

32/34 = (94)



Matching (1pt)

- F Critical to both offense and defense
- A A Defensive strategy
- E A Shooting strategy
- I Area that surrounds the goal
- G Using your feet is...
- J To pick up the ball
- C Cradling is used to
- D When catching you need...

- A. Mirroring
- B. Pass or Shoot
- C. Protect the ball
- D. Soft hands
- E. Aim for the corners
- F. Teamwork & communication
- G. Illegal
- H. Legal
- I. Crease
- J. Scoop

Fill in the blank (2pts)

- 1. What is the origin of lacrosse (who did we get it from)? American
North American Natives
- 2. Lacrosse as grown into two different games. What is the main difference between men's and women's lacrosse? Men have more padding and is more ruff
- 4. What is the object of the game? To have possession of the ball and shoot goals

Short Answer

- 5. Describe four things a good offense will do. (4pts)
 - 1. ~~Mirroring copy the attacker~~
 - 2. ~~protect the ball~~
 - 3. ~~have teamwork and communication~~
 - 4. Aim for corners of goal
Cradle the ball
set picks
make cuts
give-and-go
- 6. Describe a good defensive position. (4pts)
 - bent knees
 - arms out
 - mirror

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

Scooping beard your knees
do not stab the ground

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 endurance, muscular strength, flexibility, or body composition). (4pts)

cardiovascular endurance
It help you breathing so you can play for
a longer amount of time without getting tired

Lacrosse Quiz Grade 5

Name: Maria Luther-Houghton

32/34 = (94)



Matching (1pt)

F Critical to both offense and defense

A A Defensive strategy

E A Shooting strategy

I Area that surrounds the goal

G Using your feet is...

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C Cradling is used to

D When catching you need...

~~A. Mirroring~~

B. Pass or Shoot

~~C. Protect the ball~~

~~D. Soft hands~~

E. Aim for the corners

~~F. Teamwork & communication.~~

~~G. Illegal~~

H. Legal

~~I. Crease~~

~~J. Scoop~~

8

Fill in the blank (2pts)

1. What is the origin of lacrosse (who did we get it from)? The Native Americans

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? to score with the ball

6

Short Answer

5. Describe four things a good offense will do. (4pts)

1. pass - move ball

2. shoot

DODGE
SET PICKS
MAKE CUTS

3. have good teamwork and communication
4. protect the ball from the other team.

2

6. Describe a good defensive position. (4pts)

knees slightly bent, legs spread a little apart, and mirroring offensive player.

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,**

Scooping, **Passing,** **Catching,** or **Shooting**

In order to SCOOP you want your knees bent, legs spread, butt out, hands on the shaft spread apart.

8

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 endurance, muscular strength, flexibility, or body composition). (4pts)

you ~~are~~ need **great Explanation!** cardiovascular endurance because if your heart gets tired too easily you will get tired early into the game, Lacrosse can help you gain cardiovascular

4

Lacrosse Quiz Grade 5

Name: Bradley Anderson

30/34 (88)



Matching (1pt)

- F Critical to both offense and defense
- A A Defensive strategy
- E A Shooting strategy
- I Area that surrounds the goal
- H Using your feet is... illegal
- G To pick up the ball scoop
- C Cradling is used to
- D When catching you need...

- A. Mirroring
- B. Pass or Shoot
- C. Protect the ball
- D. Soft hands
- E. Aim for the corners
- F. Teamwork & communication
- G. Illegal
- H. Legal
- I. Crease
- J. Scoop

Fill in the blank (2pts)

1. What is the origin of lacrosse (who did we get it from)? native americans
2. Lacrosse as grown into two different games. What is the main difference between men's and women's lacrosse? women's has less contact than men's
4. What is the object of the game? to score

Short Answer

5. Describe four things a good offense will do. (4pts)

1. move around
2. set picks
3. shoot
4. score

6. Describe a good defensive position. (4pts)

be on the balls of your feet
2bc ready to move. 3 mirror the opponents
 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
stick.
don't scoop like your digging

