

INSTRUCTIONS

This Learning Packet has two parts: (1) text to read and (2) questions to answer.

The text describes a particular sport or physical activity and relates to its history, rules, playing techniques, scoring, notes and news.

The Response Forms (questions and puzzles) check your understanding and appreciation of the sport or physical activity.

INTRODUCTION

Lacrosse, considered to be America's first sport, was born of the North American Indian, christened by the French, and adopted and raised by the Canadians. Modern lacrosse has been embraced by athletes and enthusiasts of the United States and the British Commonwealth for over a century.

The sport of lacrosse is a combination of basketball, soccer and hockey. Anyone can play lacrosse—the big or the small. The game requires and rewards coordination and agility, not brawn. Quickness and speed are two highly prized qualities in lacrosse. An exhilarating sport, lacrosse is fast-paced and full of action. Long sprints up and down the field with abrupt starts and stops, precision passes and dodges are routine in men's and women's lacrosse. Lacrosse is played with a stick, the crosse, which must be mastered by the player to throw, catch and scoop the ball.



HISTORY OF THE GAME

Lacrosse is the oldest sport in North America. Rooted in Native American religion, lacrosse was often played to resolve conflicts, heal the sick, and develop strong men. To Native Americans, lacrosse is still referred to as "The Creator's Game."

Ironically, lacrosse also served as a preparation for war. Legend tells of as many as

Physical Education Lacrosse 27 Packet Answers

**American Association for Health and
Physical Education**



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