

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

# Stroke of Energy

GRADES 3-5

## Explore

Record the times in the table below.

Underhand Hit

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

	Hit 1	Hit 2	Hit 3	Hit 4	Hit 5
Partner A					
Partner B					

Overhand Hit

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

	Hit 1	Hit 2	Hit 3	Hit 4	Hit 5
Partner A					
Partner B					

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

# Stroke of Energy

GRADES 3-5

## Evaluate

Calculate Velocity

Underhand Hit

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

	Hit 1	Hit 2	Hit 3	Hit 4	Hit 5
Partner A					
Partner B					

Overhand Hit

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

	Hit 1	Hit 2	Hit 3	Hit 4	Hit 5
Partner A					
Partner B					

Which hit were you able to hit with more velocity and why?