perform these skills accurately whilst moving slowly in a small sided game 	ALL CHILDREN
IMPROVE & EVALUATE	3. 'Handball: 5 v 5 game, exploring; <ul style="list-style-type: none"> Last session theme of possession Play by POP rules Good Useable Space Realistic passes – Keep short - Long passes have no control & greater risk Run at defenders: Draw & Dump 		Defence: Provide cover as a team mate press the ball <ul style="list-style-type: none"> Get behind the ball, reorganise Close ball player down quickly Delay & channel until supported or covered Support, making 2 on 1 defence or 2 on 2 Get a position to see the ball and your man 			
KNOWLEDGE & UNDERSTAND HRE	4. 5 v 5 games: same ideas as handball but in a small sided POP game without goal keepers 5. 3 v 1: explore triangle/ L shape option: In skill zone (10 x 10) <ul style="list-style-type: none"> Provides obvious attacking options The idea that the ball carrier should always have 2 passes/options available. 		4. 5 v 5 games: same ideas as handball but in a small sided POP game without goal keepers 5. 3 v 1: explore triangle/ L shape option: In skill zone (10 x 10) <ul style="list-style-type: none"> Provides obvious attacking options The idea that the ball carrier should always have 2 passes/options available. 		Will be able to; <ul style="list-style-type: none"> Show improved accuracy in performing all lacrosse skills Select appropriate invasion principles in attack and defence Explain why performances are successful Recognise parts of performance that could be improved. 	MOST CHILDREN
SAFETY	<ul style="list-style-type: none"> Appreciate how to use limbs to help performance Explain why heart rate increase during exercise 		6. 5 v 5 game: looking to make the options. If struggling revert to 3 v 1 to enforce the ideas. If passing is poor revert to basic passing drills within skill zone.			
SET UP/ AREA	<ul style="list-style-type: none"> Use playground/field/ hall Use an area 20m x 40m Mark a line to use for demo's Layout equipment in 5's 		Defence: Provide cover as a team mate press the ball <ul style="list-style-type: none"> Get behind the ball, reorganise Close ball player down quickly Delay & channel until supported or covered Support, making 2 on 1 defence or 2 on 2 Get a position to see the ball and your man 		Will be able to; <ul style="list-style-type: none"> Show consistency in performing all lacrosse skills Select appropriate invasion principles in attack and defence Recognise parts of performance that could be improved and suggest how to make changes 	FEW CHILDREN
RESOURCES	<ul style="list-style-type: none"> 35 POP Lacrosse Sticks 35 POP Lacrosse balls Marker Cones 8 mini traffic cones 16 bibs (x8 two colours) 		PLENARY: Evaluation and discussion of lessons content and themes <ul style="list-style-type: none"> Key principle of support is team work, to create shooting opportunities or in defence prevent them Attack try to choose the best option, to either score or keep the ball Defenders need to put pressure on the ball carrier without giving up their goal side position. 			
DIFFERENTIATION	<ul style="list-style-type: none"> High ability, reduce area size Increase the size of the area if ability is low. 		PLENARY: Evaluation and discussion of lessons content and themes <ul style="list-style-type: none"> Key principle of support is team work, to create shooting opportunities or in defence prevent them Attack try to choose the best option, to either score or keep the ball Defenders need to put pressure on the ball carrier without giving up their goal side position. 			

LESSON	3	UNIT OF WORK	Lacrosse	THEME	Width	YEAR GROUP	
LEARNING OUTCOME		SKILL/ ACTIVITY		TEACHING POINTS			
AQUIRING & DEVELOPING SKILLS with TACTICS		1. WARM UP Child led Circle in two groups.		2 & 3. Development of basic Lacrosse skills or recap on existing skills.		<ul style="list-style-type: none"> ▪ 4 seconds in possession ▪ No contact allowed (body or stick) ▪ Can only score in opponents half ▪ No one is allowed in the crease Defenders cannot goal keep, can only mark an attacker with the arc. ▪ Any fouls, team gets a free pass. ▪ Game starts a centre pass. Every centre pass Alternates (like netball) <p>NB) Players CAN go behind goal</p>	RULES OF POP
<ul style="list-style-type: none"> ▪ Basic stick skills ▪ Attack & defend ▪ Principles of Lacrosse & invasion games 	2. Recap of last lesson, looking for good useable space; start to bring the ideas of width to open the pitch up.	3, 4, & 5. Exploration of skills and the familiarisation of invasion game principles and tactics.	<ul style="list-style-type: none"> • The key point for this section will address the concept of possession through attacking and defending principles. 				
