

STEM
sports[®]

science • technology
engineering • math • sports

Multi-Sport Net Edition Module 3.0

Kinetic Energy in Lacrosse

GRADES 6th – 8th

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 backpack, a magnifying glass over a ruler, a laptop keyboard, a lacrosse stick with a white ball in the net, and a wooden ruler.

Module 3.0

A white circular graphic with the text "GRADES 6-8" in a bold, sans-serif font.

GRADES
6-8

What Do You Need?

Supplies Provided

[Worksheets](#), Lacrosse Balls,
Lacrosse Sticks, Digital Weight
Scales, and Digital Stopwatches

Materials Needed

Pencils

Extend only: Softball or Baseball

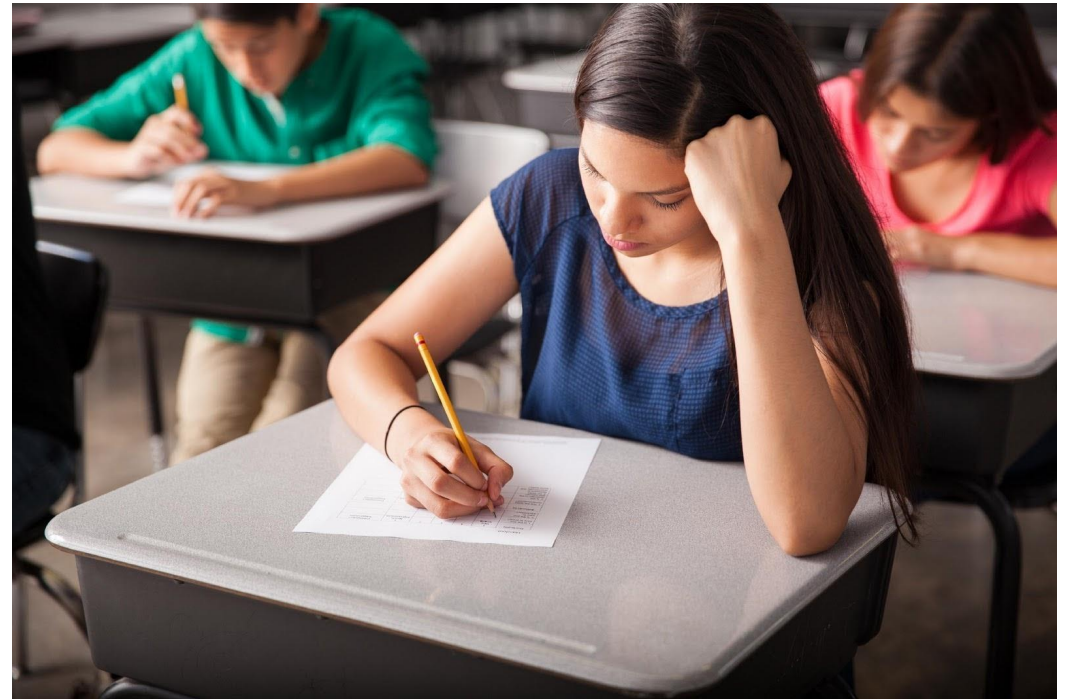


Test Your Knowledge

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 average lacrosse shot speed range for ages 8-13 is 60-70 MPH.

Engage

How fast can you pass a ball using a lacrosse stick?

Explore

Use the [worksheet](#) as a guide.
Test your lacrosse skills by
passing to a partner.

