

**Winslow Township School District**  
**9-12 Physical Education**  
**Lacrosse**

**Overview:** The students will learn and practice methods to play the game of Lacrosse, utilizing rules, skills, cooperation and teamwork. Students will have opportunities to progress their skills through individual and group practices.

Overview	Standards	Unit Focus	Essential Questions
<b>Lacrosse</b>	2.2.12.MSC.4 2.2.12.MSC.5 2.2.12.MSC.1 2.2.12.MSC.2 2.2.12.MSC.3 2.2.12.PF.2 WIDA 1	<ul style="list-style-type: none"> <li>• Use the information gathered to further explore the impact of Lacrosse as a global sport.</li> <li>• Understand and identify technical, tactical and positional play.</li> <li>• Analyze the rules and apply them to game situations Understand and identify terminology and scoring that apply to the game/activity.</li> </ul>	<ul style="list-style-type: none"> <li>• How can team sports relate to life skills?</li> <li>• How can team sports help to improve lifelong fitness?</li> <li>• How can understanding sportsmanship, rules, and safety carry over into everyday life?</li> <li>• How can implementing offensive and defensive strategies improve team performance?</li> <li>• What is the process for choosing equipment for this sport?</li> </ul>
<b>Enduring Understandings</b>	<ul style="list-style-type: none"> <li>• Lacrosse is an outdoor activity that promotes a physically active environment.</li> <li>• Team sports offer excellent way to enhance levels of fitness.</li> <li>• Success in Lacrosse is dependent upon the ability to perform Lacrosse specific skills.</li> </ul>		

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Curriculum Unit	Standards		Pacing	
			Days	Unit Days
<b>Lacrosse</b>	2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.	2	13
	2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.	2	
	2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickleball).	2	
	2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.	2	
	2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).	2	
	2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.	1	
	<b>Assessment, Re-teach and Extension</b>		2	

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Lacrosse Grade 9-12		
Core Idea	Indicator #	Performance Expectations
Individual and team execution in games, sports, and other activity situations is based on the interaction of tactical use of strategies, positive mental attitudes, competent skill levels, and teamwork.	2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.
Individual and team execution requires interaction, respect, effort, and positive attitude.	2.2.12.MSC.5	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.
Individual and team execution requires interaction, respect, effort, and a positive attitude.	2.2.12.MSC.1	Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickleball).
Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).	2.2.12.MSC.2	Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).	2.2.12.MSC.3	Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).
The quality of feedback from others, self assessment as well as effort and repetition influences movement skills, concepts, and performance.	2.2.12.PF.2	Respect and appreciate all levels of ability and encourage with care during all physical activities.
Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self expression, enjoyment, and emotional satisfaction	2.2.12.MSC.4	Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.

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Lacrosse Grade 9-12	
Assessment Plan	
<ul style="list-style-type: none"> <li>• Assess student’s knowledge in the form of a written test.</li> <li>• Survey student’s knowledge through a K-W-L-A chart</li> <li>• Teacher observation of skills</li> <li>• Self-evaluation</li> <li>• Peer evaluation</li> <li>• Lead-up games</li> <li>• Translation to game play</li> <li>• Teacher lead skill based instruction</li> <li>• Drill work</li> <li>• Lead up game</li> <li>• Student created drill work</li> <li>• Current Event Article Summary</li> <li>• Questioning Strategies</li> <li>• Video Analysis</li> <li>• Polls/Surveys</li> <li>• Exit Tickets</li> </ul>	<p>Alternative Assessments:</p> <p>In small groups students will practice/perform/evaluate the various types of pickle ball skills. One student will videotape the practice/performance to use for review and skill evaluation.</p> <p>Skill Rubrics</p> <p>Written Rubrics on identified activities</p>
Resources	Activities
<ul style="list-style-type: none"> <li>• <a href="http://www.naspe.org">www.naspe.org</a> PE-Metrics “Assessing National Standards 1-6 in Secondary School” <a href="http://www.aapherd.org">www.aapherd.org</a></li> <li>• <a href="http://www.pecentral.com">www.pecentral.com</a></li> </ul>	<ul style="list-style-type: none"> <li>• History</li> <li>• Rules/regulations</li> <li>• Safety</li> <li>• Field position</li> <li>• Strategy/systems of play</li> <li>• Sportsmanship/Etiquette</li> <li>• Skill Set</li> <li>• Cradling</li> <li>• Scoping</li> <li>• Passing</li> <li>• Shooting</li> <li>• Scoring</li> <li>• Modified Games/Matches</li> <li>• Games/Matches/Tournaments</li> </ul>

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**Instructional Best Practices and Exemplars**

- |   |  |
|---|--|
| 1. Identifying similarities and differences     | 6. Cooperative learning                      |
| 2. Summarizing and note taking                  | 7. Setting objectives and providing feedback |
| 3. Reinforcing effort and providing recognition | 8. Generating and testing hypotheses         |
| 4. Homework and practice                        | 9. Cues, questions, and advance organizers   |
| 5. Nonlinguistic representations                | 10. Manage response rates                    |

**9.1 Personal Financial Literacy, 9.2 Career Awareness, Exploration, Preparation and Training & 9.4 Life Literacies and Key Skills**

- 9.2.12.CAP.6: Identify transferable skills in career choices and design alternative career plans based on those skills.
- 9.4.12.CI.1: Demonstrate the ability to reflect, analyze, and use creative skills and ideas
- 9.4.12.TL.3: Analyze the effectiveness of the process and quality of collaborative environments.