APPLY SKILLS & TACTICS		3. 5 v 5 game: Wider Pitch, 40 x 60 encourages a range of passing and movement. <ul style="list-style-type: none"> ▪ Run at defenders: Draw & Dump ▪ Quick support will enable Draw & Dump ▪ Appreciate need to be direct to interest the defender, this will open up gaps to enable penetration. ▪ No Draw & Dump or penetration, pass the ball around like in the Square Pass activity ▪ Defenders stay narrow, do not follow the ball 		<p>Attack: Width in Lacrosse is about moving a defender away from goal, to create penetration (run or pass)</p> <ul style="list-style-type: none"> • ‘Good useable space’ • Stretch the defence to enable penetration, creates more spaces • Allows decision making • Easy to go forward and backwards, to keep ball 		<p>Will be able to;</p> <ul style="list-style-type: none"> • Control the ball using the throw, catch, scoop and carry skills • Link throws, catches, scoops and carry to keep possession • Perform these skills accurately whilst moving slowly in a small sided game 	ALL CHILDREN
IMPROVE & EVALUATE		4. 3 v 2: To stretch the game <ul style="list-style-type: none"> ▪ Walk through the idea of width play. ▪ If technique for turning out is weak return to drills in skill zone. ▪ Pupils gain more success of ideas explored in the 5v5 game 		<p>Defence</p> <ul style="list-style-type: none"> • Get back behind the ball • Stay narrow (starting position): when ball moves wide go to player • reduce options • Penetration reduced 			
KNOWLEDGE & UNDERSTAND HRE		5. 5 v 5 game: looking to make the options. If struggling revert to 3 v 2 to enforce the ideas.				<p>Will be able to;</p> <ul style="list-style-type: none"> • Show improved accuracy in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Explain why performances are successful • Recognise parts of performance that could be improved. 	MOST CHILDREN
SAFETY		If passing is poor revert to basic passing drills within skill zone.					
SET UP/ AREA						<p>Will be able to;</p> <ul style="list-style-type: none"> • Show consistency in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Recognise parts of performance that could be improved and suggest how to make changes 	FEW CHILDREN
RESOURCES							
DIFFERENTIATION		PLENARY: Evaluation and discussion of lessons content and themes					
<ul style="list-style-type: none"> ▪ High ability, reduce size of the area to challenge the control. ▪ Increase the size of the area if ability is low. 		<ul style="list-style-type: none"> ➤ Key principle of width is to have quick support, to create draw & dump ➤ Attack try to be direct and make the defender move away from goal ➤ Defenders need to put pressure on the ball carrier without giving up their goal side position, stay narrow 					

LESSON	4	UNIT OF WORK	Lacrosse	THEME	Depth	
LEARNING OUTCOME	SKILL/ ACTIVITY	TEACHING POINTS		YEAR GROUP		
AQUIRING & DEVELOPING SKILLS with TACTICS	<p>1. WARM UP: Sporting movements, followed by tag.</p> <p>2. Recap of last session; go wide to create spaces and penetration.</p> <p>3. 5 v 5 game (discovery of depth)</p> <ul style="list-style-type: none"> ▪ No penetration or useable space go backwards to start again ▪ Need depth to stop/ slow down the attack ▪ NB) Feature of width and depth should be evident in session. <p>4. 