

EDSTART KNOW

- I can explain how to evaluate my lacrosse performance and identify ways to improve my skills and teamwork.
- I can describe how feedback from a partner, coach, or teammate helps me develop better control, passing, and shooting.
- I can understand how analysing my performance helps me improve my technique, tactics, and decision-making in games.

EDSTART GO

- I can evaluate my performance and recognise what I need to do to improve my accuracy and coordination.
- I can use feedback from others to adjust my movement, technique, or positioning during play.
- I can apply what I've learned in practice to perform more effectively in competitive matches.

EDSTART SHOW

- I can demonstrate progress and control when passing, catching, and shooting during games.
- I can explain how my performance has improved and give reasons for my progress.
- I can show teamwork, confidence, and sportsmanship while striving to achieve my personal best.

Key Vocabulary

**scoop, cradle, pass, catch,
shoot, teamwork, attack,
defend, movement**

Role Models



**Charlotte North -
USA World Champion
and Record Scorer**



**Laura Merrifield -
England Women's
Captain and World Cup
Bronze Medallist**

What do we know about Lacrosse?

Lacrosse is one of North America's oldest sports, created by Native American tribes as a spiritual game promoting unity and honour. Modern lacrosse was codified in Canada in the 19th century, later spreading worldwide. It's played with sticks (crosses) and a hard rubber ball, with players aiming to score by shooting into the opponent's goal. There are several formats: field, box, and sixes (Olympic). The sport builds agility, speed, and tactical understanding. The World Lacrosse Federation governs the game internationally, with England Lacrosse promoting inclusion and grassroots development in schools.

In Year 5 we learnt

- to combine lacrosse skills such as cradling, passing, and shooting within an activity, moving between them with control and fluency.
- explain how different lacrosse skills are used in attacking and defending situations and identify when multiple skills are needed in a game.
- assist their peers by providing constructive feedback, supporting them during activities, and recording scores accurately.