

S: 5 H: 4 GLO: 9-12 The Lacross (LAX) Dance
OKLAHOMA ACADEMIC STANDARDS: Physical Education

Source: <http://www.pecentral.org/lessonideas/ViewLesson.asp?ID=12603#.V8djBI-cHIV>

<u>Objectives/ Student Targets</u>		<u>Equipment & Technology Needed:</u> 1 Lacrosse stick per student, sound system, Music: Let Me Love You (until you learn to love yourself) by Neyo,
<u>Cognitive:</u> The students will be able to explain the geography and history behind Latin dance.		
<u>Affective:</u> The students will display an appreciation for rhythmic movement in sport.		
<u>Psychomotor:</u> The students will demonstrate the following lacrosse skills: cradle, throw, and scoop.		
Academic Vocabulary: Cradle, Scoop		
<u>Introduction / Anticipatory Set</u> Show video of a Lacrosse Dance		<u>Classroom Layout:</u> Large Open Space (gym, cafeteria, etc.) Students in line formation
<u>Instant Activity:</u> Moving to an 8 count		
<u>Fitness Development:</u>		

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1. Increase heart rate through dancing the movement
2. Improve flexibility through daily warm-up and cool-down activities
3. Develop muscular endurance and strength through dancing

Lesson Focus:

I. Lesson Procedures – Teaching the skill or concept activities

- 1) Review Lacrosse skills
- 2) Review 8 count rhythm movement

II. Lesson Instructional Activities:

- 1) Present the Lesson – each step what action coordinates with that step

Assessment:

- Self-assessment based on performance of dance – based on mastery

Closure:

Teaching Cues:

- Reinforce count
- Visual cues for movement

Modifications:

- Use of poly spots
- Posters that list steps

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| <ul style="list-style-type: none">• How does rhythm play apart in sports in general? | |
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