

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>
<u>Cognitive:</u> The students will be able to explain the importance of rhythmic activities.		1 Lacrosse stick per student, sound system, Music: Let Me Love You (until you learn to love yourself) by Neyo,
<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> This lesson should be following a few lacrosse lessons so they are already aware of basic lacrosse skills. Now teach them an 8-count and how it important in dance to have rhythm and keep a steady 8-count at the same pace through an entire dance. 1,2,3,4,5,6,7,8 1,2,3,4,5,6,7,8 etc. Today we are going to put the game of lacrosse together with a dance! It is a fun and different way to progress our skills and keep active at the same time.		<u>Classroom Layout:</u> Large Open Space (gym, cafeteria, etc.) Students in line formation
<u>Instant Activity:</u> For starters, have them line up in two lines at one end of the court, each student has a lacrosse stick and a ball. Have them run down the court, cradling their ball, and stop at the other end of the court. They repeat this a few times before moving on to passing the ball with the other person in the other line as they are moving across the court. It is important for the students to watch where they are going and be aware of their surroundings.		
<u>Fitness Development:</u> 1. Increase heart rate through dancing the movement		

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2. Improve flexibility through daily warm-up and cool-down activities
3. Develop muscular endurance and strength through dancing

Lesson Focus:

Here is where you begin teaching the dance. Stand in the front of the class with the students in lines, making sure that every student can see you.

First go through each step (without music) using the 8-count the students learned at the beginning of class.

Step 1 Cradle Right 8 counts-hold the lacrosse stick with your right hand under the head of the lacrosse stick and your left hand towards the bottom of the lacrosse stick. Bring your stick by your right ear for 1st count and then across your face to your left shoulder for the second count. Perform three more times for a total of 8 counts

Step 2 Throw Right-8 counts- using the same hand position as cradle right, bring your stick back over your right shoulder for 1st count and then straight forward so the head of the lacrosse stick is parallel to the floor for the second count. Perform three more times for a total of 8 counts

Step 3- Cradle Left- 8 counts- hold the lacrosse stick with your left hand under the head of the lacrosse stick and your right hand towards the bottom of the lacrosse stick. Bring your stick by your left ear for the 1st count and then across your face to your right shoulder for the second count. Perform three more times for a total of 8 counts.

Step 4- Throw Left- 8 counts- using the same hand position as cradle left, bring your stick back over your left shoulder for 1st count and then straight forward so the head of the lacrosse stick is parallel to the floor for the second count. Perform three more times for a total of 8 counts

Step 5- Scoop and Walk Left- 8 counts- using the same hand position as cradle left, make a scooping motion with your stick for 2 counts while taking one step forward left right. Repeat (1st 4 counts) Walk back R,LR,L (2nd 4 counts)

Teaching Cues:

- Reinforce count
- Visual cues for movement
- Cradle
- Throw
- Parallel
- Scoop
- Grapevine

Modifications:

- Use of poly spots
- Posters that list steps

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Step 6- Scoop and Walk Right- 8 counts- using the same hand position as cradle right, make a scooping motion with your stick for 2 counts while taking one step forward right left. Repeat (1st 4 counts) Walk back L,R,L,R

Step 7- Partner Tap- 8 counts- if you are an # 1, you will turn left to face your partner. if you are an # 2, you will turn right to face your partner. Hands are in cradle right. Hold your stick upright for the first count, and tap your partners stick in front of you for the second count. Repeat three times for a total of 8 counts

Step 8- Grapevine-8 counts- if you are #1 you will grapevine right then left in front of your partner. If you are # 2 you will grapevine left then right in back of your partner. The grapevine is step side, step behind, step side, step together.

Go over the steps as many times as your class needs before moving on to adding music. When the class is ready, the dance goes with the song Let Me Love You (Until You Learn To Love Yourself) by Ne-Yo.

Practice the dance with the song until your class is comfortable.

Assessment:

- 1) Student does not participate in the dance and does not have a good attitude. They put forth minimal effort in learning the new activity.
- 2) Student performs the dance and participates with a good attitude. They put forth maximal effort.

Closure:

- How does rhythm play apart in sports in general?
- Are there any specific examples of rhythm in sport?

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<ul style="list-style-type: none">• Why is it important for students to learn rhythmic activities?	
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