

# Year 6 - Lacrosse Knowledge Organiser

COMPLETE  
EDSTART

## 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.**