



## ALMOND HILL JUNIOR SCHOOL MEDIUM TERM PLAN

**TOPIC TITLE/SUBJECT:** Lacrosse

**YEAR GROUP:** 5

**TERM:** Spring 2

<p><b>Vocabulary</b></p> <ul style="list-style-type: none"> <li>• Attacker</li> <li>• Crease</li> <li>• Defender</li> <li>• Face-off</li> <li>• Goal</li> <li>• Fast break</li> <li>• Stick</li> <li>• Catch</li> <li>• Throw</li> <li>• Shoot</li> <li>• Carry</li> <li>• Scoop</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>• Consolidate different ways of throwing and catching a ball, and know when each is appropriate in a game.</li> <li>• Use ball skills in various ways, and begin to link together.</li> <li>• Pass a ball with speed and accuracy using appropriate techniques in a game situation.</li> <li>• Keep and win back possession of the ball effectively in a team game.</li> <li>• Demonstrate an increasing awareness of space.</li> <li>• Shoot in a game.</li> <li>• Use defensive skills as a team to prevent the opposition from scoring.</li> <li>• Consistently perform and apply skills and techniques with accuracy and control.</li> <li>• Take part in competitive games with a strong understanding of tactics and composition.</li> </ul>	<p style="text-align: center;"><b>What we already know</b></p> <ul style="list-style-type: none"> <li>• At KS1, children have previously practised throwing, catching and passing a ball in small game situations while also developing their hand-eye coordination.</li> <li>• In lower KS2, children will have demonstrated throwing and catching with greater accuracy. They will have thrown the ball in different ways and thought about simple attacking and defending skills. Children will have learnt how to use the space effectively and how to win back possession for their team. They will have had experience of using hockey stick, but this is the first time they will have used a lacrosse stick and been able to travel with a ball in the air.</li> </ul>
<p><b>Application/ Outcomes</b></p> <ul style="list-style-type: none"> <li>• To apply all of the above skills in small sided games. There should be a greater focus on developing the tactics used in game play and getting children to understand why certain tactics are better and when to use them most effectively.</li> </ul>		<p><b>Concepts</b></p> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Catching</li> <li>• Attacking</li> <li>• Defending</li> <li>• Positions</li> <li>• Footwork</li> <li>• Contact</li> <li>• Scoring</li> <li>• Rules</li> </ul>
<p><b>Other/Cross Curricular Links with English/Maths</b></p> <ul style="list-style-type: none"> <li>• Maths – direction, angles, speed</li> <li>• PSHCE – turn taking, working with peers, cooperation, relationships, teamwork.</li> </ul>	<p><b>Adaptation for SEND</b></p> <ul style="list-style-type: none"> <li>• Adapted equipment e.g. various balls.</li> <li>• Simplified skills / adapted practices</li> <li>• Practising skills in isolation</li> <li>• Shorter distances</li> <li>• Reduced playing area</li> <li>• Higher / lower nets</li> <li>• Less people in game situations</li> <li>• Selected learning partners</li> </ul>	