3 v 2 game</p> <ul style="list-style-type: none"> ▪ emphasis the ideas in attack and defence. ▪ Attack, work the ball in front 7 from behind the goal ▪ Defenders, 1 player goes to the ball whilst 2nd player stays goal side & behind 1st play to provide support/ depth <p>5. 5 v 5 game: looking to make the options. If struggling revert to 3 v 2 to enforce the ideas.</p> <p>If passing is poor revert to basic passing drills within skill zone.</p>	<p>2. Development of basic Lacrosse skills or recap on existing skills.</p> <p>3. Self discovery allows the children to work out how to use depth. A demo maybe required at the start.</p> <p>4 & 5. Explores skills & principles of using depth (see below).</p> <p>Attack: Depth in Lacrosse, create distance between defenders by playing behind or in front of goal</p> <ul style="list-style-type: none"> • Try to create penetration with a pass or run. If this is possible pass to a player behind. • If you cannot beat your man, play back to team mate. • Enable start again option to rebuild the attack • Provide cover/ support for players with the ball <p>Defence: Cover the defender nearest the ball</p> <ul style="list-style-type: none"> • Defend space when a defender commits to a challenge or goes to man mark. • Cover the defender who is marking or challenging. • Reduce penetration by having to defenders to beat. 	<ul style="list-style-type: none"> ▪ 4 seconds in possession ▪ No contact allowed (body or stick) ▪ Can only score in opponents half ▪ No one is allowed in the crease Defenders cannot goal keep, can only mark an attacker with the arc. ▪ Any fouls, team gets a free pass. ▪ Game starts a centre pass. Every centre pass Alternates (like netball) <p>NB) Players CAN go behind goal</p>	RULES OF POP		
APPLY SKILLS & TACTICS					<p>Will be able to;</p> <ul style="list-style-type: none"> • Control the ball using the throw, catch, scoop and carry skills • Link throws, catches, scoops and carry to keep possession • Perform these skills accurately whilst moving slowly in a small sided game 	ALL CHILDREN
IMPROVE & EVALUATE						
KNOWLEDGE & UNDERSTAND HRE			<p>Will be able to;</p> <ul style="list-style-type: none"> • Show consistency in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Recognise parts of performance that could be improved and suggest how to make changes 	FEW CHILDREN		
SAFETY					<p>PLENARY: Evaluation and discussion of lessons content and themes</p> <p>a. High ability, reduce size of the area to challenge the control.</p> <ul style="list-style-type: none"> ▪ Increase the size of the area if ability is low. <p>➤ Key principle of depth is to have quick support, to create draw & dump through defenders following the ball</p> <p>➤ Attack, Stretch the playing area length ways, look to support ball carrier by getting into passing lanes</p> <p>➤ Defenders need to put pressure on the ball carrier without giving up their goal side position, stay narrow, back up team mates who press the ball. DON'T go behind goal.</p>	
SET UP/ AREA						<ul style="list-style-type: none"> ▪ Use playground/field/ hall ▪ Use an area 20m x 40m ▪ Mark a line to use for demo's ▪ Layout equipment in 5's
RESOURCES			<ul style="list-style-type: none"> ▪ 35 POP Lacrosse Sticks ▪ 35 POP Lacrosse balls ▪ Marker Cones ▪ 8 mini traffic cones ▪ 16 bibs (x8 two colours) 			
DIFFERENTIATION				<p>a. High ability, reduce size of the area to challenge the control.</p> <ul style="list-style-type: none"> ▪ Increase the size of the area if ability is low. 		

