Matching (1pt)		
E Critical to both offense and defense	A. Mirroring	\$. Illegal
A Defensive strategy	B. Pass or Shoot	H. Legal
A Shooting strategy	C. Protect the ball	I. Crease
Area that surrounds the goal	Q. Soft hands	Scoop
6 Using your feet is	E. Aim for the corne	rs
To pick up the ball	F. Teamwork &com	munication
Cradling is used to		
When catching you need		
Fill in the blank (2pts)	american	
What is the origin of lacrosse (who did we get it from):	North Ambean Nati	ves
2. Lacrosse as grown into two different games. What is t	ha main difference between mon's	and
women's lacrosse? Men wase more	e padding and is	more ru
4. What is the object of the game? To have pos.		shofot got
bose	session	
Short Answer		
5. Describe four things a good offense will do. (4pts)	and or for once	aco of
5. Describe four things a good offense will do. (4pts) 1. A Control Copy the atom 1. Describe four things a good offense will do. (4pts)	sen 3. Aim for corn	ers of g
1. Alector though a good offense will do. (4pts) 1. Alector though the alector the pall of the pall o	tion. Cradle	ers of g
5. Describe four things a good offense will do. (4pts) 1. Where the pall of t	ation Set picks make cuts	ers of go
1. Where the dall 2. The pall common	WION Set picks	ers of gi
1. Where the dall 2. The pall common	make cuts	ers of gi
1. Wiffortho (copy the atom 2. the pall 2. the pall communication of and communicati	make cuts	ers of go the ba
1. Where the dall 2. The pall	make cuts	ers of go the ba
1. Where the ball 2. The feature of the ball 2. The feature of the ball control feature of the ball	set picks make cuts Give-and-go aching one of your friends how to pe	erform the
1. Where the ball 2. The fearmwork are considered to the ball 6. Describe a good defensive position. (4pts) bent knees arms out Please choose one lacrosse skill. Pretend that you are teaskill. Please list tips that you would give them in order for	set picks make cuts Give-and-go aching one of your friends how to pe	erform the
1. Please list tips that you would give them in order for Scooping, Passing, Catching, or Shooting	set picks make cuts Give - and - go aching one of your friends how to per them to be successful. (8pts) Cradl	erform the
1. Please list tips that you would give them in order for Scooping, Passing, Catching, or Shooting	set picks make cuts Give - and - go aching one of your friends how to per them to be successful. (8pts) Cradl	erform the
1. Necestrate the ball 2. Here fearmed the ball 2. Here fearmed the ball 6. Describe a good defensive position. (4pts) bent knees arms out Please choose one lacrosse skill. Pretend that you are teaskill. Please list tips that you would give them in order for scooping, Passing, Catching, or Shooting Scooping bend your knees Jo Not stab the ga	aching one of your friends how to per them to be successful. (8pts) Cradi	erform the ing,
1. Please list tips that you would give them in order for Scooping, Passing, Catching, or Shooting	aching one of your friends how to per them to be successful. (8pts) Cradle ow lacrosse contributes to your heapscular endurance/aerobic fitness, r	erform the ing,

a longer amount of time without getting tired

Lacrosse Quiz Grade 5

Name: Kendall Solomon

32/34 = 94 Matching (1pt) G. Illegal F Critical to both offense and defense A. Mirroring B. Pass or Shoot H. Legal A Defensive strategy A Shooting strategy C. Protect the ball -I. Crease D. Soft hands -J. Scoop Area that surrounds the goal G Using your feet is... E. Aim for the corners To pick up the ball F Teamwork & communication C Cradling is used to When catching you need... Fill in the blank (2pts) 1. What is the origin of lacrosse (who did we get it from)? 2. Lacrosse as grown into two different games. What is the main difference between men's and women's lacrosse? More and less contact 4. What is the object of the game? 10 SCOVE with the Short Answer 5. Describe four things a good offense will do. (4pts) 13. have good teamwork and communication 4. Protect the ball from the BL 1. Pass - more ball 2 2. Shoot Set picks Other team. MAKE CUTS 6. Describe a good defensive position. (4pts) knees slightly bent, legs spread a little apart, and mirroring offensive player, Please choose one lacrosse skill. Pretend that you are teaching one of your friends how to perform the skill. Please list tips that you would give them in order for them to be successful. (8pts) Cradling, (Scooping, Passing, Catching, or Shooting In order to SCOOP YOU Want your knees bent, legs spread, butt out, hands on the Short Spread apart, Lacrosse is a health-enhancing activity. Please describe how lacrosse contributes to your health using one of the components of health related fitness (cardiovascular endurance/aerobic fitness, muscular breat endurance, muscular strength, flexibility, or body composition). (4pts) You to need Explanation! Cardiovascular endurane because if your heart gets tired too easily you will get tired early in to the game, Lacrosse can help you gain cardiovagent

