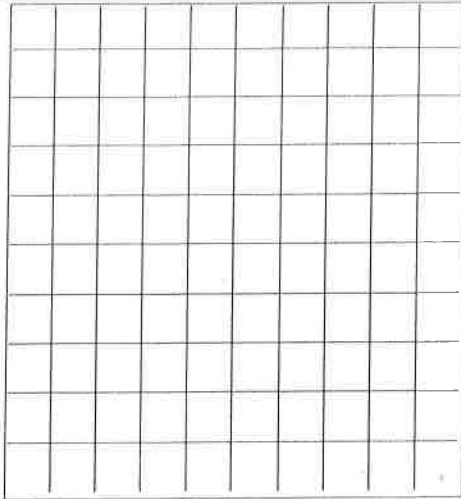
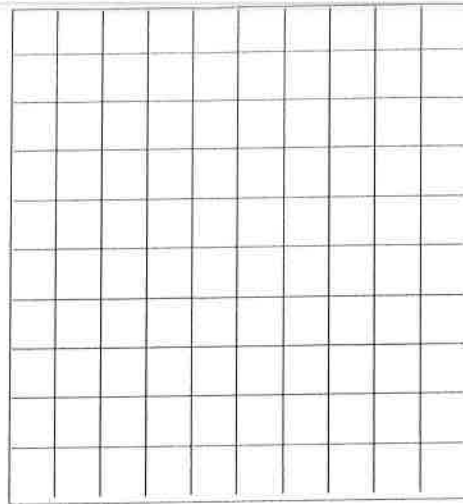


## Walking Regular



## Speed Walking



### Conclusion Questions:

1. Which task and distance resulted in the fastest speed? Write the task, the distance, and the speed.
2. Which task and distance resulted in the slowest speed? Write the task, the distance, and the speed.
3. How far could you speed walk in 10 minutes based on your speed for the 10 meter trial? Show your work!
4. How long would it take you to hop 30 meters based on your speed for the 5 meter trial? Show your work!
5. How far could you travel walking backwards in 15 minutes based on your results for the 5 meter trial? Show your work!
6. How long would it take you to walk (regular rate) 1 kilometer (or 1,000 m) based on your speed for the 10 meter trial? Show your work!
7. Are your results accurate? Why or why not?