Year 5 - Lacrosse
Knowledge Organiser

COMPETING EDSTART

EDSTART KNOW

- I can explain how to combine lacrosse skills such as cradling, passing, and shooting effectively.
- I can describe how different skills are used within attacking and defending situations.
- I can understand how to help my peers by giving feedback, supporting them in activities, and recording scores correctly.

EDSTART GO

- I can combine cradling, passing, and shooting within a game, moving between them with control and fluency.
- I can apply more than one skill at a time during play, showing awareness of space, timing, and positioning.
- I can work confidently with others, giving feedback and helping to record results accurately.

EDSTART SHOW

- I can demonstrate control, coordination, and teamwork when performing lacrosse skills in competitive games.
- I can show confidence and decision-making during attacking and defending phases.
- I can play fairly, communicate clearly, and show encouragement and respect to teammates and opponents.

Key Vocabulary

scoop, cradle, pass, catch, shoot, defend, teamwork, positioning

Role Models

**William Baxter -
England Men's Player**

**Chloe Chan -
England Women's Player**

What do we know about Lacrosse?

Lacrosse originated with Native American tribes who played it as a spiritual and community event. The modern version was codified in Canada in the 19th century and is now played internationally. It's a fast invasion game played with sticks and a small rubber ball. Teams score by shooting into the opponent's goal. The sport develops speed, coordination, and tactical teamwork. England Lacrosse is the national governing body.

In Year 4 we learnt

- to use a range of sending and receiving skills, such as throwing, catching, or passing, with control and accuracy.
- to send the ball over different distances using suitable techniques for the game or situation.
- to track the movement of the ball and use the correct technique to catch, control, or receive it successfully.