

# COMPETING EDSTART

## Year 5 - Lacrosse Unit of Work

**Pupils will be taught...**

### Overall Learning Outcomes (Endpoints)

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**Children can:**

- **Start to develop a broader range of techniques and skills for attacking and defending**
- **Pass, dribble and shoot with control in games**
- **Identify and use tactics to help the team keep the ball and advance it**
- **Know how to hold a lacrosse stick and be able to cradle the ball**
- **Understand the basic rules of lacrosse**
- **Mark opponents and help each other in defence**
- **Apply basic principles of team play to keep possession of the ball**
- **Play effectively as part of a team**
- **Pick out parts of performance that could be improved and suggest ideas and practices to make them better**

### Learning Objective

### Learning Outcomes

- 1 To continue to develop the techniques of scooping, carrying and cradling the ball**

**Children can:**

- Know the techniques for scooping, cradling and carrying the ball
- Move from one technique to another whilst maintaining possession of the ball
- Move the stick head from shoulder to chin and back whilst moving with the ball

- 2 To continue to develop the techniques of throwing and catching the ball**

**Children can:**

- Know the techniques for throwing and catching the ball
- Know to stand side-on with their dominant hand closest to the head of stick
- Drop their top hand's elbow to cushion ball when receiving the ball

- 3 To dodge a defender when travelling with the ball**

**Children can:**

- Run at a defender and step quickly to one side
- Move to the other side and accelerate away from the defender
- Make the defenders believe in their first step and accelerate away

- 4 To keep possession of the ball as a team**

**Children can:**

- Keep possession of the ball by passing and moving
- Move the ball forward to get in the opponent's half of the field
- Make sure the ball carrier always has a minimum of two passing options

- 5 To regain possession from the opposition**

**Children can:**

- Slow down an attack and force the ball carrier away from goal
- Try to block one passing lane to force a poor pass
- Scoop the ball once the opponents drop the ball and regain possession

- 6 To play small-sided games of lacrosse**

**Children can:**

- Play competitive/modified games and apply basic principles suitable for attacking and defending
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Evaluate performance and recognise their own success

### Assessment Mark

### Requirements

#### Working Towards

- Use fundamental movements (Jog, jump, hop, balance, skip, side to side, change of direction)
- Can perform a variety of passes, dribble with a ball and aim at a target (Unopposed)
- Retain key information

#### On Target

- Can perform a range of passes against a defender
- Can dribble with a ball confidently using the correct techniques against a defender
- Use correct technique when aiming at a target against a defender
- Can consistently receive and control a ball against a defender

#### Above Target

- Can perform a range of passes in a game situation (Small sided games, e.g. 3v3)
- Can dribble with a ball confidently in a game situation
- Use correct technique when aiming at a target in a game situation
- Can consistently receive and control a ball in a game situation
- Consistently demonstrate an understanding of spatial awareness
- Effectively apply some elements of strategy and tactics
- Understand that they must move the ball forward at the same time as passing it backwards

#### Excelling

- Competes/demonstrates an ability to compete at an elite level
- Can identify and use tactics to help the team keep the ball and advance it forward
- Can identify and use tactics to help the team defend and win the ball back
- Can officiate small games between themselves and are able to restart the game after a stoppage in play
- Can analyse skills and techniques to modify and improve performance

To be **ON TARGET**, pupils must achieve all bullet points from **WORKING TOWARDS** and at least 3 bullet points from **ON TARGET**.

To be working **ABOVE TARGET**, pupils must achieve all points from **WORKING TOWARDS** and **ON TARGET** as well as at least 3 bullet points from **ABOVE TARGET**.

To achieve **EXCELLING**, pupils must achieve all bullet points from **WORKING TOWARDS**, **ON TARGET** and **ABOVE TARGET** as well as at least 3 bullet points from **EXCELLING**.