

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	EDSTART GO	EDSTART SHOW
<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.	<ul style="list-style-type: none">• 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.