



STEM
sports[®]

science • technology
engineering • math • sports

FOOTBALL

Module 1.1

Measuring and Comparing Throws

GRADES 3rd – 5th



MODULE
1.1



GRADES
3-5

What Do You Need?

Supplies Provided

[Worksheets](#), Youth Footballs, Foam Footballs and Tape Measures

Materials Needed

Pencils



Test Your Knowledge

Have your students take this lesson's assessment prior to engaging by visiting: <https://stemsports.com/assessments/>. If you have limited digital capability, please email Info@STEMSports.com to access the Assessment & Key.

Engage

Which will travel farther:
a football full of air or
foam football?



Explore

Time to play catch,
measure, and compare.
Use the [worksheet](#).



Explain

Learn how to compare units of measurement and how to use *greater than less than* symbols.

Elaborate

Use your knowledge of units of measurement and apply to another game of catch. Use the [worksheet](#) to record your data.

Evaluate

What unit of measurement is the best way to measure your throws?
Use the [worksheet](#).



What Did You Learn?

Have your students retake this lesson's assessment to effectively evaluate their comprehension by visiting:

<https://stemsports.com/assessments/>. If you have limited digital capability, please email Info@STEMSports.com to access the Assessment & Key.



Extend

Challenge Yourself!

Mathematically convert inches to centimeters or feet to inches.



What is your Dream Job?

STEM Jobs in Sports

- Strength and Conditioning Coach
- Materials Engineer
- Equipment Manager
- Youth Sports Director
- Ball Manufacturer



To access Worksheet Keys, please visit www.STEMSports.com/digitaltools

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