



STEM
sports[®]

science • technology
engineering • math • sports

Multi-Sport Net Edition Module 3.0

Energy in Lacrosse

GRADES 3rd – 5th

A white circular graphic with the text "Module 3.0" in a bold, sans-serif font. The background of the slide features a collage of items: a brown canvas bag, a magnifying glass over a ruler and pencil, a laptop keyboard, a lacrosse stick with a white ball in the net, and a red-handled tool on a wooden surface.

Module 3.0

GRADES
3-5

What Do You Need?

Supplies Provided

[Worksheets](#), Lacrosse Sticks,
Lacrosse Balls, Digital
Stopwatches, and Tape Measures

Materials Needed

Pencils and Calculators
(recommended)



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.



Fun Fact

The fastest lacrosse shot was by Kyle Hartzell during halftime of the Major League Lacrosse Game on June 30, 2018. The shot registered at 111 miles per hour.

Engage

Use the [worksheet](#) as a guide.
How fast can you pass a ball
using a lacrosse stick?

Explore

Test your lacrosse skills by
passing to a partner.

Explain

Learn about how motion produces energy in the game of lacrosse.



Elaborate



Using the [worksheet](#) as an experimental guide, find how your motion can produce energy when playing lacrosse.

Evaluate

Use the [worksheet](#) as a guide.
Explain the difference in speed
when passing and releasing using
your upper and lower body.



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!

Determine the difference in energy needed when passing and releasing at an increased distance.



What is your Dream Job?

STEM Jobs in Sports

- Strength & Conditioning Coach
- Lacrosse Scout
- Sports Physicist
- Pitching Coach
- Lacrosse: Camp Director

Want to continue the education?

Visit us at

<https://stemsports.com/>

OR

Tag us @stemsportsusa



STEMSportsUSA



@STEMSportsUSA



STEMSportsUSA



STEMSportsUSA/pins



@STEMSportsUSA



STEM Sports



@STEMSportsUSA