

**STEM**  
*sports*<sup>®</sup>

science • technology  
engineering • math • sports

**SOCCER**

Module 1.1

Kicking and Energy Transfer

GRADES 3<sup>rd</sup> – 5<sup>th</sup>

MODULE  
**1.1**

GRADES  
**3-5**

## What Do You Need?

**Supplies Provided**  
[Worksheets](#) and  
Soccer Balls

**Materials Needed**  
Pencils  
Optional: Billiard Balls





## 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](mailto:Info@STEMSports.com) to access the Assessment & Key.

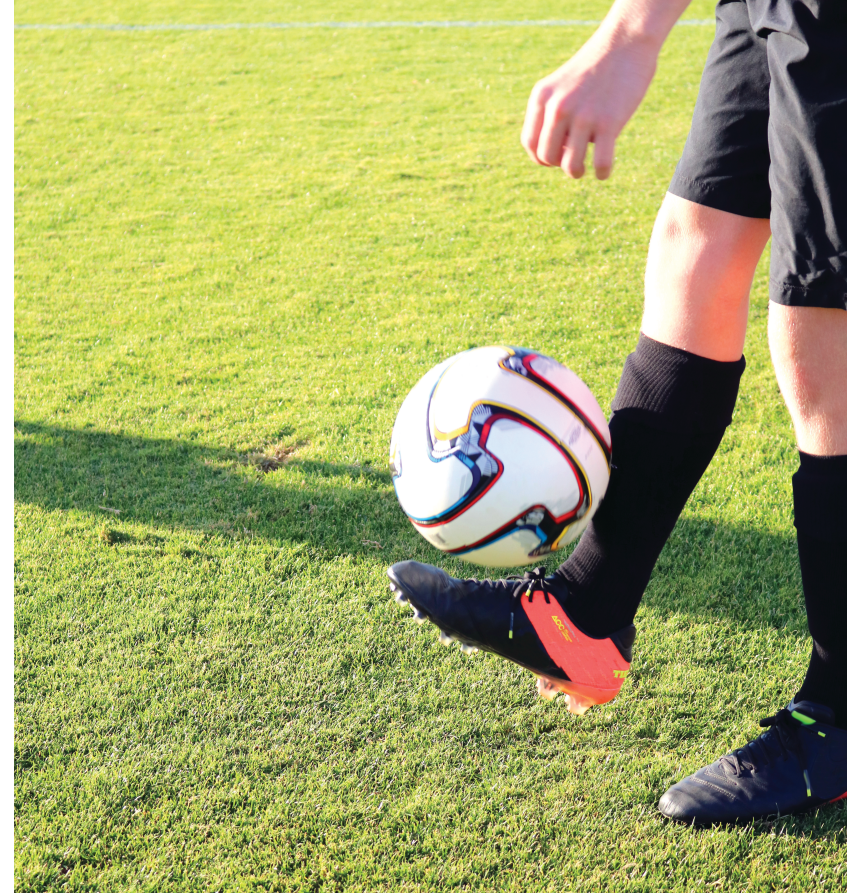
**Engage**

How far can you kick a soccer ball?



**Explore**

Practice kicking in a variety of ways.



# Explain

Learn about *energy transfer* and how it relates to the game of soccer.



## Elaborate

Test the idea “more energy, more motion.” Use the [worksheet](#).

# Evaluate



Based on your data, which kicking style would generate the most distance?





## What Did You Learn?

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

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**Extend**

## **Challenge Yourself!**

Learn how to draw a *force diagram* to track the force acting on each of your kicks.





# What is your Dream Job?

## STEM Jobs in Sports

- Physicist
- Equipment Manager
- Safety Engineer
- Athletic Trainer
- Engineer



To access Worksheet Keys, please visit  
[www.STEMSports.com/digitaltools](http://www.STEMSports.com/digitaltools)

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