**Speed Challenge**                    Name _____

## Get Ready!

Step 1:  Gather your materials!
Each team needs 2 timers, 1 meterstick, 1 roll of masking tape, and 1 marker.

Step 2:  Create your "race" track!
Find a spot in the hallway and measure off a 10 meter race track.  Use three pieces of tape to mark the beginning, middle, and end of your track.  Mark each distance   (0 m, 5 m, and 10 m) on the tape with a marker.

Step 3:  Go for it!
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 as fast as you can <u>without</u> jogging or running!

## Collect That Data!

Record your data from the experiment in the chart, then use the information to calculate the speed for each task and distance.  Round answers to the nearest hundredth if needed. Label your answers!

| Task | Distance | Time | Speed |
|------|----------|------|-------|
| Hopping | 5 m | | |
| | 10 m | | |
| Walking Backwards | 5 m | | |
| | 10 m | | |
| Walking Regular | 5 m | | |
| | 10 m | | |
| Speed Walking | 5 m | | |
| | 10 m | | |

**Think About It!**

1. Which task and distance resulted in the fastest speed?

     Task = _____     Distance = _____     Speed = _____

2. Which task and distance resulted in the slowest speed?

     Task = _____     Distance = _____     Speed = _____

3. How far could you <u>speed walk</u> in 10 minutes based on your speed for the <u>10 meter trial</u>? Show your work!

4. How long would it take you to <u>hop</u> 30 meters based on your speed for the <u>5 meter trial</u>? Show your work!

5. How far could you travel <u>walking backwards</u> in 15 minutes based on your results for the <u>5 meter trial</u>? Show your work!

6. How long would it take you to <u>walk (regular rate)</u> 1 kilometer (or 1,000 m) based on your speed for the <u>10 meter trial</u>? Show your work!

7. Are your results accurate? Why or why not?