

Name/Title: Lacrosse Tag

Prerequisites: Cradling and scooping ground balls.

Suggested Grade Level: 5-7

Materials Needed: One lacrosse stick per student and enough balls for half of the class.

Description of Idea

Identify one person as a tagger. The tagger does not have a lacrosse stick. On the start signal, everyone begins fleeing the tagger. We suggest that you have everyone start off walking. Half of the class has sticks and balls and are "safe" from being tagged, as long as they are cradling their ball. The other half with sticks, but no balls, are fair game to be tagged. When students that have a ball drop them, they can be scooped up by anyone **without** a ball. The person that picks up the ball is now safe from being tagged. STUDENTS MAY NOT PICK UP THEIR OWN BALLS. If tagged, students must lay their sticks on the ground and jump over them ten times back and forth before rejoining the activity.

Assessment Ideas:

Informally check skill in cradling and scooping during the activity.

Submitted by **Heidi Qua** who teaches at Fay School in Southborough, MA. Thanks for contributing to PE Central! **Posted on PEC: 5/26/2004.**

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