

MSAD #54 Curriculum

Content Area: Physical Education
Unit: LaCrosse

Grade: 9-Diploma
MLR Span: 9-Diploma

MLR Content Standard:

G. Movement/Motor Skills and Knowledge: Students demonstrate the *fundamental and specialized movement skills* and apply *principles of movement* for improved performance.

I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

Performance Indicator:

G1. Stability and Force

I1. Cooperative Skills

I2. Responsible Behavior

I3. Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>G1. Stability and Force</p> <p>Students change their motion and the motion of objects by applying the principles of stability and force to modify their performance in games/physical activities.</p> <p>b. Use the <i>principle of opposition</i>, point of contact, and point of release to change the path of an object during a game/physical activity.</p> <p>c. Adjust movements to accommodate external forces that decrease risk for injury.</p> <p>I1. Cooperative Skills</p> <p>Students demonstrate collaborative skills while participating in physical activities.</p> <p>a. Accept constructive feedback.</p> <p>b. Give constructive feedback.</p> <p>c. Include peers respectfully in activities.</p> <p>I2. Responsible Behavior</p> <p>Students demonstrate responsible and ethical personal behavior while participating in physical activities.</p>	<p>Students will:</p> <p>Be introduced to the skills of cradling, scooping, throwing, catching for the game of LaCrosse.</p> <p>Understand safety considerations for game play.</p> <p>Understand the rules of the game of LaCrosse.</p>	<p>Lesson 1.</p> <p>Cradling and scooping, throwing and catching the LaCrosse Ball.</p> <p>Activities: Stationary partners, moving partners.</p> <p>Assessment: Informal assessment</p> <p>Lesson 2. Shooting on goal, offense, defense and goal tending.</p> <p>Activities: Shooting from angles and distances on empty net with and without partner.</p> <p>Assessment: Informal assessment</p> <p>Lesson 3. Review rules and strategies and modified game play.</p> <p>Activities: Participation in modified game.</p> <p>Assessment: Informal assessment</p> <p>Lesson 4. Regulation game play.</p> <p>Activities: Game play</p> <p>Assessment: Quiz on skills and rules of the game.</p>

I3. Safety Rules and Rules of Play

Students predict how etiquette/rules improve games/activities.

- a. Explain how etiquette/rules contribute to productive participation.
- b. Predict how modifications to the environment can impact safety during games/physical activities.