

# Introduction to the Curriculum

Lacrosse is a unique, fast-paced game that can be enjoyed by boys and girls at all grade levels in physical education class. Because of national and international popularity, exciting opportunities exist within lacrosse for people of all age levels and experience as players, coaches, officials, or spectators.

This curriculum provides a clear sequence of lesson plans that are appropriate for upper elementary, middle, and high school co-educational classes. It is designed to introduce and develop the tactical, technical, and cooperative skills needed to enjoy success, and the knowledge to continue participation for those who become interested in the sport of lacrosse.

The statements below represent essential and developmentally appropriate technical and tactical understanding expected for students at elementary, middle, and high school levels. The three units have been developed using a top-down curriculum planning model to represent a total guide for teachers in a school district at all three levels.

Elementary students will understand that lacrosse...	Middle school students will understand that lacrosse...	High school students will understand that lacrosse...
<p>participation requires energy and bodily control.</p> <p>is a passing game that involves awareness of space on the field.</p> <p>has basic offense and defense roles.</p> <p>players need to perform basic individual techniques on the move to experience success.</p> <p>has a unique field organization and basic rules of play.</p> <p>requires safe and responsible play.</p> <p>has a long history and is played internationally.</p>	<p>participation requires energy, agility and stick control.</p> <p>is a team passing game that involves spatial awareness of self and self in relation to teammates.</p> <p>has basic offense and defense roles and tactics.</p> <p>players perform techniques on the move and in conjunction with teammates.</p> <p>has a unique field organization and specific rules of play.</p> <p>requires safe, fair, and responsible play individually and as a team.</p> <p>has a history of men's and women's games.</p>	<p>participation requires cardio-respiratory endurance, strength, agility, and neuro-muscular coordination.</p> <p>is a team passing game that involves spatial awareness of self in relation to teammates and opponents.</p> <p>has varied offense, defense and transitional roles and tactics.</p> <p>players choose specific techniques in order to execute appropriate and successful tactics.</p> <p>has a unique and specific field organization and rules of play for men's and women's games.</p> <p>requires the ability to self officiate and conduct games safely and fairly.</p> <p>has a history of world, national, college, and youth competition.</p>