**Curriculum**

**5th Grade Physical Education – Lacrosse & Floorball**

**Course Overview**

SPORT TYPE: Team, invasion, extended lever, hand-eye

**Department Standards**

* The students will develop an understanding, through experience, of the benefits of participation in physical activity throughout life;
* The student will experience a sense of achievement through achieving competence in physical activity thereby helping to raise self-esteem;
* The student will develop the personal qualities of cooperation, good sportsmanship, honesty, confidence and respect for others that will allow the student to work with others to realise common goals and objectives;
* The student will develop the physical skills and techniques of body management and coordination to allow the student to cope with a variety of physical tasks;
* The student will develop an appreciation of creative and aesthetic qualities;
* The student will develop problem solving skills;
* The student will develop communication and leadership skills;
* The student will engage in the processes of discovery and enquiry through creative and imaginative physical activity;
* The student will develop the confidence necessary to participate in any form of physical activity in new surroundings with people hitherto unknown.

**Benchmarks**:

Develop and improve existing skills of passing, receiving, pick-up, shooting and travelling with the ball.

Develop basic tactics of creating team space and exploiting it

Develop an understanding of the principles of attack and defence

Develop knowledge of the rules of the game

**Performance Indicators**

Display accurate passing, receiving and shooting skills in game situations

Display application of simple tactics to create & use individual & team space Display understanding of the principles of attack and defence.

Display ability to work well with partner/groups in cooperative and competitive situations

Display an understanding of the rules of the game and good sportsmanship.

**Assessments**

Teacher observation

Peer evaluation

Teacher Observation

**Core Topics**

**Specific Content**

Warm-up and cool down appropriate to the activity

Use SSGs

Lacrosse

Learn cradling, pick up, underarm throw, over-arm throw, catching, shooting techniques.

Floorball

Learn dribbling, push pass, shooting, receiving, trapping, and tackling techniques.

Both activities

Use a variety of individual, partner and team cooperative and controlled competitive situations that will develop the skills within static, moving and pressured situations and will also develop the skills of retaining and regaining possession, marking player or space and use simple tactics of attack and defence. Games of 1v1, 2v2, 3v3 4v4

**Resources**

Stick and ball per student

Goals

Bibs

Cones