

**Recap: What do we know about lacrosse?**

**Lesson 1/6**

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

## **EDSTART KNOW**

- I can explain how to scoop the ball correctly.
- I can describe how to cradle the ball while moving.
- I can understand how to carry the ball using shoulder–chin movement.

## **EDSTART GO**

- I can scoop the ball from the floor with control.
- I can cradle the ball while running.
- I can carry the ball from one area to another without dropping it.

## **EDSTART SHOW**

- I can respect my partner during group activities.
- I can encourage teammates when they practise scooping and carrying.
- I can celebrate team success in End Zone Ball fairly.

**Recap: To continue to develop the techniques of scooping, carrying and cradling the ball**

**Lesson 2/6**

# **To continue to develop the techniques**

## **throwing and catching the ball**

### **EDSTART KNOW**

- **I can explain how to stand side-on when throwing.**
- **I can describe how to cushion the ball when catching.**
- **I can understand how hand position changes power and accuracy.**

### **EDSTART GO**

- **I can throw with accuracy to my partner.**
- **I can catch using correct grip and cushioning technique.**
- **I can combine passing and moving in games.**

### **EDSTART SHOW**

- **I can respect teammates by passing fairly.**
- **I can encourage others in zig-zag and quick passing.**
- **I can share success during team challenges.**

**Recap: To continue to develop the techniques throwing and catching the ball**

**Lesson 3/6**

# **To dodge a defender when travelling with the ball**

## **EDSTART KNOW**

- I can explain how to step one way then accelerate the other.
- I can describe why deception helps beat defenders.
- I can understand how to accelerate after dodging.

## **EDSTART GO**

- I can dodge defenders in 1v1 drills.
- I can accelerate into space after a dodge.
- I can apply dodging in gauntlet games.

## **EDSTART SHOW**

- I can respect opponents by dodging safely.
- I can encourage teammates during dodging challenges.
- I can celebrate successful dodges fairly.

**Recap: To dodge a defender when travelling with the ball**

**Lesson 4/6**

# **To keep possession of the ball as a team**

## **EDSTART KNOW**

- I can explain how to keep possession as a team.
- I can describe how to provide at least 2 passing options.
- I can understand why movement supports the ball carrier.

## **EDSTART GO**

- I can pass and move to keep the ball.
- I can create options for the ball carrier.
- I can work as a team to move into the opponent's half.

## **EDSTART SHOW**

- I can respect teammates by being a good support player.
- I can encourage others during keep-ball games.
- I can celebrate my team's effort to maintain possession.

**Recap: To keep possession of the ball as a team**

**Lesson 5/6**

# **To regain possession from the opposition**

## **EDSTART KNOW**

- **I can explain how defenders deny space.**
- **I can describe how to man-mark an attacker.**
- **I can understand how to regain possession fairly.**

## **EDSTART GO**

- **I can delay attackers and block passing lanes.**
- **I can scoop loose balls to win possession.**
- **I can apply defending in 3v3 matches.**

## **EDSTART SHOW**

- **I can respect attackers when defending.**
- **I can encourage teammates to win the ball back.**
- **I can celebrate defensive effort as much as scoring.**

**Recap: To regain possession from the opposition**

**Lesson 6/6**

# **To play small sided games of lacrosse**

## **EDSTART KNOW**

- I can explain the basic rules of lacrosse.
- I can describe how to start and restart play.
- I can understand how to apply all my skills in games.

## **EDSTART GO**

- I can combine scooping, carrying, passing, catching, dodging, and defending.
- I can follow rules in small-sided matches.
- I can play fairly in tournament play.

## **EDSTART SHOW**

- I can respect referees and opponents.
- I can encourage my team in competitive games.
- I can show fairness whether I win or lose.