

Name: \_\_\_\_\_

# Energy in Lacrosse

GRADES 3-5

Trial 1: Kneeling Position

Distance: \_\_\_\_\_

	Pass 1	Pass 2	Pass 3	Pass 4	Pass 5
Partner 1					
Partner 2					

Trial 1: Speed Calculations (Distance/Time)

	Pass 1 Speed	Pass 2 Speed	Pass 3 Speed	Pass 4 Speed	Pass 5 Speed
Partner 1					
Partner 2					

Name: \_\_\_\_\_

# Energy in Lacrosse

GRADES 3-5

Trial 2: Standing Position: Focusing on using your lower and upper body to pass and release.

	Pass 1	Pass 2	Pass 3	Pass 4	Pass 5
Partner 1					
Partner 2					

Trial 2: Speed Calculations (Distance/Time)

	Pass 1 Speed	Pass 2 Speed	Pass 3 Speed	Pass 4 Speed	Pass 5 Speed
Partner 1					
Partner 2					

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