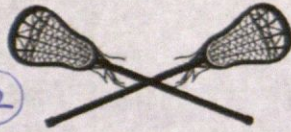
Lacrosse is a health-enhancing activity. Please describe how lacrosse contributes to your health using one of the components of health related fitness (cardiovascular endurance/aerobic fitness, muscular endurance, muscular strength, flexibility, or body composition). (4pts)

It will make you stronger with your muscles
By moving your body up & down the field

Lacrosse Quiz Grade 5

Name: Kaleb

28/34 = 82



Matching (1pt)

- F Critical to both offense and defense
- A A Defensive strategy
- E A Shooting strategy
- I Area that surrounds the goal
- G Using your feet is...
- J To pick up the ball
- C Cradling is used to
- D When catching you need...

- A. Mirroring
- B. Pass or Shoot
- C. Protect the ball
- D. Soft hands
- E. Aim for the corners
- F. Teamwork & communication
- G. Illegal
- H. Legal
- I. Crease
- J. Scoop

Fill in the blank (2pts)

- 1. 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 the main difference between men's and women's lacrosse? mens is more contact
- 4. What is the object of the game? Keep the ball safe and score

Short Answer

5. Describe four things a good offense will do. (4pts)

- 1. Communication
- 2. Keep ball safe
- DODGE
- Set picks
- MAKE CUTS

- 3. good handling
- 4. score

6. Describe a good defensive position. (4pts)

Mirror guard the net - STRATEGY

knees bent, on balls of feet
stick out in front of you.

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**

Scooping bend knees and try not to hit the ground.

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 endurance, muscular strength, flexibility, or body composition). (4pts)

running around keepin up with opponent.

tell me which component that is.

Lacrosse Quiz Grade 5

Name: Chloe Vogel

28/34 (82)



Matching (1pt)

F Critical to both offense and defense

A A Defensive strategy

E A Shooting strategy

I Area that surrounds the goal

G ~~B~~ Using your feet is...

J To pick up the ball

C Cradling is used to

7 D When catching you need...

A. Mirroring ✓

G. Illegal

B. Pass or Shoot ✓

H. Legal

C. Protect the ball ✓

I. Crease ✓

D. Soft hands ✓

J. Scoop ✓

E. Aim for the corners ✓

F. Teamwork & communication ✓

Fill in the blank (2pts)

1. What is the origin of lacrosse (who did we get it from)? Native Americans / Indians

2. Lacrosse as grown into two different games. What is the main difference between men's and women's lacrosse? Mens is more ruff and womens is for women. ^{yes.}

4. What is the object of the game? To cradle, scoop, score, and get exercise.

Short Answer

5. Describe four things a good offense will do. (4pts)

Set picks, MAKE CUTS, MOVE BALL, DODGE

1. cradle the ball

2. Have soft hands when catching the ball.

2. Aim for the corners of the net.

4. Team work and communication

6. Describe a good defensive position. (4pts)

POSITION: Knees bent, athletic stance, stick out, balls of feet

1. Protect the net / Ball strategies

3. Defend other players

2. Scoop the ball

4. Be legal.

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

Scooping. To scoop, you need to bend your knees, sit your butt down, and as soon as you pick up the ball flip up the lacross stick

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 endurance, muscular strength, flexibility, or body composition). (4pts)

Lacrosse muscular strength because your always running and moving your arms when your cradling.

NICE!

27/34 = 80



Matching (1pt)

F Critical to both offense and defense

A A Defensive strategy

E A Shooting strategy

I Area that surrounds the goal

G ~~H~~ Using your feet is...

J To pick up the ball

7 C Cradling is used to

D When catching you need...

