

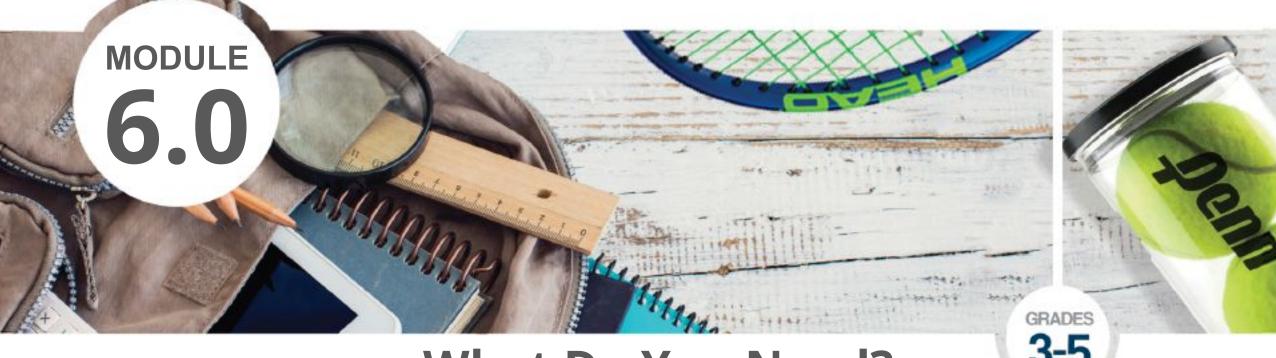


science • technology engineering • math • sports

STEM Tennis Module 6.0

Stroke of Energy

GRADES 3<sup>rd</sup> – 5<sup>th</sup>



What Do You Need?

### **Supplies Provided**

Worksheets, Tennis Balls, Tennis Rackets, Sweet Spot Ball-Striking System and Manual, Tape Measures, and Digital Stopwatches

### **Materials Needed**

Pencils, Calculator (recommended), and Outdoor Space







### **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.





#### **Fun Fact**

The fastest serve recorded was 163.4 miles per hour or 73 meters per second.





How fast can you hit a tennis ball?







Set-up the Sweet Spot

Ball-Striking System

and work on your game.

Use the worksheet as a guide.



### **Explain**



In tennis, in order to hit the ball fast, we have to use our entire body and not just our arms.





Hit the ball using your whole body to generate more speed.





Calculate the velocity of your underhand and overhand hits. 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: <a href="https://stemsports.com/assessments/">https://stemsports.com/assessments/</a>. If you have limited digital capability, please email Info@STEMSports.com to access the Assessment & Key.







## **Challenge Yourself!**

Hit the ball from a further distance than in the lesson and calculate your velocity to determine if there was any change.





### What is your Dream Job?

#### STEM Jobs in Sports

- Tennis Ball Manufacturer
- Tennis Pro: Youth Trainer & Coach
- Physics Teacher and Head Tennis Coach
- Pilates Instructor
- Tennis Equipment/Pro Shop Manager



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