

STEM
sports[®]

science • technology
engineering • math • sports

Multi - Sport Ball Edition

Module 3.0

Is it Fast or Slow?

GRADES 6th – 8th



MODULE

3.0

GRADES
6-8

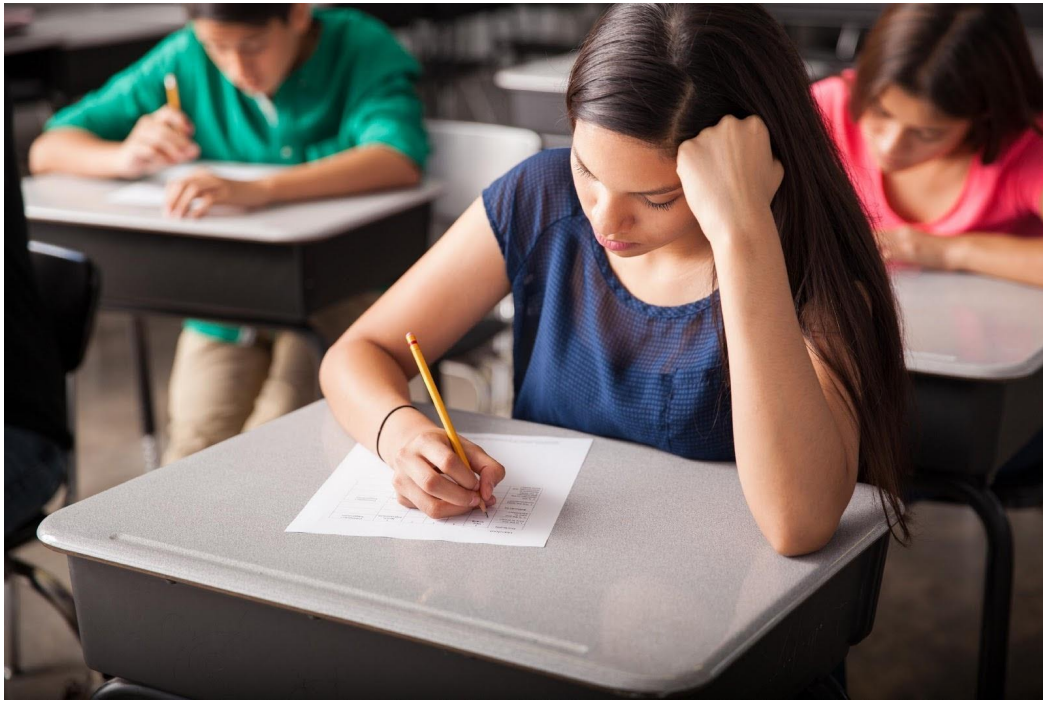
What Do You Need?

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





Fun Fact

Every softball game was sold out during the 1996 Olympic games in Atlanta, Georgia.

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

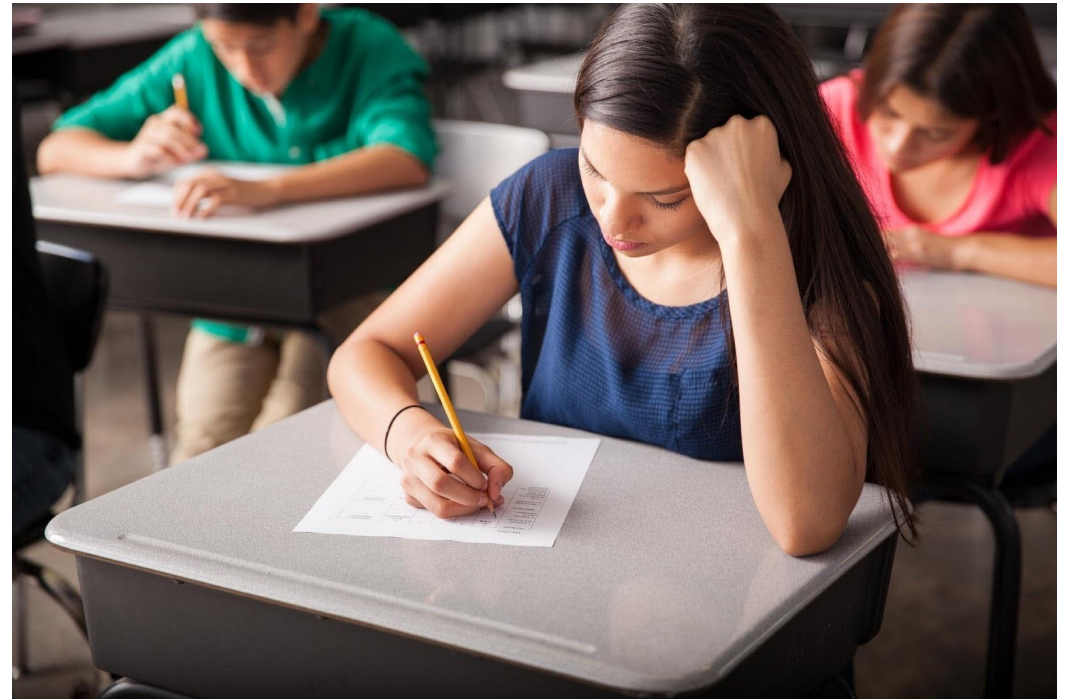
Using the [worksheet](#), make a bar graph of the kinetic energy of each pitch?





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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