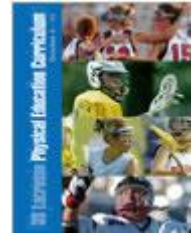


The comprehensive teacher's manual contains three 10-day units for Elementary (grades 4-6), Middle School (grades 6-8) and High School (grades 9-12) students. All three grade levels are included in the manual so that teachers may customize and utilize resources from the entire curriculum to meet the unique needs of their students. Each unit includes:

- Cognitive, psychomotor, and affective objectives
- Unit overview chart with National Standards identified
- 10 comprehensive lesson plans, including teaching cues
- Skill diagrams and illustrations
- Modified rules for safe play at all levels
- Reproducible handouts for students
- Cross-curricular connections and recommended resources for enhancing the unit
- Drills, games, assessment charts, quizzes, study guides and more!



Curriculum also includes a packet of reproducible masters for each unit.

- [Click here to view sample pages from the Curriculum](#) (pdf format)

The recommended equipment for this curriculum is "soft-lacrosse" sticks (also known as STXball or McWhipit sticks) and soft lacrosse balls which are larger and softer than standard lacrosse balls. Teachers using this equipment and following modified physical education lacrosse rules do not need to require their students to wear any additional protective gear. Soft lacrosse equipment can be purchased through most physical education suppliers. It will also be stocked at the US Lacrosse online store shortly. A listing of retailers can be found in the curriculum, or you may have success conducting an internet keyword search for STXBall or McWhipit lacrosse sticks.

How do I order the curriculum?

The comprehensive curriculum and reproducible packet is available for order for \$49.95. (US Lacrosse members receive a 10% discount).

- [Please click here to order.](#)

Receive deep discounts and make the most of this product by ordering the bundle package which in addition to the curriculum manual and reproducible packet contains essential recommended books, videos and DVD's for maximum impact in the classroom!

Soft lacrosse equipment grant opportunities are also available through US Lacrosse. [Click here](#) for more information and to download an application.

Equipment Hint from US Lacrosse:

Many times the small strap/guard attached to the head of the soft lacrosse sticks snaps or breaks. This piece is optional, and does not exist on standard lacrosse sticks. It is there to aid students when learning the game, but can be removed when they become more skilled. If the strap breaks, the stick is still fully functional, just play on! Or, replacement straps can usually be ordered from stick suppliers.

Safety Tip from US Lacrosse:

US Lacrosse recommends using soft lacrosse equipment for all physical education classes. Extensive research has determined that no additional protective gear be worn by players using this equipment and following the rules for modified lacrosse play found in the Physical Education Lacrosse Curriculum. Teachers using standard men's or women's lacrosse sticks and standard lacrosse balls, even in a non-contact setting, **MUST** equip each player with approved eye protection and a mouthguard. A bonus - soft lacrosse equipment is much less expensive than standard lacrosse equipment!

Lacrosse Sticks - What's the difference?

Physical education sticks are gender-neutral. Standard lacrosse sticks are specific to either the men's or women's game, and due to fundamental differences in the two games, the sticks are very different in pocket depth and handling. Therefore it is desirable to use the physical education sticks in the co-ed classroom. When students go on to play competitive lacrosse, they begin to play with regular lacrosse sticks.

Myth: Lacrosse is all about hitting each other with sticks; how do I teach that in my classroom?

Truth: Yes, lacrosse allows different levels of contact, however contact is secondary to the flow, defensive footwork, passing, catching, and skill of the game. Women's lacrosse allows only "stick checking" which is safe, stick to stick contact for the purpose of dislodging the ball from the stick within safety guidelines (rules can be found at www.uslacrosse.org/the_sport/womens_rules.phtml). This is why women only need to eye protection (which guards the face from ball contact, which is rare) and a mouthguard. The men's game allows more liberty with limited stick to body contact also allowed, and body contact within the rules, which can be found at www.uslacrosse.org/the_sport/mens_rules.phtml).

The purpose of lacrosse in the physical education environment is to introduce players to the key skills of the game, tactics, and movement. They can fully enjoy the lacrosse experience in a non-contact environment. Contact should not be taught until students enter competitive lacrosse programs. In those lacrosse programs, contact is taught responsibly - if the coach has been trained through US Lacrosse - as a final skill once all others have been mastered.

TEACHER TIPS

Basic Rules for SAFE non-contact lacrosse physical education play

- Use soft lacrosse sticks and soft lacrosse balls only.
- No stick to stick contact
- No body to body or body to stick contact
- Two hands on the stick at all times
- Maintain control of your body at all times
- No covering the ball with your stick
- Respect your teammate and opponents at all times

Optional additional rules to adopt for increased safety, interaction, and fun:

- No more than two players after a groundball at one time
- Three passes before shooting
- Three second count for good defensive positioning. If the offensive player does not pass during the count, the defender gets the ball
- For specific rules of play for 3v3, 5v5 and 7v7 play in physical education classes, see the Physical Education Curriculum