

STEM
sports[®]

science • technology
engineering • math • sports

Lacrosse

Module 3.0

Kinetic Energy in Lacrosse

GRADES 6th – 8th

MODULE
3.0

GRADES
6-8

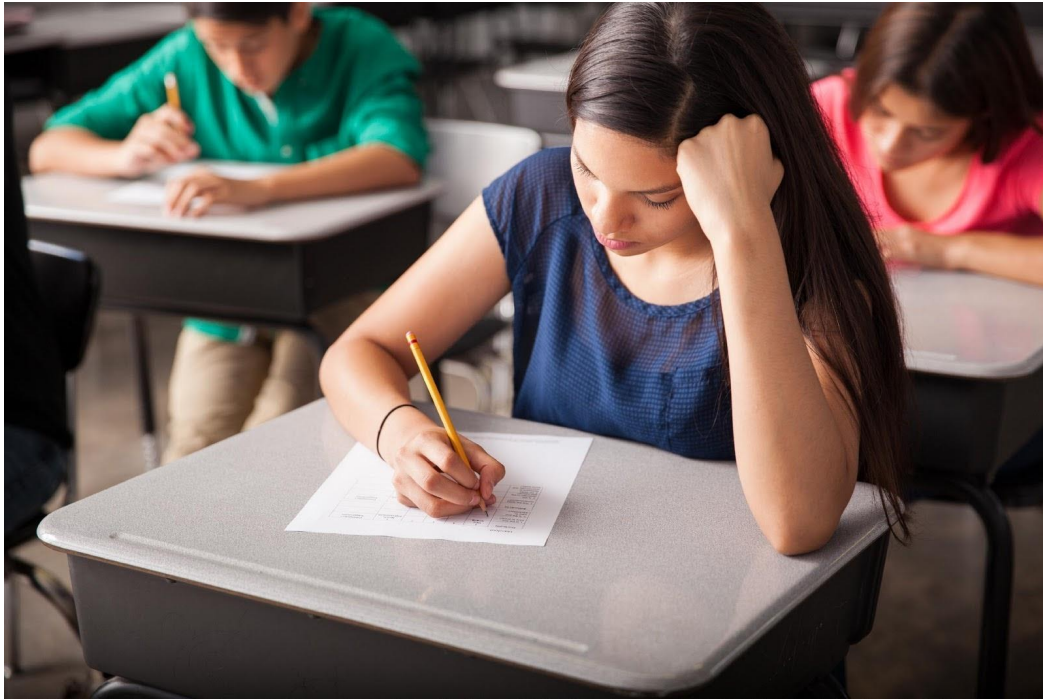
What Do You Need?

Supplies Provided

[Worksheets](#), Lacrosse Balls,
Lacrosse Sticks, Digital Weight
Scales, and Digital Stopwatches

Materials Needed

Pencils
Extend only: Softball or
Baseball



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

How fast can you pass a ball
using a lacrosse stick?

Explore

Test your lacrosse skills by passing to a partner. Use the [worksheet](#) as a guide.

