



STEM
sports[®]

science • technology
engineering • math • sports

Lacrosse
Module 8.0

Wearable Technology

GRADES 3rd – 5th



MODULE
8.0

GRADES
3-5

What Do You Need?

Supplies Provided
[Worksheets](#)

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

Is there sports equipment that can track and improve an athlete's performance?

Explore

Watch a [video](#) about the science behind sports, like lacrosse.

Explain

Learn about Energy and Energy Transfer, and how it applies to sports and technology.

Elaborate

Use the [worksheet](#) and create a list of criteria and constraints.



Evaluate

Determine what piece of technology meets criteria or avoids constraints using energy. 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 to access the Assessment & Key.



Extend

Challenge Yourself!

Give a presentation to peers about wearable technology that limits the use of energy and resources, yet performs well on the lacrosse field.



What is your Dream Job?

STEM Jobs in Sports

- Lacrosse: NCAA League Official
- Replay Official
- Team Merchandise Designer
- Internet Sports Producer
- Sports Videographer

Want to continue the education?

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