



STEM
sports[®]

science • technology
engineering • math • sports

Lacrosse Module 3.0

Energy in Lacrosse

GRADES 3rd – 5th



MODULE
3.0

GRADES
3-5

What Do You Need?

Supplies Provided

[Worksheets](#), Lacrosse
Sticks, Lacrosse Balls, and
Tape Measures

Materials Needed

Pencils and Calculators
(recommended)



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 pass a ball using a lacrosse stick? Use the [worksheet](#) as a guide.

Explore

Test your lacrosse skills by
passing to a partner.

Explain

Learn about how motion produces energy in the game of lacrosse.



Elaborate



Using the [worksheet](#) as an experimental guide, find how your motion can produce energy when playing lacrosse.

Evaluate

Explain the difference in speed when passing and releasing using your upper and lower body. 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!

Determine the difference in energy needed when passing and releasing at an increased distance.



What is your Dream Job?

STEM Jobs in Sports

- Strength & Conditioning Coach
- Lacrosse Scout
- Sports Physicist
- Pitching Coach
- Lacrosse: Camp Director

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