



STEM
sports[®]

science • technology
engineering • math • sports

STEM Tennis

Module 6.0

Stroke of Energy

GRADES 3rd – 5th



MODULE

6.0

GRADES

3-5

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.

Engage

How fast can you
hit a tennis ball?



Explore

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.

Elaborate

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

Evaluate

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:

<https://stemsports.com/assessments/>.

If you have limited digital capability, please email Info@STEMSports.com to access the Assessment & Key.



Extend

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

Want to continue the education?

Visit us at

<https://stemsports.com/>

OR

Tag us @stemsportsusa



STEMSportsUSA



@STEMSportsUSA



STEMSportsUSA



STEMSportsUSA/pins



@STEMSportsUSA



STEM Sports



@STEMSportsUSA