



**STEM**  
*sports*<sup>®</sup>

science • technology  
engineering • math • sports

## Lacrosse

### Module 5.0

# Force of a Lacrosse Ball

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



MODULE  
**5.0**

GRADES  
**3-5**

## What Do You Need?

### Supplies Provided

[Worksheets](#), Lacrosse Balls,  
Lacrosse Sticks, and Disc  
Cones

### Materials Needed

Pencils and Tablet or  
Smartphone



## 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**

When is force used in the  
game of Lacrosse?

# Explore

Conduct an informal experiment by playing catch to determine where the most force is being used when passing/shooting the ball.

# Explain

Learn about Acceleration and Force and how each applies when playing lacrosse.

## Elaborate

Using the [worksheet](#) as a guide, perform a controlled test based on each time you throw/shoot the ball with more or less force.



# Evaluate



Write a claim that explains how a change in force will affect a change in motion. Use the worksheet as a guide.





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



**Extend**

## **Challenge Yourself!**

Design a controlled experiment using different sport balls, angles, and distances as the independent variable.



# What is your Dream Job?

## STEM Jobs in Sports

- Sports Videographer
- Sports App: Software Engineer
- Performance Coach
- Lacrosse Stadium: Engineer Technician
- Television Sports Producer

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