

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

# Kicking and Energy Transfer

GRADES 3-5

Which kicking style has the most energy?

	Distance Traveled (height)	Distance Traveled (away from player)
Laces		
Inside of Foot		
Outside of Foot		
Drop-Kick		



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GRADES 3-5

Based on the data gathered in the chart, put the kicking styles in order from most energy in collision to least energy in collision.

Explain how you used your data to rate the kicking styles.

Show students the video titled "Juggling" by visiting [www.STEMSports.com](http://www.STEMSports.com) and clicking "Resources". After viewing, asks students to predict the energy of each juggling style. Will juggling have more or less energy than kicking. Explain how you used your data to make this prediction.

	Energy Rating
Header	
Knee	
Thigh	
Chest	