## Speed Challenge



Name: \_\_\_\_\_

## Materials:

- -2 timers
- -1 meter stick
- -1 roll of masking tape
- -1 marker

## Procedure:

1. Create your "race" track.

Find a spot in the hallway and measure off a 10 meter race track. Use 3 pieces of tape to mark the beginning, middle, and end of your track. Mark each distance (0m, 5m, and 10m) on the tape with a marker.

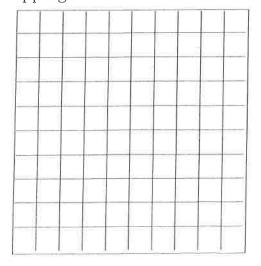
2. Each team member will need to perform the following tasks for each distance: hopping, walking backwards, walking (regular rate), and speed walking. Your team will need people with timers or stopwatches at the 5 meter and 10 meter points. Record the time it takes to perform each task.

NOTE: Speed walking is going fast as you can without jogging or running!

3. Collect your data. Then use the information to calculate the speed for each task and distance. Round your answers to the nearest hundredth if needed. Label your answers!

TASK	DISTANCE	TIME	SPEED
Hopping	5 m		
	10m		
Walking Backwards	5 m		
	10 m		
Walking Regular	5 m		
	10 m		
Speed Walking	5 m		
	10 m		

4. Graph your results. For each task. Hopping



Walking Backwards

