

### Unit Summary

#### *How can physics explain sports?*

In this unit, students use the practices of *analyzing and interpreting data*, *developing and using models*, and *engaging in argument from evidence* to make sense of relationship between energy and forces. Students develop their understanding of important qualitative ideas about the conservation of energy. Students understand that objects that are moving have kinetic energy and that objects may also contain stored (potential) energy, depending on their relative positions. Students also understand the difference between energy and temperature, and the relationship between forces and energy. The crosscutting concepts of *scale, proportion, and quantity*, *systems and system models*, and *energy and matter* are called out as organizing concepts for these disciplinary core ideas. Students use the practices of *analyzing and interpreting data*, *developing and using models*, and *engaging in argument from evidence*. Students are also expected to use these practices to demonstrate understanding of the core ideas.

This unit is based on MS-PS3-1, MS-PS3-2, and MS-PS3-5.

### Student Learning Objectives

**Construct and interpret graphical displays of data to describe the relationships of kinetic energy to the mass of an object and to the speed of an object.**

*[Clarification Statement: Emphasis is on descriptive relationships between kinetic energy and mass separately from kinetic energy and speed. Examples could include riding a bicycle at different speeds, rolling different sizes of rocks downhill, and getting hit by a wiffle ball versus a tennis ball.]* ([MS-PS3-1](#))

**Develop a model to describe that when the arrangement of objects interacting at a distance changes, different amounts of potential energy are stored in the system.** *[Clarification Statement: Emphasis is on relative amounts of potential energy, not on calculations of potential energy. Examples of objects within systems interacting at varying distances could include: the Earth and either a roller coaster cart at varying positions on a hill or objects at varying heights on shelves, changing the direction/orientation of a magnet, and a balloon with static electrical charge being brought closer to a classmate's hair. Examples of models could include representations, diagrams, pictures, and written descriptions of systems.]* *[Assessment Boundary: Assessment is limited to two objects and electric, magnetic, and gravitational interactions.]* ([MS-PS3-2](#))

**Construct, use, and present arguments to support the claim that when the kinetic energy of an object changes, energy is transferred to or from the object.**

*[Clarification Statement: Examples of empirical evidence used in arguments could include an inventory or other representation of the energy before and after the transfer in the form of temperature changes or motion of object.]* *[Assessment Boundary: Assessment does not include calculations of energy.]* ([MS-PS3-5](#))

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Unit Sequence	
<b>Part A:</b> <i>Is it better to have an aluminum (baseball/softball) bat or a wooden bat?</i>	
Concepts	Formative Assessments
<ul style="list-style-type: none"> <li>Kinetic energy is related to the mass of an object and to the speed of an object.</li> <li>Kinetic energy has a relationship to mass separate from its relationship to speed.</li> <li>Motion energy is properly called kinetic energy; it is proportional to the mass of the moving object and grows with the square of the object's speed.</li> <li>Proportional relationships among different types of quantities provide information about the magnitude of properties and processes.</li> </ul>	<p><i>Students who understand the concepts can:</i></p> <ul style="list-style-type: none"> <li>Construct and interpret graphical displays of data to identify linear and nonlinear relationships of kinetic energy to the mass of an object and to the speed of an object.</li> </ul>

Unit Sequence	
<b>Part B:</b> <i>What would give you a better chance of winning a bowling match, using a basketball that you can roll really fast, or a bowling ball that you can only roll slowly?</i>	
Concepts	Formative Assessments
<ul style="list-style-type: none"> <li>When the arrangement of objects interacting at a distance changes, different amounts of potential energy are stored in the system.</li> <li>A system of objects may contain stored (potential) energy, depending on the objects' relative positions.</li> <li>When two objects interact, each one exerts a force on the other that can cause energy to be transferred to or from the objects.</li> <li>Models that could include representations, diagrams, pictures, and written descriptions of systems can be used to represent systems and their interactions, such as inputs, processes, and outputs, and energy and matter flows within systems.</li> </ul>	<p><i>Students who understand the concepts can:</i></p> <ul style="list-style-type: none"> <li>Develop a model to describe what happens to the amount of potential energy stored in the system when the arrangement of objects interacting at a distance changes</li> <li>Use models to represent systems and their interactions, such as inputs, processes, and outputs, and energy and matter flows within systems. Models could include representations, diagrams, pictures, and written descriptions.</li> </ul>

