

PHYSICAL EDUCATION RESOURCES

Lacrosse 101

- [Lacrosse 101](#)
 - 2-minute overview and introduction to the sport
- [Lacrosse: More than a Game, Native Origins and Values](#)
 - 12-minute video on the Indigenous roots, history, and values of lacrosse
- [The Great Ball Game by Oren Lyons](#)
 - Haudenosaunee story about the first game of lacrosse

Lacrosse in PE

- [Physical Education Lacrosse](#)
 - full PE Curriculum is available for various ages
- [Flex6 Lacrosse](#)
 - brief overview of Flex6 Lacrosse -- a non-contact, no equipment game
- [Small Sided and Free Play](#)
 - brief video on some principles of Athlete Development
- [Adaptive Lacrosse Guidebook](#)
 - tips for including athletes with disabilities in lacrosse

Fundamental Skills Videos

- [Warm Up on Vimeo](#)
- [Scooping on Vimeo](#)
- [Cradling on Vimeo](#)
- [Passing on Vimeo](#)
- [Catching on Vimeo](#)
- [Defense on Vimeo](#)
- [Shooting on Vimeo](#)