



STEM
sports[®]

science • technology
engineering • math • sports

VOLLEYBALL

Module 6.1

Speed of the Volleyball

GRADES 3rd – 5th





MODULE
6.1



GRADES
3-5

What Do You Need?

Supplies Provided

[Worksheets](#),

Volleyballs and
Radar Gun

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

Which ball has more energy: the one that moves faster or slower?

Explore



Conduct a trial of four hit types in volleyball and identify the motion and distance. Use the [worksheet](#).

Explain

Learn the importance of *energy* and *speed*, and how the two are related.

Elaborate

Measure the speed of each hit type and record on the [worksheet](#).



Evaluate

Did one hit type have more energy than the other? Explain using the [worksheet](#).



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!

Select one hit type and increase its energy. Did the speed change significantly? Graph your data to find out.



What is your Dream Job?

STEM Jobs in Sports

- Sports Physicist
- Athletic Program: Development Director
- Scout
- Radar Engineer
- Personal Trainer



To access Worksheet Keys, please visit www.STEMSports.com/digitaltools

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