Unit Sequence	
<b>Part C: Who can design the best roller coaster?</b>	
Concepts	Formative Assessments
<ul style="list-style-type: none"> <li>When the kinetic energy of an object changes, energy is transferred to or from the object.</li> <li>When the motion energy of an object changes, there is inevitably some other change in energy at the same time.</li> <li>Kinetic energy may take different forms (e.g., energy in fields, thermal energy, energy of motion).</li> </ul>	<p><i>Students who understand the concepts can:</i></p> <ul style="list-style-type: none"> <li>Construct, use, and present oral and written arguments supported by empirical evidence and scientific reasoning to support the claim that when the kinetic energy of an object changes, energy is transferred to or from the object.</li> <li>Conduct an inventory or other representation of the energy before and after the transfer in the form of temperature changes or motion of an object. Do not include calculations of energy.</li> </ul>

What It Looks Like in the Classroom
<p>Prior to middle school, students know that energy is present whenever there are moving objects, sound, light, or heat and that when objects collide, energy can be transferred from one object to another, thereby changing the objects' motion. In such collisions, some energy is typically also transferred to the surrounding air; as a result, the air gets heated and sound is produced. Students also know that when objects collide, the contact forces transfer energy so as to change the objects' motions.</p> <p>Students will need to construct graphical displays of data that describe the relationships between kinetic energy and mass of an object and speed of an object. These displays can be based on information from examples such as riding a bicycle at different speeds, rolling different sizes of rocks downhill, and getting hit by a whiffle ball versus a tennis ball. Through using one of these examples, students can record either mass or speed data to identify linear and nonlinear relationships. When constructing and interpreting graphical displays of data to describe the relationships of kinetic energy to the mass of an object and to the speed of an object, students will use square root and cube root symbols to represent solutions to equations of the form <math>x^2=p</math> and <math>x^3=p</math>, where <math>p</math> is a positive rational number. A simple demonstration of how increased speed or mass contributes to increased kinetic energy could include two objects of different masses (e.g., balls) rolling into a targets (e.g., plastic bowling pins, wooden blocks, etc.). From these examples, students will also be able to describe differences between kinetic energy and mass separately from kinetic energy and speed. Students will understand that an increase in speed will have a different effect on kinetic energy than an increase in mass. They will recognize and represent proportional relationships between kinetic energy and mass separately from kinetic energy and speed. Students will include a narrative that explains the information found in their graphical displays.</p> <p>Students investigate the potential energy stored in a variety of systems. It will be necessary for students to have opportunities to rearrange objects in the systems in order to determine the impact on the amount of potential energy stored in the system. Systems to be investigated could be balloons with static electrical charge being brought closer to a classmate's hair, carts at varying positions on a hill, cars at different positions on hot wheels tracks, objects at varying heights on shelves (drop a book of the same mass from different heights onto a cup) to demonstrate changes to potential energy in a system. Students will develop models to describe how changing distance changes the amount of potential energy stored in the system. The models students use to describe any of these examples will be multimedia</p>

presentations that could include diagrams, pictures, and/or written descriptions of the system examined. These models will help students represent interactions within systems, such as inputs, processes, and outputs, and energy flows within the system.

Students will now have an opportunity to use an understanding of kinetic and potential energy within a system to construct a claim about the relationship between the transfer of energy to or from an object and changes in kinetic energy. Using data from the graphical displays of data and models that students developed earlier in this unit of study, as well as textual evidence, students will construct, use, and present oral and written arguments to support claims that when kinetic energy changes, energy is transferred to or from the object.

Students can provide evidence of this energy transfer by looking at the distance an object travels when energy is transferred, how temperature changes when energy is transferred, or how a compass responds to a magnetic field at different distances. Students will conduct an inventory or other representation of the energy before and after the transfer in the form of temperature changes or motion of an object, but they are not required to include calculations of energy. However, students should interpret the equation  $y = mx + b$  as defining a linear function whose graph is a straight line and be able to give examples of functions that are not linear when describing the change in the kinetic energy of an object and the energy transferred to or from the object.