Lacrosse Quiz Grade 5

Name: Maria Lither- Houghton

	Lacrosse Quiz Grade 5	Name: U/ (\3)	1 NO17 T(2)
	30/34 88		
	Matching (1pt)		
	Critical to both offense and defense	A. Mirroring	G. Illegal
	A Defensive strategy	B. Pass or Shoot	H. Legal
	E A Shooting strategy	C. Protect the ball	I. Crease
7	Area that surrounds the goal	D. Soft hands	J. Scoop
	Using your feet is illegal To pick up the ball Scoop	E. Aim for the corner	rs
ot (To pick up the ball SCOOP	F. Teamwork &comm	nunication
	Cradling is used to		
	When catching you need		
	Fill in the blank (2pts)		
	1. What is the origin of lacrosse (who did we get it from)?	tive ancrica	uns .
6	2. Lacrosse as grown into two different games. What is the main different games what is the main different games what is the main different games.	fference between men's a	nd
	4. What is the object of the game?		
	Short Answer		
	5. Describe four things a good offense will do. (4pts)		
		Shoot	
4		core	
	2. 524 P/(19	, , , , ,	
	6. Describe a good defensive position. (4pts)		
	O. Describe a good detensive position (1703)		
4	on the balls o.	+ Valor	
-	Zbe reads to man	310 -50 -	tatt
	b. Describe a good defensive position. (4pts) c. Describe a good defensive position. (4pts)	of your friends how to pe	rform the PPohets
	skill. Please list tips that you would give them in order for them to b		
6	Scooping, Passing, Catching, or Shooting	ike Vouc	Vida i ba
0	don't	1110 7001	2199119
	Lacrosse is a health-enhancing activity. Please describe how lacrosse		
3	one of the components of health related fitness (cardiovascular end endurance, muscular strength, flexibility, or body composition). (4pt		iusculdi
4	- I Will make you	stronger w	11th Your
0×	MUSCELE BY MOVING YOUR body Up.	down the Field	

	Lacrosse Quiz Grade 5	Name: Kall	eh
	28/34 = 82		
	Matching (1pt)		
	Critical to both offense and defense	A. Mirroring	G. Illegal
	A Defensive strategy	B. Pass or Shoot	H. Legal
	A Shooting strategy	C. Protect the ball	I. Crease
	Area that surrounds the goal	D. Soft hands	J. Scoop
	Using your feet is	E. Aim for the corner	rs
	To pick up the ball	F. Teamwork &comm	munication
3	Cradling is used to		
	When catching you need		
	Fill in the blank (2pts)	1 00	
	1. What is the origin of lacrosse (who did we get it from	17 Motore (americans
6	2. Lacrosse as grown into two different games. What is women's lacrosse?	the main difference between men's a	and
	4. What is the object of the game? Keep	the ball safe	and scor
	Short Answer		
	5. Describe four things a good offense will do. (4pts)	1	.114
2	1. Communication 2. Keep hall a co	3. dood 191	101,10
3	2. Keep ball case	W. 9000	7
	Set picks	2016	
	6. Describe a good defensive position. (4pts)		
0	mirror grown	1 1/20 001	- STRATEGY
	knees bent, on balls of feet	I the net	Silaticol
	Stick out in front of you.		
	Please choose one lacrosse skill. Pretend that you are to skill. Please list tips that you would give them in order f		
8			
٥	Scooping, Passing, Catching, or Shooting Scooping bend Kn	ees and tr	y not to
	hit the ground.		
	Lacrosse is a health-enhancing activity. Please describe		
	one of the components of health related fitness (cardio endurance, muscular strength, flexibility, or body comp		nuscular
3		- which company the	is.
	renning around	I keepin L	, wit
	opponent.		

