

M&F SECTION 1.2 LAB INVESTIGATION

★ **Calculating your Speed** *MAKE UP LAB!*



Speed is a change of position over time and is calculated as distance divided by time. In this experiment you will

- measure the time it takes to transit a fixed distance
- calculate your speed

★ **Problem:** How fast can you run, hop, walk, walk backwards, and speed walk?

★ **Hypothesis:** *(Write a complete sentence predicting what you think will happen.)*

Procedure:

1. Set up a data table as shown below:

MATERIALS

- stopwatch
- masking tape
- meter stick

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Task	Distance (m)	Time (s)	Speed (m/s)
running	10	2.23	
hopping	10	3.70	
walking	10	7.63	
walking backwards	10	3.03	
speed walking	10	3.00	

2. Find a suitable place to mark off a ten meter straight course. Use masking tape to mark a start and finish line.
3. Have students take turns completing each 10 meter distance using each form of movement.

Record and Calculate:

Record your time for each 10 meter trial on your data table.
 Calculate your speed in m/s by dividing your distance (10) by your time.

★ **Conclude:** *Write a conclusion (answer to the problem) in a complete sentence.*

