



Name _____

Speed Walking

Before You Begin: Describe speed -

Question: Keeping both feet on the floor at all times, how fast can you walk 5 meters?

Hypothesis:

Materials:

Masking tape	Meter stick	Stopwatch
--------------	-------------	-----------

Procedure:

1. Use the meter stick to measure a 5 meter line on the floor. Mark the beginning and end of the line with a piece of masking tape.
2. Have your partner time how long it takes you to walk the 5 meters. Keep both feet on the floor the entire time!
3. Record your data.
4. Repeat for a total of 5 trials.
5. Find your average time, and then use the formula **Speed = Distance ÷ Time** to find your average speed while walking.
6. Switch places and time your partner.

Data:

Time to Walk 5 Meters					
Trial 1	Trial 2	Trial 3	Trial 4	Trial 5	Average Time

My average speed is (show your calculations):

Questions:

1. Use your textbook or notes to define / describe:

a. Average speed

b. Constant speed

2. Look at the formula for speed again. If you knew the speed of a moving object and the distance the object went, explain how to find the time it took for the object to move.

3. Look at the formula for speed again. If you knew the speed of a moving object and the time it took to move, explain how to find the distance the object traveled.