- A. Mirroring
- B. Pass or Shoot
- C. Protect the ball
- D. Soft hands
- E. Aim for the corners
- F. Teamwork & communication
- G. Illegal
- H. Legal
- I. Crease
- J. Scoop

Fill in the blank (2pts)

- 1. What is the origin of lacrosse (who did we get it from)? Native Americans
- 4 2. Lacrosse as grown into two different games. What is the main difference between men's and women's lacrosse? The main difference is the equipment *Because men have more contact*
- 4 4. What is the object of the game? To get the ball in the net and protect your net

Short Answer

5. Describe four things a good offense will do. (4pts)

- 2 1. Pass set picks
- 2. shoot
- 3. communicate
- 4. cradle make cuts

6. Describe a good defensive position. (4pts)

2 A good defensive position is having your ~~own~~ ^{own} body ^{OK} inbetween the offense and goal, and with your stick out knees bent, on balls of your feet

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

8 For shooting, you need to turn your ~~body~~ ^{body} facing away, and then turn your hips, have your stick face level, and whip it!

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 endurance, muscular strength, flexibility, or body composition). (4pts)

4 Lacrosse helps muscular strength because you are always moving, running, and also helps your arms when shooting, passing, and cradling. EXCELLENT DESCRIPTION!

Lacrosse Quiz Grade 5

Name: Tess Marsden

26.5 / 34 = (76)



Matching (1pt)

- F Critical to both offense and defense
- A A Defensive strategy
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- I Area that surrounds the goal
- G Using your feet is...
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- D When catching you need...

- A. Mirroring
- B. Pass or Shoot
- C. Protect the ball
- D. Soft hands
- E. Aim for the corners
- F. Teamwork & communication
- G. Illegal
- H. Legal
- I. Crease
- J. Scoop

Fill in the blank (2pts)

1. What is the origin of lacrosse (who did we get it from)? Native Americans

2. Lacrosse as grown into two different games. What is the main difference between men's and women's lacrosse? Men have a lot more people. Body contact

4. What is the object of the game? To defend your goal and get points by scoring.

Short Answer

5. Describe four things a good offense will do. (4pts)

- 1. Cradle
- 2. Pass - move the ball
- 3. Catch
- 4. Score
- Dodge
- PICKS
- CUTS

6. Describe a good defensive position. (4pts)

Knees bent slightly, on the balls of your feet and stick up in front of you. WONDERFUL DESCRIPTION 😊

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

To bend you knees and don't dig at it, scoop it.

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 endurance, muscular strength, flexibility, or body composition). (4pts)

It builds muscle for you. It builds arm and leg muscle. By throwing, cradling, bending, and running

25/34 = (74)



Matching (1pt)

- F ~~B~~ Critical to both offense and defense
- A A Defensive strategy
- E A Shooting strategy
- V Area that surrounds the goal
- F Using your feet is...
- J To pick up the ball
- C Cradling is used to
- D When catching you need...

- A. Mirroring
- B. Pass or Shoot
- C. Protect the ball
- D. Soft hands
- E. Aim for the corners
- F. Teamwork & communication
- G. Illegal
- H. Legal
- I. Crease
- J. Scoop

Fill in the blank (2pts)

1. What is the origin of lacrosse (who did we get it from)? Indians Native Americans ^{OK}

2. Lacrosse as grown into two different games. What is the main difference between men's and women's lacrosse? harder and easier which is harder?

4. What is the object of the game? to score the ball in the net

Mens lax uses more physical contact

Short Answer

5. Describe four things a good offense will do. (4pts)

- 1. Pass
- 2. Shoot

- 3. ~~get~~ make goal
- 4. keep away from other team

6. Describe a good defensive position. (4pts)

mirroring, not letting other team score
Knees bent, balls of your feet, 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 skill. Please list tips that you would give them in order for them to be successful. (8pts) Cradling,

Scooping, Passing, Catching, or Shooting

good! To bend your knees, squat and scoop up the ball in your net.