			Name: Chloe Vogel
		Lacrosse Quiz Grade 5	Name: CTTOC Vage
		28/34/82	
		Matching (1pt)	
		Critical to both offense and defense	A. Mirroring √ G. Illegal
		A Defensive strategy	B. Pass or Shoot √ H. Legal
		E_ A Shooting strategy	C. Protect the ball ✓ I. Crease ✓
		Area that surrounds the goal	D. Soft hands ✓ J. Scoop ✓
	G	Using your feet is	E. Aim for the corners ✓
		To pick up the ball	F. Teamwork &communication ✓
		Cradling is used to	
7		When catching you need	
		Fill in the blank (2pts)	
		1. What is the origin of lacrosse (who did we get it from)?	Native Americans Indians
6		2. Lacrosse as grown into two different games. What is the women's lacrosse? Mens is more ruff as	
		4. What is the object of the game? To cradle, s	사람이 아이들은 것이 되는 것이 되는 이렇게 하는데 하나 되었다면 살아 있다면 하는데
			, , ,
		Short Answer	
		E Describe four things a good offense will do (Ants)	picks, MAICE CUTS, MOVE BALL, DODGE
		x. cradle the ball	x. Have soft hands when
	2	2. A so for the compare of the	2. Have soft hands when catching the ball. Team work and communication
		met.	lean work and communication
		6. Describe a good defensive position. (4pts)	Position: knees bent, athletic star stick out, buils of fee
i		1. Protect the net / Ball reges	3. Defend other players
		Stia	3. Detend ofter progers
		a. Scoop the ball	
		Please choose one lacrosse skill. Pretend that you are teach	ng one of your friends how to perform the
		skill. Please list tips that you would give them in order for th	em to be successful. (8pts) Cradling, 61003
90		Scooping, Passing, Catching, or Shooting Scooping To GCOOP, you nee	d to hend your knees, sit
		scoping to gwop i god me	as you pick up the ball
		Lacrosse is a health-enhancing activity. Please describe how	as you pick up the ball the lacrosse contributes to your health using lacross shick
		one of the components of health related fitness (cardiovasc	
1		endurance, muscular strength, flexibility, or body composition	on). (4pts)
		Lacrosse muscular strength	because your amags
		Lacrosse muscular strength running and moving your as	rms when your cradling.
		O U NICE!	

	Lacrosse Quiz Grade 5	Name: 2//9	Stewart
	27/34=80		
	Matching (1pt)		
	Critical to both offense and defense	A. Mirroring	G. Illegal
	A Defensive strategy	B. Pass or Shoot	H. Legal
	A Shooting strategy	C. Protect the ball	I. Crease
	Area that surrounds the goal	D. Soft hands	J. Scoop
(G Using your feet is	E. Aim for the corne	rs
	To pick up the ball	F. Teamwork &com	munication
٦	Cradling is used to		
	When catching you need		
	Fill in the blank (2pts)	1	ex
	1. What is the origin of lacrosse (who did we get i	it from)? Native Americ	GAS couse me
4	2. Lacrosse as grown into two different games. We women's lacrosse? The main	Vhat is the main difference between men's	and prent cont
	4. What is the object of the game? To qui	the ball in the net	and protect
	V		your ver
	Short Answer		
	5. Describe four things a good offense will do. (4p		
2	X. Pass Set picks	3. communicate	
	2. Shoot	A. cradle make	cuts
2	6. Describe a good defensive position. (4pts) A good defensive position	tion is having you	own body
	inbetween the oftense	e and goal, and	with your
		es bent, on balls of your fe	
8	Please choose one lacrosse skill. Pretend that you skill. Please list tips that you would give them in o Scooping, Passing, Catching, or Shooting	order for them to be successful. (8pts) Cradl	
	turn your stoody f	acing away, and	then turn
	turn your thips, have your	stick face level, and	e whip it!
	Lacrosse is a health-enhancing activity. Please des one of the components of health related fitness (scribe how lacrosse contributes to your hea cardiovascular endurance/aerobic fitness, r	Ith using NE5.
11	endurance, muscular strength, flexibility, or body		
4	Strength because you	are always moving	, running,
	strength because you and also helps y	our arms when	Shooting
	passing and contin	EXCELLENT DESCRIPTION!	

passing, and

cradling.