The implementation of the 21st Century skills and standards for students of the Winslow Township District is infused in an interdisciplinary format in a variety of curriculum areas that include, English language Arts, Mathematics, School Guidance, Social Studies, Technology, Visual and Performing Arts, Science, Physical Education and Health, and World Language.

Additional opportunities to address 9.1, 9.2 & 9.4:

**Philadelphia Mint**

<https://www.usmint.gov/learn/kids/resources/educational-standards>

**Different ways to teach Financial Literacy.**

<https://www.makeuseof.com/tag/10-interactive-financial-websites-teach-kids-money-management-skills/>

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**Modifications for Special Education/504**

**Students with special needs:** Supports, Accommodations, and Modifications must be provided as stated in IEP, 504 Plan, or CST Team Intervention Plan, and may include (but are not limited to) the following:

Equipment size	Modified rules
Pictures	Preferential Seating
Spacing / distance	Modifications to Equipment
Peer partnering	Study guides/notes
Larger print	Modifications of assignments
Relaxed rules	Modifications of due dates
Safe environment	Modified Tests/Quizzes

**Modifications for At-Risk Students**

Formative and summative data will be used to monitor student success. At first signs of failure, student work will be reviewed to determine support. This may include parent consultation, basic skills review and differentiation strategies. With considerations to UDL, time may be a factor in overcoming developmental considerations. More time will be made available with a certified instructor to aid students in reaching the standards or:

- Increase one on one time
- Teachers may modify instructions by modeling what the student is expected to do
- Oral prompts can be given.
- Using visual demonstrations, illustrations, and models
- Give directions/instructions verbally and in simple written format.
- Peer Support

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English Language Learners	Modifications for Gifted Students
<p>All WIDA Can Do Descriptors can be found at this link:  <a href="https://wida.wisc.edu/teach/can-do/descriptors">https://wida.wisc.edu/teach/can-do/descriptors</a></p> <p><input type="checkbox"/> Grades 9-12 WIDA Can Do Descriptors:</p> <p style="padding-left: 20px;"><input type="checkbox"/> Listening <input type="checkbox"/> Speaking <input type="checkbox"/> Reading <input type="checkbox"/> Writing <input type="checkbox"/> Oral Language</p> <p>This particular unit has limited language barriers due to the physical nature of the curriculum. The following can be utilized: Review previously learned terminology. Display labeled images of activity/sport terminology.</p> <ul style="list-style-type: none"> <li>• Display labeled images of dance movements.</li> <li>• Use body movement to respond to theme / emotion in sound</li> <li>• Restate dance steps aloud before performance.</li> <li>• Assign a native language partner.</li> </ul>	<p>Students excelling in mastery of standards will be challenged with complex, high level challenges related to the complexity of the Dance requirements. This will include allowing more opportunities to demonstrate creativity and the design of original choreography. In addition, the following can be utilized:</p> <ul style="list-style-type: none"> <li>• Alternate Learning Activities/Units: Opportunities to pursue alternate activities permit students to engage in new learning and avoid the boredom of repeating instruction or unnecessary practice in skills already mastered.</li> <li>• Create and lead the class in a warm up focusing on body alignment, balance, strength, and coordination.</li> <li>• Create a detailed report on observations of other students and professional dancers.</li> <li>• Deconstruct a longer dance performance that includes multiple themes and movements.</li> </ul>

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**Interdisciplinary Connections**

**ELA**

**NJSLSA.SL1** Prepare for and participate effectively in a range of conversations and collaborations with diverse partners, building on others' ideas and expressing their own clearly and persuasively.

**NJSLSA.SL2** Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

**Interdisciplinary Standards**

**RH.6-8.7** Integrate visual information (e.g., in charts, graphs, photographs, videos, or maps) with other information in print and digital texts.

**RST.6-8.3** Follow precisely a multistep procedure when carrying out experiments, taking measurements, or performing technical tasks.

**HS-LS2-3.** Construct and revise an explanation based on evidence for the cycling of matter and flow of energy in aerobic and anaerobic conditions.

**Integration of Computer Science and Design Thinking NJSLS 8**

8.1.12.IC.1: Evaluate the ways computing impacts personal, ethical, social, economic, and cultural practices

8.2.12.ED.5: Evaluate the effectiveness of a product or system based on factors that are related to its requirements, specifications, and constraints (e.g., safety, reliability, economic considerations, quality control, environmental concerns, manufacturability, maintenance and repair, ergonomics).

8.1.12.CS.4: Develop guidelines that convey systematic troubleshooting strategies that others can use to identify and fix errors.

8.2.12.ED.1: Use research to design and create a product or system that addresses a problem and make modifications based on input from potential consumers.