***Lesson Title:* Exploring the Wonders of [Topic]**

**Video:**

***Duration:* 90 minutes**

***Application to real world:***

***Objective:*** Introduce participants to the basic concepts of the STEM of Kicking through engaging hands-on activities, fostering curiosity and understanding in informal science settings.

***Materials Needed:***

*Click to see and download materials list, complete with brands and vendors.*

**Cost estimate to build 20+ kits:**

* Without the need to purchase a Heavy Duty 3-Hole Punch: $25.
* With Heavy-Duty 3-Hole Punch included: $50

**Hook:** Kicking a ball is an important part of sports like soccer, football, and kickball.

*Introduction:*

1. Briefly explain the importance of the STEM of Kicking in everyday life. For example, kicking shares a lot of elements with walking or running.
2. Share a relatable real-world example that demonstrates the relevance of the STEM of Kicking. Examples:
* Your favorite memory of a football game won by the kicking of a field goal
* A soccer game that was won on a penalty kick.
1. Set the tone for the session: "Today, we will embark on a journey to explore the fascinating world of the STEM of Kicking through interactive experiments and activities!"

*Activity:* the STEM of Kicking *- Add photos throughout*

1. Provide a clear explanation of the activity's purpose and goals.

For Example: “You will be building a leg and adding the muscles the leg uses to kick a ball.”

1. Demonstrate the step-by-step procedure of the activity. (Link to instructions)
2. Allow participants to follow along and perform the activity themselves.
3. Encourage participants to ask questions and make observations during the activity.
4. Discuss the science behind the activity, emphasizing key concepts and principles.
5. Foster a sense of exploration by prompting participants to think creatively and make predictions.
6. Relate the activity to real-life applications or phenomena related to the STEM of Kicking.
7. Address any misconceptions that may arise during the activity.
8. Discuss the outcomes of the activity and how they relate to the principles of [Topic].
9. Engage participants in a reflective discussion about the overall experience and newfound knowledge.

*Conclusion:*

1. Summarize the key takeaways from each activity, reinforcing the core concepts of the STEM of Kicking.
	1. How do you see your world differently now?
2. Encourage participants to continue exploring and experimenting with [Topic] in their daily lives.
3. Provide additional resources, such as books, websites, or community events, for further learning.
4. Express gratitude for participants' engagement and curiosity, emphasizing the importance of informal science exploration.

*Extensions (how to scale for your child’s grade level):*

1. Suggest variations or more advanced activities for participants who want to dive deeper into the STEM of Kicking.
2. Offer opportunities for participants to share their own discoveries and experiments with the group.
3. Provide guidance on how participants can connect with local science enthusiasts or organizations for ongoing learning.

**Feedback from participants:**

1. **How did you incorporate spirituality/faith into this lesson?**
2. **What feedback do you have?**