### Connecting with English Language Arts/Literacy and Mathematics

#### *English Language Arts/Literacy*

Cite specific textual evidence to support analysis of science and technical texts that describe the relationships of kinetic energy to the mass of an object and to the speed of an object, attending to the precise details of explanations or descriptions.

Integrate quantitative or technical information that describes the relationship of kinetic energy to the mass of an object and to the speed of object that is expressed in words with a version of that information expressed visually in a flowchart, diagram, model, graph, or table.

Integrate multimedia and visual displays into presentations that describe that when the arrangement of objects interacting at a distance changes, different amounts of potential energy are stored in the system to clarify information, strengthen claims and evidence, and add interest.

Cite specific textual evidence to support analysis of science and technical texts to support the claim that when the kinetic energy of an object changes, energy is transferred to or from the object, attending to the precise details of explanations or descriptions.

Write arguments to support the claim that when the kinetic energy of an object changes, energy is transferred to or from the object.

#### *Mathematics*

Reason abstractly and quantitatively by interpreting numerical, graphical displays of data to describe the relationships of kinetic energy to the mass of an object and to the speed of an object.

Describe a ratio relationship between kinetic energy and mass separately from kinetic energy and speed.

Understand the concept of a unit rate  $a/b$  associated with a ratio  $a:b$  with  $b \neq 0$ , and use rate language in the context of a ratio relationship between kinetic energy and mass separately from kinetic energy and speed.

Recognize and represent proportional relationships between kinetic energy and mass separately from kinetic energy and speed.

Know and apply the properties of integer exponents to generate equivalent numerical expressions when describing the relationships between kinetic energy and mass separately from kinetic energy and speed.

When constructing and interpreting graphical displays of data to describe the relationships of kinetic energy to the mass of an object and to the speed of an object, use square root and cube root symbols to represent solutions to equations of the form  $x^2=p$  and  $x^3=p$ , where  $p$  is a positive rational number. Evaluate square roots of small perfect squares and cube roots of small perfect cubes. Know that  $\sqrt{2}$  is irrational.

When constructing and interpreting graphical displays of data to describe the relationships of kinetic energy to the mass of an object and to the speed of an object, interpret the equation  $y = mx + b$  as defining a linear function whose graph is a straight line; give examples of functions that are not linear.

Reason abstractly and quantitatively when analyzing data to support the claim that when the kinetic energy of an object changes, energy is transferred to or from the object.

Understand the concept of ratio and use ratio language to describe the ratio relationships between the change in the kinetic energy of an object and the energy transferred to or from the object.

Recognize and represent proportional relationships between the change in the kinetic energy of an object and the energy transferred to or from the object.

Interpret the equation  $y = mx + b$  as defining a linear function whose graph is a straight line; give examples of functions that are not linear when describing the change in the kinetic energy of an object and the energy transferred to or from the object.

#### Modifications

*(Note: Teachers identify the modifications that they will use in the unit. See NGSS Appendix D: [All Standards, All Students/Case Studies for vignettes and explanations of the modifications.](#))*

- Structure lessons around questions that are authentic, relate to students' interests, social/family background and knowledge of their community.
- Provide students with multiple choices for how they can represent their understandings (e.g. multisensory techniques-auditory/visual aids; pictures, illustrations, graphs, charts, data tables, multimedia, modeling).
- Provide opportunities for students to connect with people of similar backgrounds (e.g. conversations via digital tool such as SKYPE, experts from the community helping with a project, journal articles, and biographies).
- Provide multiple grouping opportunities for students to share their ideas and to encourage work among various backgrounds and cultures (e.g. multiple representation and multimodal experiences).
- Engage students with a variety of Science and Engineering practices to provide students with multiple entry points and multiple ways to demonstrate their understandings.
- Use project-based science learning to connect science with observable phenomena.
- Structure the learning around explaining or solving a social or community-based issue.
- Provide ELL students with multiple literacy strategies.
- Collaborate with after-school programs or clubs to extend learning opportunities.
- Restructure lesson using UDL principals ([http://www.cast.org/our-work/about-udl.html#.VXmoXcfD\\_UA](http://www.cast.org/our-work/about-udl.html#.VXmoXcfD_UA))

**Research on Student Learning**

Students tend to think that energy transformations involve only one form of energy at a time. Although they develop some skill in identifying different forms of energy, in most cases their descriptions of energy-change focus only on forms which have perceivable effects. Finally, it may not be clear to students that some forms of energy, such as light, sound, and chemical energy, can be used to make things happen.

