

STEM
sports[®]


science • technology
engineering • math • sports

BASEBALL

Module 1.0

Energy in Baseball

GRADES 3rd – 5th



MODULE
1.0

GRADES
3-5

What Do You Need?

Supplies Provided
Worksheets, Baseballs
and Tape Measures

Materials Needed
Pencils, Baseball Gloves
and Calculators



Test Your Knowledge

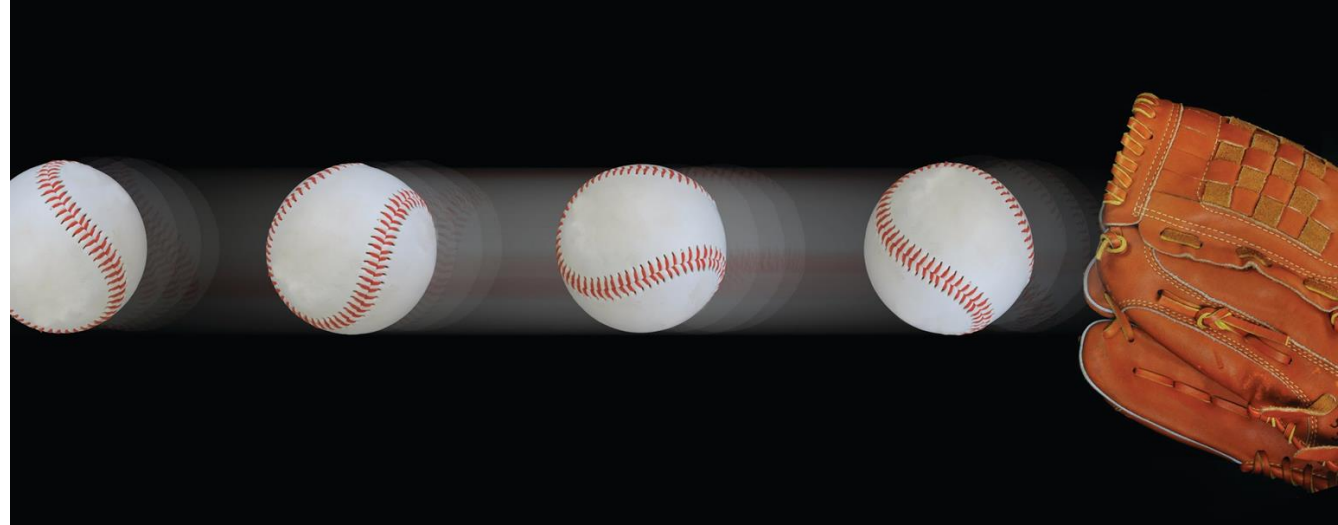
Have your students take this lesson's assessment prior to engaging by visiting:

<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



Learn about the importance of using both your upper and lower body to produce energy.

Elaborate

Time to test your speed! Use the [worksheet](#) to support your efforts.

Evaluate

Use math to calculate and find the difference in speed. Use the [worksheet](#) to support your efforts.



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!
Conduct an experiment
using a mound or raised
platform.



What is your Dream Job?

STEM Jobs in Sports

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

Want to continue the
education?
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