

COMPLETE EDSTART

Year 6 - Lacrosse Unit of Work

Pupils will be taught...

Overall Learning Outcomes (Endpoints)

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 shoot whilst on the move

Children can:

- Know how to hold the stick and keep their front elbow high to help with their aim
- Follow through in an arch when shooting at the goal
- Change from cradling and carrying into the shooting technique whilst moving

2 To support their teammates when attacking

Children can:

- Keep team possession by moving to simple passing lanes
- Make sure ball carrier always has a minimum of two passing options
- Create and use a 2v1 situation to cause indecision for the defender

3 To deny the opposition goal scoring opportunities

Children can:

- Understand to 'man mark' attackers, follow them and force ball carrier away from goal
- Delay attacks and make them use up the four second possession count
- Change their body position to see the ball carrier and nearest attacker

4 To create 2v1 situations in attack

Children can:

- Start to decide whether to run or pass through the defence
- Create an overload and use a 2v1 situation to cause indecision for defence to allow for a run by ball carrier, a give & go or draw out the defender to create a passing lane

5 To understand the basic rules of lacrosse

Children can:

- Play small games following the rules provided
- Put into practice the techniques shown
- Understand when and where certain techniques need to be used - cradle, carry, pass or shoot

6 To play small-sided games using the techniques shown throughout

Children can:

- Play competitive/modified games and apply basic principles suitable for attacking and defending
- Put into practice the techniques shown
- Understand when and where certain techniques need to be used

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**.