The idea of energy conservation seems counterintuitive to middle-school students who hold on to the everyday use of the term energy. Even after instruction, however, students do not seem to appreciate that energy conservation is a useful way to explain phenomena. A key difficulty students have in understanding conservation appears to derive from not considering the appropriate system and environment. In addition, middle students tend to use their conceptualizations of energy to interpret energy conservation ideas. For example, some students interpret the idea that "energy is not created or destroyed" to mean that energy is stored up in the system and can even be released again in its original form. Or, students may believe that no energy remains at the end of a process, but may say that "energy is not lost" because an effect was caused during the process (for example, a weight was lifted) ([NSDL, 2015](#))

**Prior Learning**

*By the end of Grade 5, students understand that:*

- Energy is present whenever there are moving objects, sound, light, or heat.
- When objects collide, energy can be transferred from one object to another, thereby changing the objects' motion. In such collisions, some energy is typically also transferred to the surrounding air; as a result, the air gets heated and sound is produced.
- Light also transfers energy from place to place.
- Energy can also be transferred from place to place by electric currents, which can then be used locally to produce motion, sound, heat, or light.
- Transforming the energy of motion into electrical energy may have produced currents.
- When objects collide, the contact forces the transfer of energy so as to change the objects' motions.

**Future Learning**

- Energy is a quantitative property of a system that depends on the motion and interactions of matter and radiation within that system. That there is a single quantity called energy is due to the fact that a system's total energy is conserved, even as, within the system, energy is continually transferred from one object to another and between its various possible forms.
- At the macroscopic scale, energy manifests itself in multiple ways, such as in motion, sound, light, and thermal energy. These relationships are better understood at the microscopic scale, at which all of the different manifestations of energy can be modeled as a combination of energy associated with the motion of particles and energy associated with the configuration (relative position of the particles).
- In some cases, the relative position of energy can be thought of as stored in fields (which mediate interactions between particles). This last concept includes radiation, a phenomenon in which energy stored in fields moves across space.
- Conservation of energy means that the total change of energy in any system is always equal to the total energy transferred into or out of the system.

- Energy cannot be created or destroyed, but it can be transported from one place to another and transferred between systems.
- Mathematical expressions, which quantify how the stored energy in a system depends on its configuration (e.g., relative positions of charged particles, compression of a spring) and how kinetic energy depends on mass and speed, allow the concept of conservation of energy to be used to predict and describe system behavior.
- The availability of energy limits what can occur in any system.
- Uncontrolled systems always evolve toward more stable states—that is, toward more uniform energy distribution (e.g., water flows downhill, objects hotter than their surrounding environment cool down).
- Newton’s law of universal gravitation and Coulomb’s law provide the mathematical models to describe and predict the effects of gravitational and electrostatic forces between distant objects.
- Forces at a distance are explained by fields (gravitational, electric, and magnetic) permeating space that can transfer energy through space. Magnets or electric currents cause magnetic fields; electric charges or changing magnetic fields cause electric fields.
- Attraction and repulsion between electric charges at the atomic scale explain the structure, properties, and transformations of matter, as well as the contact forces between material objects.

#### Connections to Other Units

##### Grade 7, Unit 1: Structure and Properties of Matter

- Each atom has a charged substructure consisting of a nucleus, which is made of protons and neutrons, surrounded by electrons.
- The periodic table orders elements horizontally by the number of protons in the atom’s nucleus and places those with similar chemical properties in columns. The repeating patterns of this table reflect patterns of outer electron states.