LESSON	5	UNIT OF WORK	Lacrosse	THEME	Tactics																							
LEARNING OUTCOME	SKILL/ ACTIVITY		TEACHING POINTS		YEAR GROUP																							
AQUIRING & DEVELOPING SKILLS with TACTICS	1. Warm up: Individual work, joint rotation and dynamic stretches 2. Recap of ideas using key words 3. 5 v 5 game to emphasis positions and movements from those positions. 4. Group work, Talk/ walk through positions if needed- <ul style="list-style-type: none"> ▪ Attack, midfield, defence (width & depth) create/ prevent penetration 5. Total ‘Lacrosse’: Switch the player around to gain knowledge of that position (Incorporated throughout scheme of work). 6. Stop/ Start when needed, focus on previous lessons weeks. 7. 5 v 5: & 2 coaches: rotate throughout the lesson.	2 & 3. Development of basic Lacrosse skills or recap on existing skills. 4, 5, 6 & 7. Exploration of skills and the familiarisation of invasion game principles and tactics. <ul style="list-style-type: none"> • The key point for this section will address the concept of possession through attacking and defending principles. Attack <ul style="list-style-type: none"> • Formation of play • Role of positions • Implement principles of the game • Spread the play wide if no forward penetration • If no width or penetration keep possession; go back to depth/ support Defence <ul style="list-style-type: none"> • Formation of play • Role and responsibility of positions • Implement principles of the game • Stay narrow to reduce options • Close down ball carrier quickly • Cover, depth allows recovery. 	<ul style="list-style-type: none"> ▪ 4 seconds in possession ▪ No contact allowed (body or stick) ▪ Can only score in opponents half ▪ No one is allowed in the crease Defenders cannot goal keep, can only mark an attacker with the arc. ▪ Any fouls, team gets a free pass. ▪ Game starts a centre pass. Every centre pass Alternates (like netball) NB) Players CAN go behind goal	RULES OF POP																								
APPLY SKILLS & TACTICS					<ul style="list-style-type: none"> ▪ Adapt 1 on 1 skills to small sided games. 	Will be able to; <ul style="list-style-type: none"> • Control the ball using the throw, catch, scoop and carry skills • Link throws, catches, scoops and carry to keep possession • Perform these skills accurately whilst moving slowly in a small sided game 	ALL CHILDREN																					
IMPROVE & EVALUATE								<ul style="list-style-type: none"> ▪ Self discovery & reflection ▪ Use key points for handling the stick to perform effectively 	Will be able to; <ul style="list-style-type: none"> • Show improved accuracy in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Explain why performances are successful • Recognise parts of performance that could be improved. 	MOST CHILDREN																		
KNOWLEDGE & UNDERSTAND HRE											<ul style="list-style-type: none"> ▪ Appreciate how to use limbs to help performance ▪ Explain why heart rate increase during exercise 	Will be able to; <ul style="list-style-type: none"> • Show consistency in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Recognise parts of performance that could be improved and suggest how to make changes 	FEW CHILDREN															
SAFETY														<ul style="list-style-type: none"> ▪ Appreciation of person safety ▪ Follow basic safety rules ▪ Wear appropriate clothing ▪ No jewellery, hair tied back 	Will be able to; <ul style="list-style-type: none"> • Show consistency in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Recognise parts of performance that could be improved and suggest how to make changes 	FEW CHILDREN												
SET UP/ AREA																	<ul style="list-style-type: none"> ▪ Use playground/field/ hall ▪ Use an area 20m x 40m ▪ Mark a line to use for demo’s ▪ Layout equipment in 5’s 	Will be able to; <ul style="list-style-type: none"> • Show consistency in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Recognise parts of performance that could be improved and suggest how to make changes 	FEW CHILDREN									
RESOURCES																				<ul style="list-style-type: none"> ▪ 35 POP Lacrosse Sticks ▪ 35 POP Lacrosse balls ▪ Marker Cones ▪ 8 mini traffic cones ▪ 16 bibs (x8 two colours) 	Will be able to; <ul style="list-style-type: none"> • Show consistency in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Recognise parts of performance that could be improved and suggest how to make changes 	FEW CHILDREN						
DIFFERENTIATION																							PLENARY: Evaluation and discussion of lessons content and themes ➤ Discover how playing in certain position have an influence on principles and tactics that have to be played	Will be able to; <ul style="list-style-type: none"> • Show consistency in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Recognise parts of performance that could be improved and suggest how to make changes 	FEW CHILDREN			
