

STEM
sports[®]


science • technology
engineering • math • sports

BASEBALL

Module 1.0

Forces in Baseball

GRADES 6th – 8th



MODULE
1.0



GRADES
6-8

What Do You Need?

Supplies Provided
Worksheets

Materials Needed
Pencils and Baseball Gloves



Test Your Knowledge

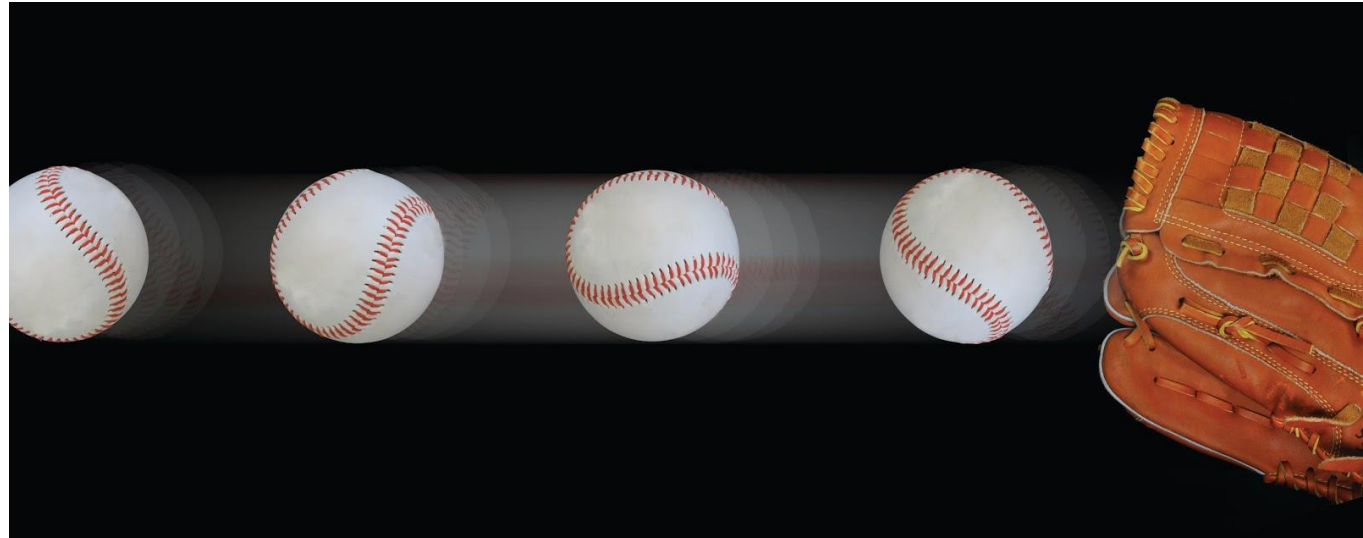
Have your students take this lesson's assessment prior to engaging by visiting:

<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 throw a baseball?



Explore

Time to play catch and collect data using the [worksheet](#).

Explain

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

Learn about Kinetic Energy, Velocity, and Speed and how each plays a role in Baseball.

Elaborate

Use the data table and equation to calculate the kinetic energy of each throw. Use the [worksheet](#) as a guide.

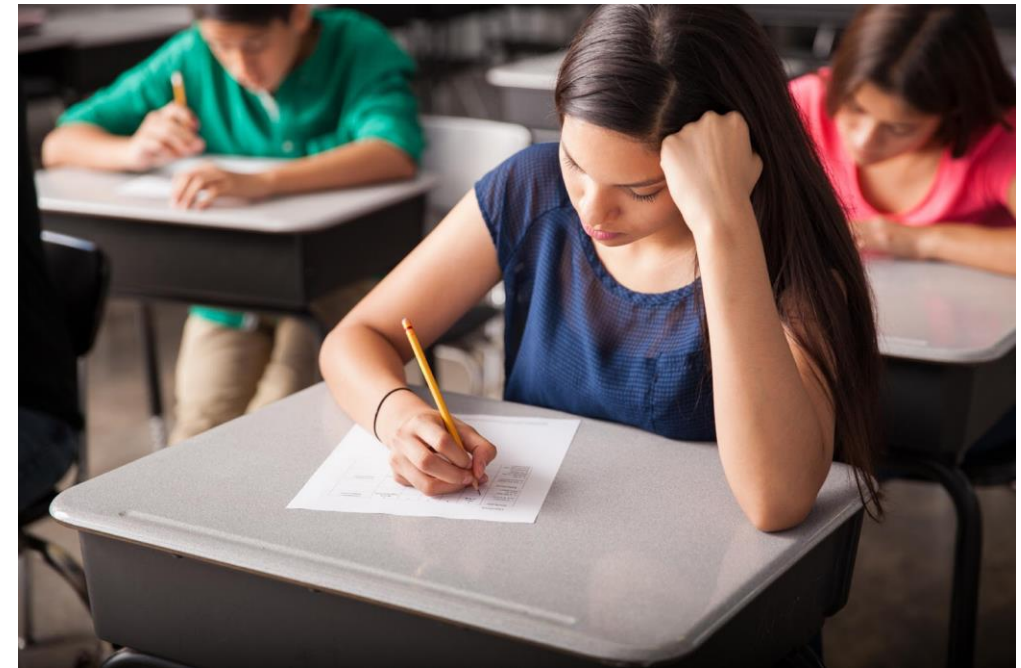
Evaluate

Explain the relationship between velocity and kinetic energy using evidence and reasoning. 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!

Add another variable and compare the relationship between mass and velocity on kinetic energy.



What is your Dream Job?

STEM Jobs in Sports

- Baseball Scout
- Track & Field Coach
- Sport Physicist
- Quarterback Coach
- Strength & Conditioning Coach

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