

**STEM**  
*sports*<sup>®</sup>

science • technology  
engineering • math • sports

**Lacrosse**  
Module 7.0  
Headgear

GRADES 6<sup>th</sup> – 8<sup>th</sup>



MODULE  
**7.0**

GRADES  
**6-8**

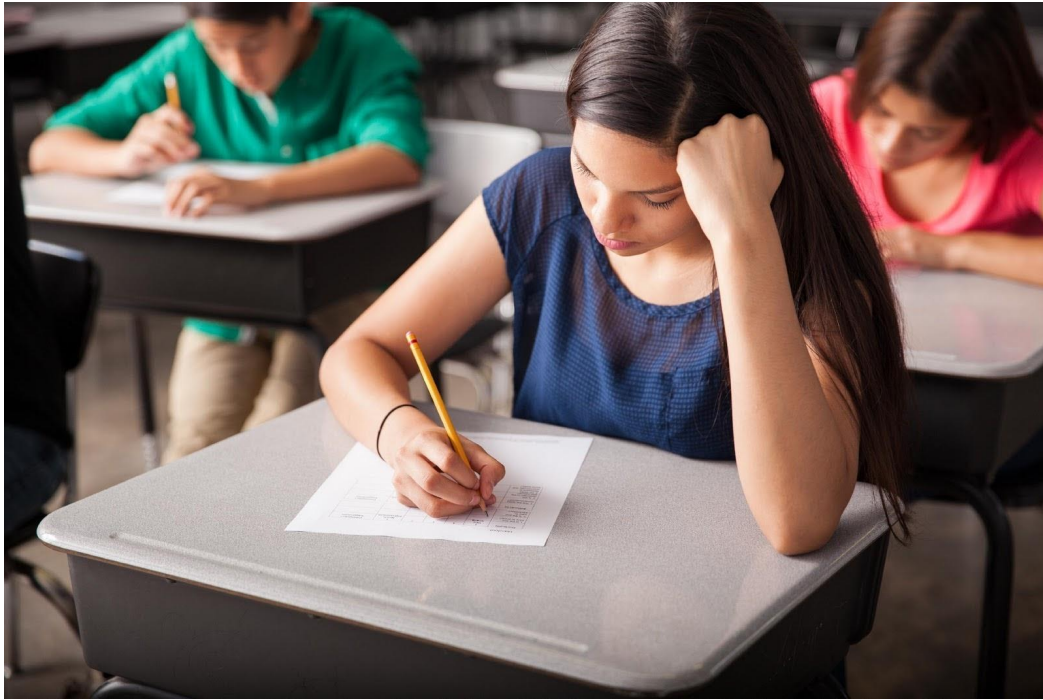
## What Do You Need?

### Supplies Provided

[Worksheets](#) and Article  
Extend only: Lacrosse Sticks

### Materials Needed

Pencils, Chart Paper or Whiteboard,  
Helmet or Headgear and Eye  
Protection (real or images)  
Extend only: Cardboard or Styrofoam  
and other Prototyping Materials



## 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 does men's and women's headgear differ? Use the [worksheet](#) as a guide.

# Explore

Read an article about injuries and safety equipment in lacrosse.



# Explain

## Engineering Design Process



Learn how the Engineering Design Process can be used to design a lacrosse helmet.

# Elaborate

What are some similarities and differences in the safety equipment for men and women's lacrosse? Use the [worksheet](#) as a guide.

## Men's vs. Women's Lacrosse Gear



# Evaluate

Based on your findings, imagine several design solutions for safety equipment for men's and women's lacrosse.

Men's required helmet	Women's required 'Head' protection	Women's optional 'soft sided' Helmet
 A white lacrosse helmet with a red and black face mask, resting on a green grass surface.	 A blue and white protective headgear with a face mask, designed for women's lacrosse.	 A black, soft-sided protective helmet with a face mask, designed for women's lacrosse.



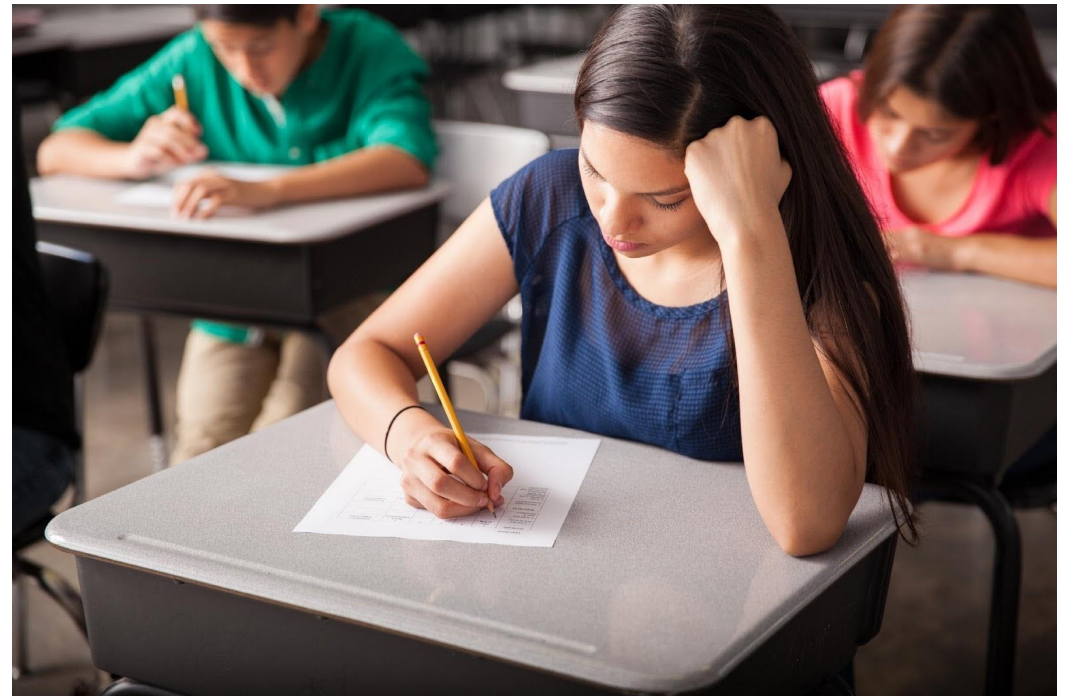


## What Did You Learn?

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

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**Extend**

## **Challenge Yourself!**

Using various materials, perform tests on the safety equipment for men's and women's equipment.



# What is your Dream Job?

## STEM Jobs in Sports

- Sports Helmet Engineer
- Stadium or Arena: Safety Inspector
- Lacrosse: Product Development Scientist
- Team Physician
- Strength and Conditioning Coach

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