Explain

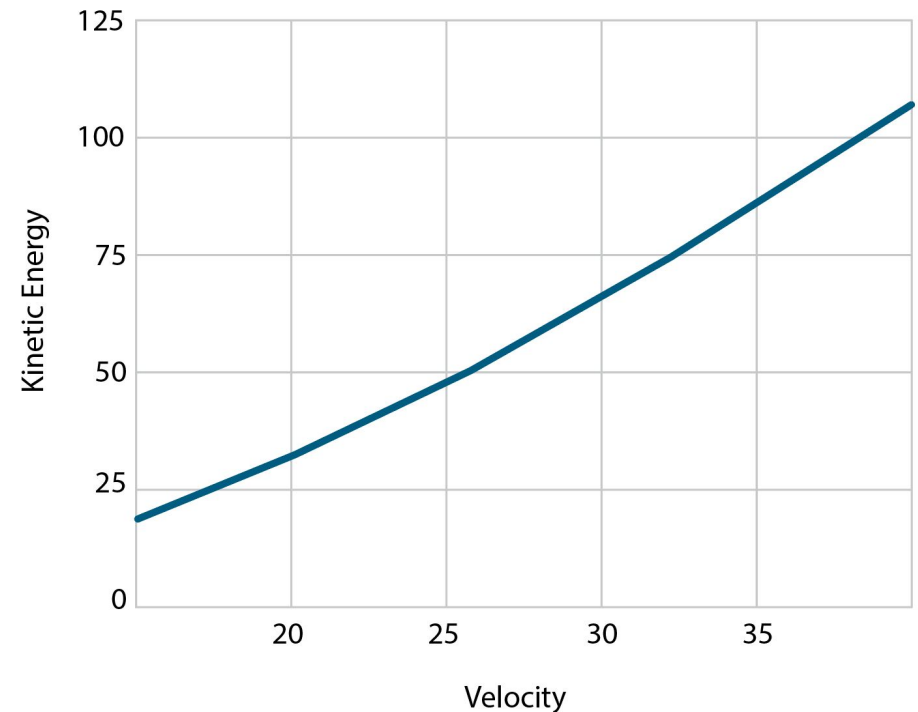
Learn about Kinetic Energy and how it can play a significant role in lacrosse.

$$KE = \frac{1}{2} mv^2$$

Elaborate

Using the [worksheet](#) as a guide, calculate the kinetic energy of each pass.

Kinetic Energy vs. Velocity



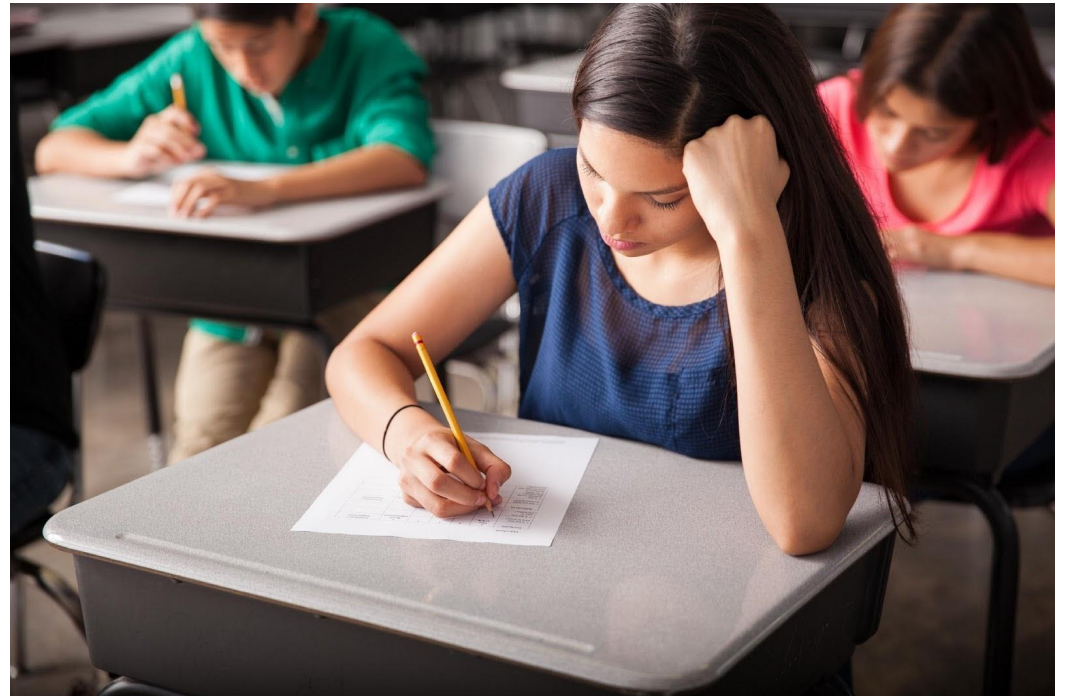
Evaluate

Based on your data,
explain the relationship
between kinetic energy
and velocity?



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!

Use another variable to discover how and why a lacrosse ball is designed for its intended purpose.



What is your Dream Job?

STEM Jobs in Sports

- Strength & Conditioning Coach
- Track & Field Coach
- Lacrosse Scout
- Sports Physicist
- Pitching Coach

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