

STEM
sports[®]

science • technology
engineering • math • sports

SOFTBALL
Module 4.0
Is it Fast or Slow?

GRADES 6th – 8th



MODULE

4.0

GRADES
6-8

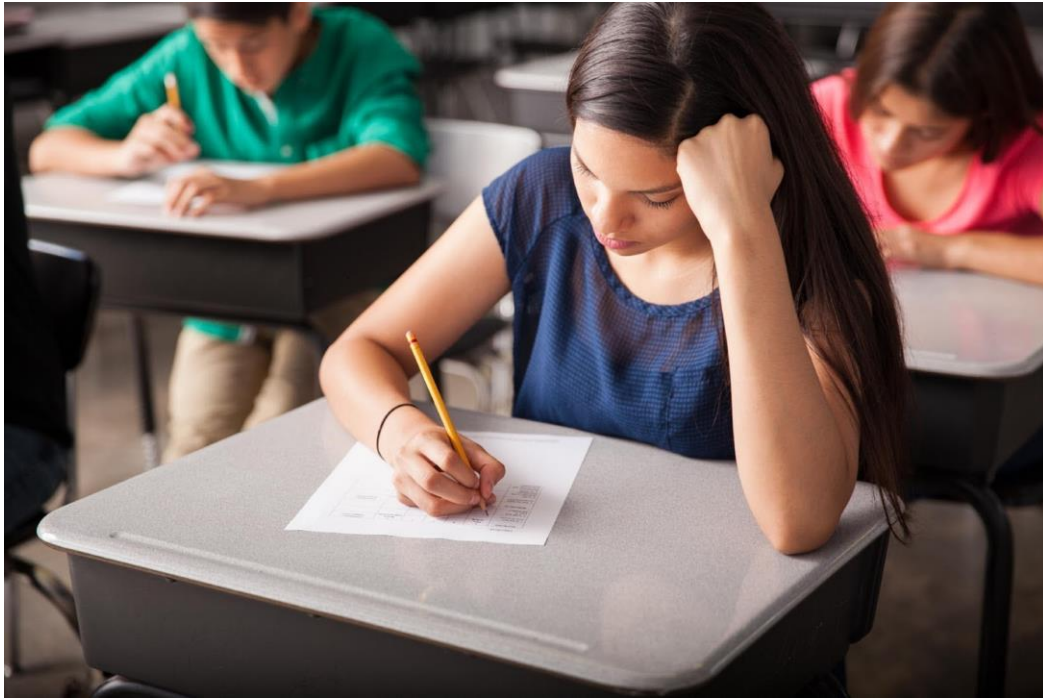
What Do You

Supplies Provided

Worksheets, Softballs,
Tape Measures, and
Radar Gun

Materials Needed

Pencils and Calculators
Internet Access (*Extend
only*)



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

Rate pitches fastest to
slowest: Fastball,
Curveball, Change-up



Explore

Record the speed of each pitch type and convert to meters per second. Use the [worksheet](#) a guide

Explain

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

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

Elaborate

Calculate the kinetic energy of each type. Use the [worksheet](#) as a guide.

Evaluate

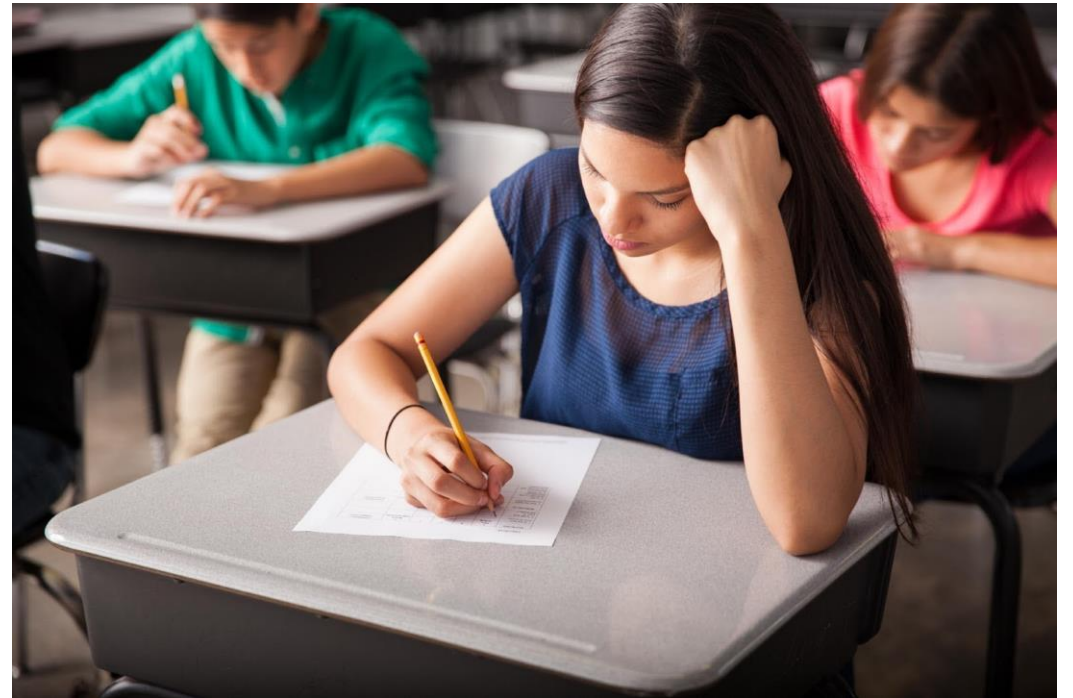
Using the [worksheet](#), make a bar graph of the kinetic energy of each pitch?





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!

Research and add to your data collection by collecting data from other pitch types.



What is your Dream Job?

STEM Jobs in Sports

- Coach: Fastpitch Softball
- Performance Coach
- Radar Engineer
- Team Physician
- Pitching Coach

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