

What is energy?

Name _____

What is Work?

How do we measure Force?

What is Kinetic Energy?

How do we measure Velocity?

Lab: How much work to throw a tennis ball? _____

1. Determine the mass of a tennis ball (grams)... _____ .. Convert to KiloGrams _____
2. Find two partners
 - a. Pitcher _____
 - b. Catcher _____
 - c. Timer (needs their cell phone). _____
3. Do a few practice throws to determine how far the pitcher can throw and the catcher can catch.
4. Use the 50 meter tape measure to measure this distance. _____
5. *Do a few practice throws at this distance so the TIMER can practice STARTING and STOPPING the stop watch..*

	Trial 1	Trial 2	Trial 3	Trial 4	average
Distance_____					
Time to throw_____					
Velocity of ball_____					
Kinetic Energy of ball					
Distance that pitcher moved through when throwing					
Average Force applied to ball					