##### Grade 7, Unit 2: Interaction of Matter

- The structure and interactions of matter at the bulk scale are determined by electrical forces within and between atoms.
- A stable molecule has less energy than the same set of atoms separated; one must provide at least this energy in order to take the molecule apart.

##### Grade 6, Unit 4: Forces and Motion

- For any pair of interacting objects, the force exerted by the first object on the second object is equal in strength to the force that the second object exerts on the first, but in the opposite direction (Newton’s third law).
- The motion of an object is determined by the sum of the forces acting on it; if the total force on the object is not zero, its motion will change. The greater the mass of the object, the greater the force needed to achieve the same change in motion. For any given object, a larger force causes a larger change in motion.
- All positions of objects and the directions of forces and motions must be described in an arbitrarily chosen reference frame and arbitrarily chosen units of size. In order to share information with other people, these choices must also be shared.

**Grade 6, Unit 7: Weather and Climate**

- Weather and climate are influenced by interactions involving sunlight, the ocean, the atmosphere, ice, landforms, and living things. These interactions vary with latitude, altitude, and local and regional geography, all of which can affect oceanic and atmospheric flow patterns.
- Because these patterns are so complex, weather can only be predicted probabilistically.
- The ocean exerts a major influence on weather and climate by absorbing energy from the sun, releasing it over time, and globally redistributing it through ocean currents.

**Sample of Open Education Resources**

[Soccer - Kick It](#): In this video, watch how two young soccer players investigate the relationship between the size of a player's leg and how far the ball can be kicked.

[It's All Downhill: Forces and Sports Lesson Plan](#): This lesson plan allows the learner to do free research to find information on a sport and the physics in that particular sport. This lesson references a streaming video from Discovery School. It is not entirely necessary to complete the lesson.

[Energy Skate Park: Basics](#): With this lesson, students learn about conservation of energy with a skateboarding simulation. Students build tracks, ramps, and jumps for the skater and view the kinetic energy, potential energy and friction as he moves. There are teacher-suggested lessons using the simulation.

[Energy: Different Kinds of Energy](#): Students use simulations to learn about potential and kinetic energy, how it is classified and how to calculate it.



## Appendix A: NGSS and Foundations for the Unit

**Construct and interpret graphical displays of data to describe the relationships of kinetic energy to the mass of an object and to the speed of an object.**

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**Develop a model to describe that when the arrangement of objects interacting at a distance changes, different amounts of potential energy are stored in the system.** *[Clarification Statement: Emphasis is on relative amounts of potential energy, not on calculations of potential energy. Examples of objects within systems interacting at varying distances could include: the Earth and either a roller coaster cart at varying positions on a hill or objects at varying heights on shelves, changing the direction/orientation of a magnet, and a balloon with static electrical charge being brought closer to a classmate's hair. Examples of models could include representations, diagrams, pictures, and written descriptions of systems.]* [Assessment Boundary: Assessment is limited to two objects and electric, magnetic, and gravitational interactions.] (MS-PS3-2)

**Construct, use, and present arguments to support the claim that when the kinetic energy of an object changes, energy is transferred to or from the object.**

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The performance expectations above were developed using the following elements from the NRC document *A Framework for K-12 Science Education*:

