

(created by Jason Shantz, 2006)

COURSE: Lacrosse

INSTRUCTOR: Jason Shantz
GRADE: 6th Grade
AREA: Girls Lacrosse Field
SCHOOL PHONE: 952.988.3677
ROOM HOURS: 8am to 3:30pm M-F or by appointment
E-MAIL: JSHANTZ@BLAKESCHOOL.ORG

RESOURCES:

1. <http://www.sportsknowhow.com/volleyball/index.html>
2. www.lacrosse.org
3. youthlacrosseusa.com

COURSE DESCRIPTION;

Fundamentals of lacrosse will be covered in this class, including: instruction of game rules, stance, footwork, cradling, throwing, catching technique, field positioning, scoring, player rotation, and game strategies. There will be plenty of opportunities to strengthen these skills during game play. **Note: This unit will be taught in accordance with the girls regulations (No Contact).**

SPECIFIC STUDENT COMPETENCIES:

The course activities, experiences, assignments and sequences are intend to provide opportunities for class members to accomplish the following:

STUDENTS WILL:

1. Develop positive attitudes and concepts about the need for implementing recreational and competitive activities into their daily lives.
2. Identify key terms and its relationship to the game.
3. Demonstrate knowledge and understanding of the game of lacrosse.
4. Exercise specific kinesthetic movements in relation to the sport of lacrosse.
5. Research a multicultural aspect of the sport of lacrosse.

TENTATIVE CLASS SCHEDULE:

(based on a 12 day section)

Day 1	Introduction to lacrosse, class procedures, safety guidelines, grading policy, length of course, history of the game and pre-testing for knowledge.
Day 2	Introduction to equipment, scoring, rules, stance, field dimensions, equipment storage, pre-test on skills
Day 3	Review, stance, static throwing and catching, footwork, conditioning
Day 4	Review, static cradling and catching, footwork, shooting conditioning
Day 5	Review, add movement with previously learned skills, player positioning, conditioning
Day 6	Review, game strategies, add movement with all skills learned
Day 7	Game play
Day 8	Game play
Day 9	Exam, Game play
Day 10	Game play
Day 11	Game play
Day 12	Post-test on skills improvement, Course feedback, Game play

COURSE EVALUATION:

Affective Behavior	1/3 of your grade
Knowledge	1/3 of your grade
Skills Improvement	1/3 of your grade

GRADING SCALE:

(Refer to Blake student handbook)

ACADEMIC DISHONESTY:

(Refer to Blake student handbook)