

## MSAD #54 Curriculum

Content Area: Physical Education

Grade: 7-8

Unit: Lacrosse

### MLR Content Standard:

- G. Movement/Motor Skills and Knowledge: Students demonstrate the fundamental and specialized movement skills and apply principles of movement for improved performance.
- H. Physical Fitness Activities and Knowledge: Students demonstrate and apply fitness concepts.
- I. Personal and Social Skills and Knowledge: Students demonstrate and explain responsible personal behavior and responsible social behavior in physical activity settings.

### Performance Indicator:

- G1 Stability and Force
- G2 Movement Skills
- H1 Fitness Assessment
- I1 Cooperative Skills
- I2 Responsible Behavior
- I3 Safety Rules and Rules of Play

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>Students:</p> <p><b>G1 Students change their motion and the motion of objects by applying the principles of stability and force during skill practice.</b></p> <p>c. Demonstrate how the point of release changes the path of an object.</p> <p><b>G2 Students demonstrate motor skills and manipulative skills during drills or modified games/physical activities.</b></p> <p>a. Demonstrate correct technique for motor skills and manipulative skills during drills or modified games/physical activities.</p> <p>b. Combine manipulative skills with motor skills during drills or modified games/physical activities.</p> <p><b>H1 Students participate in a health-related fitness assessment that addresses a variety of health-related fitness components to establish personal fitness goals.</b></p> <p><b>I1 Students demonstrate cooperative and inclusive skills while participating in physical activities.</b></p> <p>a. Work together as a team.</p> <p>d. Engage peers respectfully in activities.</p> <p><b>I2 Students demonstrate responsible personal behaviors while participating in physical activities.</b></p>	<p>Students will:</p> <p>Learn basic terminology and equipment needed.</p> <p>Learn basic skills to play the game of lacrosse.</p> <p>Learn rules of the game.</p> <p>Participate in modified game play.</p>	<p>Activities will include:</p> <p>Cradling and Scooping            Catching and Throwing Techniques            Shooting            Offense and Defense Positions and Responsibilities            Goaltending            Modified Game Play</p> <p>Assessment: Formative</p> <p>Instructional Resources:</p> <p>Zakrajsek, D.B., PhD. Carnes L.A. Med &amp; Pettigrew Jr. F., PhD. (2003) Quality Lesson Plans for Secondary Physical Education. Champaign, IL: Human Kinetics.</p> <p>Landy, J.M. &amp; Landy, M.J. (1993) Ready-to-Use P.E. Activities for Grades 7-9. New York: Parker Publishing Company</p> <p>Lumsden, K. (2001) P.E. Games &amp; Activities Kit for Grades 6-12. New Jersey; Parker Publishing Company.</p> <p>Online Resources</p>

**I3 Students describe game/physical activity rules and safety rules and their purposes.**

- a. Explain the purposes for modifying playing rules in specified situations.
- b. Explain the safety rules and possible risks associated with specific games/physical activities.