

Name _____

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Lab: Speed Machines

Each team member will perform the following tasks at a set distance of **10 meters**: running, hopping with 2 feet, walking backwards, & walking. Partner A will stand at the finish line with the stopwatch while Partner B begins at the start line & completes 3 trials of each activity. Record your partner's time on THEIR paper. *Wait to calculate the averages & speed when you return to the classroom.*



1. Running (red)

	Distance (meters)	Time (seconds)	Average Speed (meters/second)
Trial #1	10		
Trial #2	10		
Trial #3	10		
Average	10		

2. Hopping with 2 feet (orange)

	Distance (meters)	Time (seconds)	Average Speed (meters/second)
Trial #1	10		
Trial #2	10		
Trial #3	10		
Average	10		

3. Walking backwards (be careful!!!) (green)

	Distance (meters)	Time (seconds)	Average Speed (meters/second)
Trial #1	10		
Trial #2	10		
Trial #3	10		
Average	10		

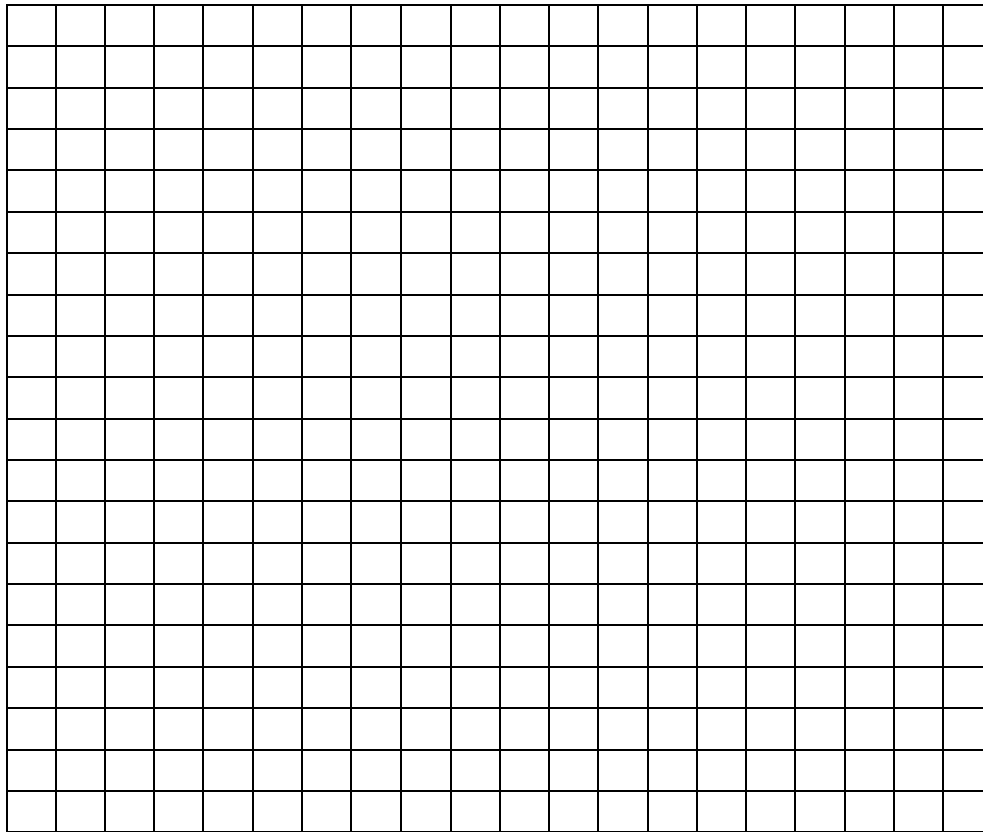
4. Walking (normal pace) (blue)

	Distance (meters)	Time (seconds)	Average Speed (meters/second)
Trial #1	10		
Trial #2	10		
Trial #3	10		
Average	10		

Analysis & Conclusion

1. Graph the results of the lab using a different color for each task (note the colors listed on the other side).

Distance (m)



Time (s)

2. Which task had the **fastest** average speed? *Task = _____ Average Speed = _____*

3. Which task had the **slowest** average speed? *Task = _____ Average Speed = _____*

4. How far could you walk (normal pace) in 10 minutes based on your average speed?

5. How long would it take you to hop 30 meters?

6. How far could you travel walking backwards in 15 minutes?

7. How long would it take you to run 1 kilometer (or 1,000 m)?