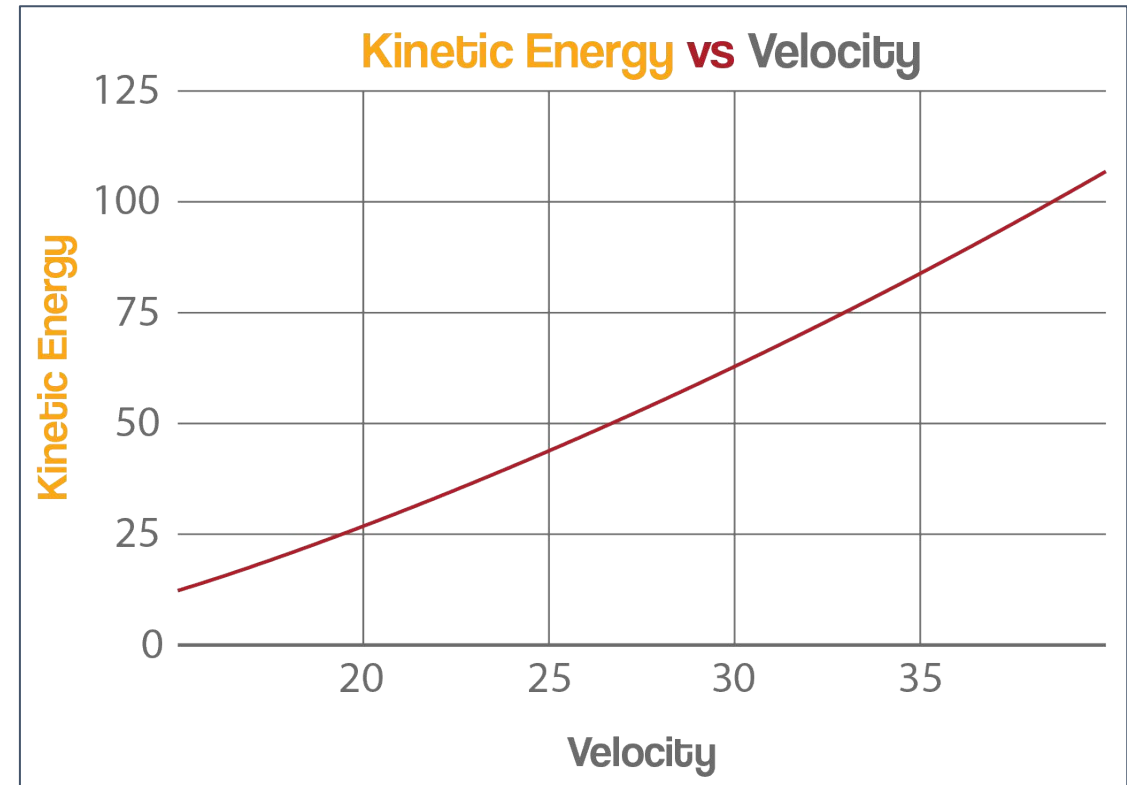
Explain

Learn about Kinetic Energy and how it can play a significant role in lacrosse.

$KE = \frac{1}{2}mv^2$				
KE	=	$\frac{1}{2}$	m	v^2
Kinetic Energy		One half of the product	Mass of object in kg	The square of the velocity in m/s

Elaborate

Use the [worksheet](#) as a guide, and calculate the kinetic energy of each pass.



Evaluate

Based on your data, explain the relationship between kinetic energy and velocity?

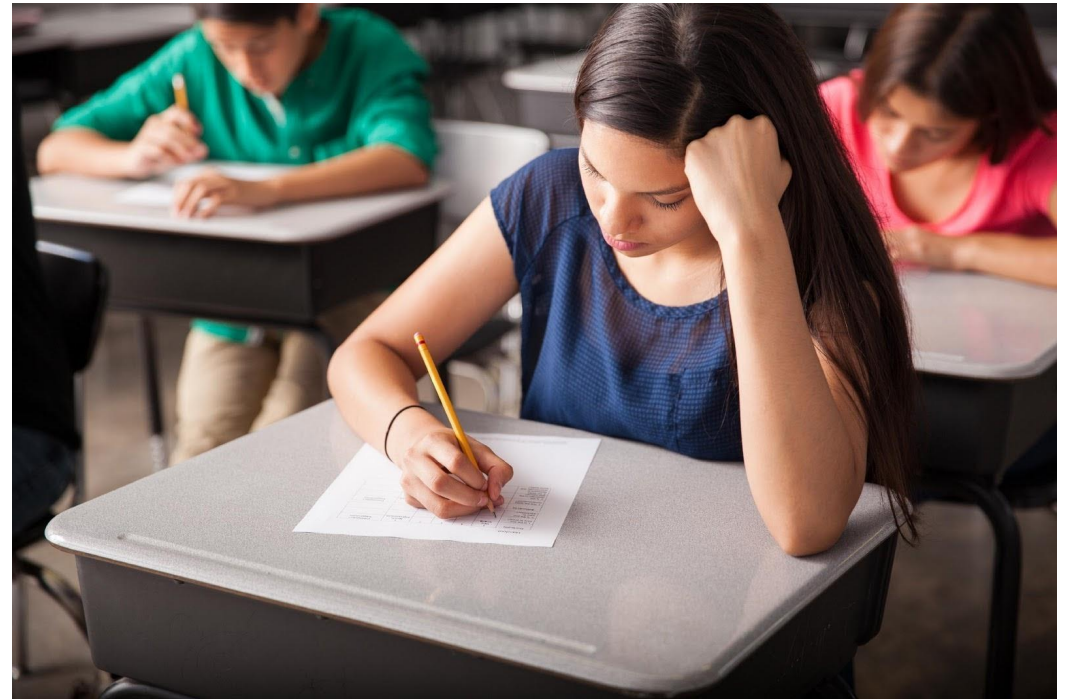


What Did You Learn?

Have your students retake this lesson's assessment to effectively evaluate their comprehension by visiting:

<https://stemsports.com/assessments/>.

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Extend

Challenge Yourself!

Use another variable to discover how and why a lacrosse ball is designed for its intended purpose.



What is your Dream Job?

STEM Jobs in Sports

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- Track & Field Coach
- Lacrosse Scout
- Sports Physicist
- Pitching Coach

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