



STEM
sports[®]

science • technology
engineering • math • sports

Multi-Sport Net Edition
Module 4.0

Wearable Technology

GRADES 3rd – 5th

A white circular graphic containing the text "Module 4.0".

Module
4.0

A white circular graphic containing the text "GRADES 3-5".

GRADES
3-5

A collage of images including a brown backpack, a magnifying glass over a ruler, a laptop keyboard, a blue spiral notebook, and a lacrosse stick with a white ball in the net.

What Do You Need?

Supplies Provided

[Worksheets](#)

Materials Needed

Pencils



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.

Engage

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

Explore

Watch a [video](#) about the science behind sports, like lacrosse.

Explain

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

Elaborate

Use the [worksheet](#) as a guide and create a list of criteria and constraints.



Evaluate

Use the [worksheet](#) 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:

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

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Extend

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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