

Name: _____

Energy in Baseball

GRADES 3-5

Trial 1 - Sitting/Kneeling Position

Distance: _____

	Throw 1	Throw 2	Throw 3	Throw 4	Throw 5
Partner 1					
Partner 2					

Trial 1 - Speed Calculations (Distance/Time)

	Throw 1 Speed	Throw 2 Speed	Throw 3 Speed	Throw 4 Speed	Throw 5 Speed
Partner 1					
Partner 2					

Trial 2 - Standing Position: Focus on using your lower and upper body to throw.

	Throw 1	Throw 2	Throw 3	Throw 4	Throw 5
Partner 1					
Partner 2					

Trial 2 - Speed Calculations (Distance/Time)

	Throw 1 Speed	Throw 2 Speed	Throw 3 Speed	Throw 4 Speed	Throw 5 Speed
Partner 1					
Partner 2					

Which trial generated the most energy? Please explain using scientific reasoning from each trial.