

1. An Introduction to Lacrosse

Grades 4-9

1 class of 30 minutes – 60 minutes in length

Tailored to the age level

A cross disciplinary approach covering

- **Physical activity**
- **geography**
- **Aboriginal History and Culture**
- **Games and Sports**
- **Physical Activity**

Background

Lacrosse, the oldest game in North America, played by aboriginal peoples before Columbus came to America. It is the fastest growing sport in America and one of the fastest growing in the Nova Scotia and around the world.

Suggested Use: Grade 4, Grade 5, Grade 6; Grade 7; Grade 8; Grade 9; Developmental Games and Sports

Suitable for boys and girls

Class covers

- the aboriginal history of the game
- the bridge to the European settlers
- its role in modern aboriginal culture
- the modern game (Box lacrosse, Field Lacrosse)
- Canada's role in the development of games like basketball, hockey, ringette and lacrosse.
- Introduction to the basic skills
 - hand eye coordination
 - fund games in the gym

Equipment needed by host

Gym or large enough room to be able to throw and catch a ball with lacrosse stick

Bottles (2) water

4 X 1 gallon size buckets (cardboard box or similar container)

Equipment provided.

All necessary equipment including 25 sticks, 12 soft rubber balls suitable for indoor gymnasiums, visual materials as needed.

Additional resources**Lacrosse: A History of Canada's Game**

<http://archives.cbc.ca/IDD-1-41-824/sports/lacrosse/>

<http://www.mpm.edu/wirp/ICW-50.html>

<http://www.worldindoorlacrosse.com/>

A minimum of 90 minutes up to a maximum of 4 hours can be broken up into as many for as few groups as required. (In other words, we cannot commit to coming from one 40 minute class only.)

Cost;

\$65 per class can be subsidize in part or whole by Lacrosse Nova Scotia.

Group Size

Minimum 10

Maximum 30

Contact and Class Conductor;

Natasha Burgess

Administrative Coordinator

Lacrosse Nova Scotia

5516 Spring Garden Road

Halifax, NS B3J1G6

Tel: 902.425.5450 ext. 370

Pre Event Questions to prepare for the event

Please consider being ready to answer the following questions

1. Who invented the game of lacrosse?
2. Where did that take place?
3. When was it invented?
4. The stick (or cross) is made of what?
5. Are there team sports played around the world today invented by Canadians?