			1/
	Lacrosse Quiz Grade 5	Name: Tess	Marsaen
	26.5/34 : 16		
	Matching (1pt)		
F	Critical to both offense and defense	A/Mirroring	G./Illegal
	A Defensive strategy	B. Pass or Shoot	H. Legal
	A Shooting strategy	£. Protect the ball	√/Crease
	Area that surrounds the goal	D. Soft hands	3/Scoop
	G Using your feet is	₩. Aim for the corne	rs
	To pick up the ball	F. Teamwork &com	munication
	C & Cradling is used to		
s t	When catching you need		
	Fill in the blank (2pts)	Λ1 Λ	
	1. What is the origin of lacrosse (who did we get it from)? _	Native Amer	icans
4	2. Lacrosse as grown into two different games. What is the women's lacrosse?	main difference between men's	and dy contact
	4. What is the object of the game? To defend	your goal and	get points by
-	Short Answer		
2	5. Describe four things a good offense will do. (4pts)	x. Catch	Dodge
or	1. Crade	v4. Score	PICKS
	2. Pass - move the ball ok	1. Score	CUTS
	6. Describe a good defensive position. (4pts)		
Ч	Knees bent slightly, or feet and stich up in front	n the balls of	of your
		DESCR	IPTION O
	Please choose one lacrosse skill. Pretend that you are teach skill. Please list tips that you would give them in order for the		
8	Scooping, Passing, Catching, or Shooting	4 4 -11 4.	1 1-
0	To bend you knees an	a don + dig o	(T) T, Scoop
	Lacrosse is a health-enhancing activity. Please describe how		
	one of the components of health related fitness (cardiovasc endurance, muscular strength, flexibility, or body composit	ion). (4pts)	
.5	It builds muscle for	you. It bui	lds orm and
, ,	In housele au through and	line bendun and	Cummus

		A1-1, 1	2 -1 /	
	Lacrosse Quiz Grade 5	Name: Nick K	Roentsch	
	25/34 = (74)			
	Matching (1pt)			
	Critical to both offense and defense	A. Mirroring	G. Illegal	
	A Defensive strategy	B. Pass or Shoot	H. Legal	
	A Shooting strategy	C. Protect the ball	I. Crease	
	Area that surrounds the goal	D. Soft hands	J. Scoop	
	Using your feet is	E. Aim for the corner	rs	
7	To pick up the ball	F. Teamwork &comm	nunication	
	Cradling is used to			
	When catching you need			
	Fill in the blank (2pts)	ok		
4	What is the origin of lacrosse (who did we get it from)?	7 11.	americans	
Mens lax	2. Lacrosse as grown into two different games. What is the main difference between men's and			
Mens more	women's lacrosse? harder ond easyer which is harder?			
uses mal	4. What is the object of the game? to Scole the ball in the			
physicat				
	Short Answer			
	5. Describe four things a good offense will do. (4pts)	1		
		3. for make	90021	
	2 x. Pass 2 Shoot	3. gas make 4. keep a Way	from	
	7 - 1.00			
	6. Describe a good defensive position. (4pts)	other tear	M	
٥		11		
	mirroring, not letting	other team		
	Score knees bent, balls of your fect, and stick in front of you, ready to mirror their stick.			
	Please choose one lacrosse skill. Pretend that you are teaching one of your friends how to perform the			
8	skill. Please list tips that you would give them in order for			
(Scooping, Passing, Catching, or Shooting	pend your knee	or 50 (10-	
	and Scan and the	b- 11 / 00 / 01 / 0		
	and scoop up the			
	Lacrosse is a health-enhancing activity. Please describe hone of the components of health related fitness (cardiova			
4	endurance, muscular strength, flexibility, or body compos			
	It helps build mu	icle Stranot	the fac	

running.

yes. Strength gives

throwing and

		Lacrosse Quiz Grade 5	Name: Madd	1501 S. mar
			A	
		24/34 = 11		
		Matching (1pt)		
	F	Critical to both offense and defense	A: Mirroring	G. Illegal
		A Defensive strategy	B. Pass or Shoot	H Legal
E	X	A Shooting strategy	C. Protect the ball	T. Crease
1		Area that surrounds the goal	D. Soft hands	J. Scoop
		C Using your feet is	E. Aim for the corne	ers
		To pick up the ball	F. Teamwork & com	munication
		Cradling is used to		
	D	When catching you need		
	,	Fill in the blank (2pts)		
	6	What is the origin of lacrosse (who did we get it from)	Indians Native	americans
		2. Lacrosse as grown into two different games. What is two men's lacrosse? Women's Soft	or because they ore	ecsyeroneach
		4. What is the object of the game? to get	the ball in the a	otherapal.
		3		O
		Short Answer		, ,
		8. Describe four things a good offense will do. (4pts)	3. be there for 4. Help : The some one t	- their tranat
		1. Mérror	3. be there	town needs
		2. Protect the goal	4. Help in the	o pass too.
		2 Horal Thegod	some one	, · V
	ш	6. Describe a good defensive position. (4pts) Knees Kindof apart and	, as anothe	stick.
	7	b. bescribe a good deterisive position. (4-pis)	hands of alto	
		inees kinder apair er		
		Please choose one lacrosse skill. Pretend that you are tea	sching one of your friends how to no	erform the
	8	skill. Please list tips that you would give them in order fo	r them to be successful. (8pts) Cradi	ing,
		Scooping, Passing, Catching, or Shooting	. 11 - ~ 10	
		Scooping, Passing, Catching, or Shooting	In the chount 4	rollo end you
		Scooping. Put your but	to the ground a	uglo end you
		Scooping. Put your butt	to the ground a	uglo end you
	1	Scooping: Put your butt legs and Scoop. Lacrosse is a health-enhancing activity. Please describe h		
	1	one of the components of health related fitness (cardiov	ascular endurance/aerobic fitness, r	
			ascular endurance/aerobic fitness, r	

