



science • technology engineering • math • sports

Multi-Sport Net Edition
Module 4.0

Wearable Technology

GRADES 3rd – 5th



Supplies Provided Worksheets

<u>Worksheets</u> Penc



Materials Needed





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

Lacrosse is one of the fastest growing sports in the United States.





Is there sports equipment that can track and improve an athlete's performance?





Watch a <u>video</u> about the science behind sports, like lacrosse.



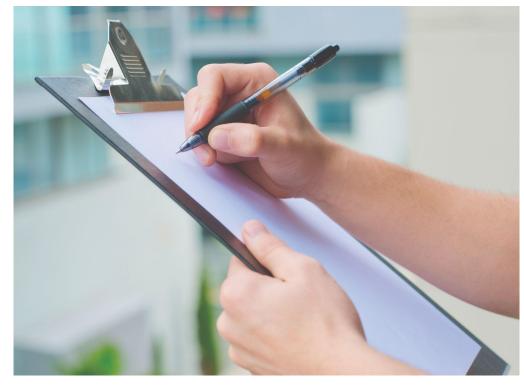


Learn about Energy and Energy Transfer, and how it applies to sports and technology.





Use the <u>worksheet</u> as a guide and create a list of criteria and constraints.







Use the <u>worksheet</u> as a guide. Determine what piece of technology meets criteria or avoids constraints using energy.





What Did You Learn?

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

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Challenge Yourself!

Give a presentation to peers about wearable technology that limits the use of energy and resources, yet performs well on the lacrosse field.





What is your Dream Job?

STEM Jobs in Sports

- Lacrosse: NCAA League Official
- Replay Official
- Team Merchandise Designer
- Internet Sports Producer
- Sports Videographer



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