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 endurance, muscular strength, flexibility, or body composition). (4pts)

It helps build muscle strength for throwing and running. ^{yes. strength gives you power!}

Lacrosse Quiz Grade 5

Name: Maddison Simano

24/34 = (71)



Matching (1pt)

- F ~~A~~ Critical to both offense and defense
~~A~~ A Defensive strategy
 E ~~B~~ ~~A~~ A Shooting strategy
~~I~~ Area that surrounds the goal
~~G~~ Using your feet is...
~~J~~ To pick up the ball
~~C~~ Cradling is used to
 5 D ~~F~~ When catching you need...

- ~~A~~ Mirroring ~~G~~ Illegal
~~B~~ Pass or Shoot ~~H~~ Legal
~~C~~ Protect the ball ~~I~~ Crease
~~D~~ Soft hands ~~J~~ Scoop
 E. Aim for the corners
 F. Teamwork & communication

6 Fill in the blank (2pts)

1. 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 the main difference between men's and women's lacrosse? Women's is softer because they are easier on each other.
 4. What is the object of the game? to get the ball in the other goal.

Short Answer

8. Describe four things a good offense will do. (4pts)

1. Mirror
2. Protect the goal

3. be there for their teammates.
4. Help if the team needs some one to pass too.

4 6. Describe a good defensive position. (4pts)

knees kind of apart and hands part on the stick.

8 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

Scooping: Put your butt to the ground and bend your legs and scoop.

1 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 endurance, muscular strength, flexibility, or body composition). (4pts)

Muscular strength. How?

Lacrosse Quiz Grade 5

Name: Brannah Martin

22/34 = (65)



Matching (1pt)

- F ~~M~~ Critical to both offense and defense
- A ~~R~~ A Defensive strategy
- E ~~P~~ A Shooting strategy
- J ~~I~~ Area that surrounds the goal
- O Using your feet is...
- J To pick up the ball
- B ~~C~~ Cradling is used to
- D When catching you need...

- A. Mirroring ~~I~~ Illegal
- ~~P~~ Pass or Shoot H. Legal
- ~~P~~ Protect the ball ~~C~~ Crease
- ~~S~~ Soft hands ~~S~~ Scoop
- E. Aim for the corners
- ~~T~~ Teamwork & communication

Fill in the blank (2pts)

1. What is the origin of lacrosse (who did we get it from)? Native 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
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. ~~run~~ run.
2. Pass - MOVE THE BALL
OK

3. communicate
4. cradle - protect
OK

6. Describe a good defensive position. (4pts)

leggs spread knees bent
and mirror the enemy with the ball.
Great Picture 😊

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

when you are about to pass spread your legs and focus on the person you will pass to also should slide down the top hand

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 endurance, muscular strength, flexibility, or body composition). (4pts)

21/34 = (62)



Matching (1pt)

- F ~~B~~ Critical to both offense and defense
- A A Defensive strategy
- E A Shooting strategy
- I ~~S~~ Area that surrounds the goal.
- G ~~H~~ Using your feet is... illegal
- J To pick up the ball
- 5 C Cradling is used to
- D ~~F~~ When catching you need... soft hands

- A. Mirroring
- B. Pass or Shoot
- C. ~~Protect the ball~~
- D. Soft hands
- E. Aim for the corners
- F. Teamwork & communication
- G. Illegal
- H. Legal
- I. Crease
- J. Scoop

4 Fill in the blank (2pts)

1. What is the origin of lacrosse (who did we get it from)? The ^{OK} indians Native American
2. Lacrosse as grown into two different games. What is the main difference between men's and women's lacrosse? It is easier with mens why do you think that?
4. What is the object of the game? to get the ball in the goal

Mens lax uses MORE physical contact

Short Answer

5. Describe four things a good offense will do. (4pts)

1. Mirror you
2. Stop you from shooting
3. try to block you
4. protect the goal

6. Describe a good defensive position. (4pts)

to do what another defense player is doing
 Knees bent, balls of feet, stick out in front ready to mirror

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

nice! you have to bend down ^{or bend your knees} and try to scoop the ball like you are digging

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 endurance, muscular strength, flexibility, or body composition). (4pts)

to go after the ball and when you are scooping bend your knees you really have to help you you need to