																										b. High ability, reduce size of the area to challenge the control. <ul style="list-style-type: none"> ▪ Increase the size of the area if ability is low. 	Will be able to; <ul style="list-style-type: none"> • Show consistency in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Recognise parts of performance that could be improved and suggest how to make changes 	FEW CHILDREN

LESSON	6	UNIT OF WORK	Lacrosse	THEME	World Cup/ Tournament	
LEARNING OUTCOME	SKILL/ ACTIVITY		TEACHING POINTS		YEAR GROUP	
AQUIRING & DEVELOPING SKILLS with TACTICS	1. Recap all the skills and principles covered throughout the unit of work. Asking questions constantly to assess the children's knowledge.		<ul style="list-style-type: none"> ▪ Improve performance through understanding the constructs and principles of Pop Lacrosse ▪ Illustrate skills that enable the 6 principles to be expressed 		<ul style="list-style-type: none"> ▪ 4 seconds in possession ▪ No contact allowed (body or stick) ▪ Can only score in opponents half ▪ No one is allowed in the crease Defenders cannot goal keep, can only mark an attacker with the arc. ▪ Any fouls, team gets a free pass. ▪ Game starts a centre pass. Every centre pass Alternates (like netball) 	RULES OF POP
<ul style="list-style-type: none"> ▪ Basic skills ▪ Simple tactics ▪ Attack & defence 1 on 1 ▪ Skills in competition 	<p>WARM UP</p> <p>2. Split group into teams and in those teams organise their own warm up.</p>		<ul style="list-style-type: none"> ▪ To communicate the principles with team mates 			
APPLY SKILLS & TACTICS	3. 6 players per team. 5 players and 1 rests or does their job (changes every game).		<ul style="list-style-type: none"> ▪ To enhance decision making with refined skills and knowledgeable performances 		<p>Will be able to;</p> <ul style="list-style-type: none"> • Control the ball using the throw, catch, scoop and carry skills • Link throws, catches, scoops and carry to keep possession • Perform these skills accurately whilst moving slowly in a small sided game 	ALL CHILDREN
<ul style="list-style-type: none"> ▪ Use the skills and principles of lacrosse in simplified games 	<ul style="list-style-type: none"> ▪ Games are played with no goalkeeper ▪ 4 seconds in possession ▪ No contact allowed (body or stick) ▪ Can only score in opponents half ▪ No one is allowed in the crease (goal circle) ▪ Defenders cannot goal keep, can only mark an attacker with the arc. ▪ Any fouls, team gets a free pass. ▪ Game starts a centre pass. Every centre pass Alternates (like netball) 		<ul style="list-style-type: none"> ▪ Consistently control play through the understanding of all the roles and positions within game situations 			
IMPROVE & EVALUATE	<p>Specific jobs should be allocated</p> <ul style="list-style-type: none"> • Referee • Team Coach • Time Keeper • Media officer • Statistician 				<p>Will be able to;</p> <ul style="list-style-type: none"> • Show improved accuracy in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Explain why performances are successful • Recognise parts of performance that could be improved. 	MOST CHILDREN
<ul style="list-style-type: none"> ▪ Self discovery & reflection ▪ Use key points for handling the stick to perform effectively 	4. 6 minute games. Move teams in accordance to fixtures.					
KNOWLEDGE & UNDERSTAND HRE	5. Instead of mini games, finish by playing all the 'fun games' from the introduction to skills unit of work.				<p>Will be able to;</p> <ul style="list-style-type: none"> • Show consistency in performing all lacrosse skills • Select appropriate invasion principles in attack and defence • Recognise parts of performance that could be improved and suggest how to make changes 	FEW CHILDREN
<ul style="list-style-type: none"> ▪ Appreciate how to use limbs to help performance ▪ Explain why heart rate increase during exercise 	PLENARY: Evaluation and discussion of lessons content and themes.					
SAFETY	<ul style="list-style-type: none"> ▪ Appreciation of person safety ▪ Follow basic safety rules ▪ Wear appropriate clothing ▪ No jewellery, hair tied back 					
SET UP/ AREA	<ul style="list-style-type: none"> ▪ Use playground/field/ hall ▪ Use an area 20m x 40m ▪ Mark a line to use for demo's ▪ Layout equipment in 5's 					
RESOURCES	<ul style="list-style-type: none"> ▪ 35 POP Lacrosse Sticks ▪ 35 POP Lacrosse balls ▪ Marker Cones ▪ 8 mini traffic cones ▪ 16 bibs (x8 two colours) 					
DIFFERENTIATION	<p>c. High ability, reduce size of the area to challenge the control.</p> <ul style="list-style-type: none"> ▪ Increase the size of the area if ability is low. 		<ul style="list-style-type: none"> ➤ Gained the knowledge and skills to play a POP Lacrosse match ➤ What are the Fundamental skills needed to play Lacrosse 			

