

Name/Title: The Lacrosse (Lax) Dance

Purpose of Event: To incorporate lacrosse skills (sports skills) into a dance.

Prerequisites: Basic knowledge of line dances and the following lacrosse skills: cradle, throw, and scoop would be helpful.

Suggested Grade Level: 6-10

Materials Needed: 1 lacrosse stick per student

Recommended music: Let Me Love You (Until You Learn To Love Yourself) by Ne-Yo

Beginning dance formation: Students are in a line formation

Description of Idea

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)

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.

Variations:

In stead of having the students complete step 8 of the dance (grapevine), have the students create their own 8 count move they can perform with the lacrosse stick.

Assessment Ideas:

Have students complete a self-assessment based on their performance of the dance. Students should rate their performance of each dance step by indicating if they have mastered the step or still need improvement.

Teaching Suggestions:

Use poly spots to mark an area for each student. This way they know where to return to after each dance step is performed.

Adaptations for Students with Disabilities:

Create a large poster that lists each dance step in order for a student with a hearing impairment. The teacher can point to the name of each dance step before he/she demonstrates it.

Submitted by **Kathleen Johnson** who teaches at Rhode Island College in Providence, RI. Thanks for contributing to PE Central! **Posted on PEC: 1/28/2014.**

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