Lacrosse Quiz Grade 5 22/34:65 Matching (1pt)

Critical to both offense and defense . Illegal A. Mirroring A R A Defensive strategy B. Pass or Shoot H. Legal E A Shooting strategy . Protect the ball 1. Crease J Area that surrounds the goal **b**. Soft hands N. Scoop F. Aim for the corners Using your feet is... To pick up the ball A. Teamwork & communication Cradling is used to When catching you need... Fill in the blank (2pts) 1. What is the origin of lacrosse (who did we get it from)? Notive americans 2. Lacrosse as grown into two different games. What is the main difference between men's and women's lacrosse? Mens lax uses much more contact 2 4. What is the object of the game? Throw the ball and or into the goal. Short Answer 5. Describe four things a good offense will do. (4pts) 1 communicate x done york run. Dodge CUT 4. Claddle - protect Pass - MOVE THE BALL PILIC 6. Describe a good defensive position. (4pts) 1eggs spred knees bent the ball, and mirror the enimy with a Great Picture of 4 Please choose one lacrosse skill. Pretend that you are teaching one of your friends how to perform the skill. Please list tips that you would give them in order for them to be successful. (8pts) Cradling, 7 Scooping, Passing, Catching, or Shooting when you are about to pass spred your legs and FOCOUS on the person you will pass to also should Lacrosse is a health-enhancing activity. Please describe how lacrosse contributes to your health using one of the components of health related fitness (cardiovascular endurance/aerobic fitness, muscular 0 endurance, muscular strength, flexibility, or body composition). (4pts)

	Lacrosse Quiz Grade 5	Name: Andrew	(VI,
	21/34=62		
	Matching (1pt)		
F	Critical to both offense and defense	A. Mirroring	G. Illegal
	A Defensive strategy	B. Pass or Shoot	H. Legal
_	E A Shooting strategy	1	I. Crease
	Area that surrounds the goal	D. Soft hands	J. Scoop
6	Using your feet is illegal	E. Aim for the corner	
	To pick up the ball	F. Teamwork &comm	unication
5	Cradling is used to		
D	When catching you need Soft hands		
4	Fill in the blank (2pts)	he indians	
int			Native ameri
Mens More	2. Lacrosse as grown into two different games. What is the main of women's lacrosse?	difference between men's a	S why do you think
Mens More uses cal prins cal contact	4. What is the object of the game? 10 get	the local/	in the got
	Short Answer		
	8. Describe four things a good offense will do. (4pts)		
0	1. Migror you 3	. try to blo	ck you
	2. Stop you from Shooting 4	. try to blo . protect the	agal
	o and a		211
	6. Describe a good defensive position. (4pts)	. 0	
0	6. Describe a good defensive position. (4pts) to do what another		
	15 doing Knees bent, to	calls of feet, afront ready to a	MIRROR
	Please choose one lacrosse skill. Pretend that you are teaching on		
8 6	skill. Please list tips that you would give them in order for them to Scooping, Passing, Catching, or Shooting		no bend you
0 (La woll have to	and down	and knee
	Airce! you have to be for the lacrosse is a health-enhancing activity. Please describe how lacrosses	lila ixou	are dinain
	Lacrosse is a health-enhancing activity. Please describe how lacros	sse contributes to your healt	th using
4	one of the components of health related fitness (cardiovascular endurance, muscular strength, flexibility,) or body composition). (4	ndurance/aerobic fitness, m	uscular
	endurance, muscular strength, nexibility, or body composition).	11, you re	ally have
	to go after the ba and when you are scoopin bend your knees.	no help	ally have
100 mg (100 mg)	wild when you are scoopin	19 you n	eed to
	bena your knees	1	cea no