Science and Engineering Practices	Disciplinary Core Ideas	Crosscutting Concepts
<p><b>Developing and Using Models</b></p> <ul style="list-style-type: none"> <li>Develop a model to describe unobservable mechanisms. (MS-PS3-2)</li> </ul> <p><b>Analyzing and Interpreting Data</b></p> <ul style="list-style-type: none"> <li>Construct and interpret graphical displays of data to identify linear and nonlinear relationships. (MS-PS3-1)</li> </ul> <p><b>Engaging in Argument from Evidence</b></p> <ul style="list-style-type: none"> <li>Construct, use, and present oral and written arguments supported by empirical evidence and scientific reasoning to support or refute an explanation or a model for a phenomenon. (MS-PS3-5)</li> </ul> <p>-----</p>	<p><b>PS3.A: Definitions of Energy</b></p> <ul style="list-style-type: none"> <li>Motion energy is properly called kinetic energy; it is proportional to the mass of the moving object and grows with the square of its speed. (MS-PS3-1)</li> <li>A system of objects may also contain stored (potential) energy, depending on their relative positions. (MS-PS3-2)</li> </ul> <p><b>PS3.B: Conservation of Energy and Energy Transfer</b></p> <ul style="list-style-type: none"> <li>When the motion energy of an object changes, there is inevitably some other change in energy at the same time. (MS-PS3-5)</li> </ul> <p><b>PS3.C: Relationship Between Energy and Forces</b></p> <ul style="list-style-type: none"> <li>When two objects interact, each one exerts a force on the other that can cause energy to be</li> </ul>	<p><b>Scale, Proportion, and Quantity</b></p> <ul style="list-style-type: none"> <li>Proportional relationships (e.g. speed as the ratio of distance traveled to time taken) among different types of quantities provide information about the magnitude of properties and processes. (MS-PS3-1)</li> </ul> <p><b>Systems and System Models</b></p> <ul style="list-style-type: none"> <li>Models can be used to represent systems and their interactions – such as inputs, processes, and outputs – and energy and matter flows within systems. (MS-PS3-2)</li> </ul> <p><b>Energy and Matter</b></p> <ul style="list-style-type: none"> <li>Energy may take different forms (e.g. energy in fields, thermal energy, energy of motion). (MS-PS3-5)</li> </ul>

<p><b>Connections to Nature of Science</b></p> <p><b>Scientific Knowledge is Based on Empirical Evidence</b></p> <ul style="list-style-type: none"> <li>Science knowledge is based upon logical and conceptual connections between evidence and explanations (MS-PS3-5)</li> </ul>	<p>transferred to or from the object. (MS-PS3-2)</p>	
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English Language Arts	Mathematics
<p>Cite specific textual evidence to support analysis of science and technical texts, attending to the precise details of explanations or descriptions. (MS-PS3-1),(MS-PS3-5) <b>RST.6-8.1</b></p> <p>Integrate quantitative or technical information expressed in words in a text with a version of that information expressed visually (e.g., in a flowchart, diagram, model, graph, or table). (MS-PS3-1) <b>RST.6-8.7</b></p> <p>Write arguments focused on discipline content. (MS-PS3-5) <b>WHST.6-8.1</b></p> <p>Conduct short research projects to answer a question (including a self-generated question), drawing on several sources and generating additional related, focused questions that allow for multiple avenues of exploration. (MS-PS3-3) <b>WHST.6-8.7</b></p> <p>Integrate multimedia and visual displays into presentations to clarify information, strengthen claims and evidence, and add interest. (MS-PS3-2) <b>SL.8.5</b></p>	<p>Reason abstractly and quantitatively. (MS-PS3-1),( MS-PS3-5) <b>MP.2</b></p> <p>Understand the concept of ratio and use ratio language to describe a ratio relationship between two quantities. (MS-PS3-1),(MS-PS3-5) <b>6.RP.A.1</b></p> <p>Understand the concept of a unit rate <math>a/b</math> associated with a ratio <math>a:b</math> with <math>b \neq 0</math>, and use rate language in the context of a ratio relationship. (MS-PS3-1) <b>6.RP.A.2</b></p> <p>Recognize and represent proportional relationships between quantities. (MS-PS3-1),(MS-PS3-5) <b>7.RP.A.2</b></p> <p>Know and apply the properties of integer exponents to generate equivalent numerical expressions. (MS-PS3-1) <b>8.EE.A.1</b></p> <p>Use square root and cube root symbols to represent solutions to equations of the form <math>x^2 = p</math> and <math>x^3 = p</math>, where <math>p</math> is a positive rational number. Evaluate square roots of small perfect squares and cube roots of small perfect cubes. Know that <math>\sqrt{2}</math> is irrational. (MS-PS3-1) <b>8.EE.A.2</b></p> <p>Interpret the equation <math>y = mx + b</math> as defining a linear function, whose graph is a straight line; give examples of functions that are not linear. (MS-PS3-1),(MS-PS3-5) <b>8.F.A.3</b></p>