

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Speed and Velocity Lab

### Materials:

- Measured area to perform the tests (20 meters)
- Stopwatch
- 2 Students

### Procedure:

1. Find the spot that marks 20m from the starting line.
2. One team member will perform each of the tasks in the table below while the other student records the amount of time it takes to complete each task.
3. Trade positions with your teammate and record the second set of data.
4. Answer the questions on the back of this worksheet with using the data you just gathered.
5. Each student must hand in his/her own copy of the worksheet to receive a grade.

**NOTE: SPEED WALKING IS WALKING AS FAST AS YOU CAN WITHOUT JOGGING OR RUNNING.**

### Data Tables:

*Data for Person #1*

	Distance (meters)	Time (seconds)	Speed ( $\frac{m}{s}$ )
Walking			
Walking backward			
Speed walking			
Hopping			

*Data for Person #2*

	Distance (meters)	Time (seconds)	Speed ( $\frac{m}{s}$ )
Walking			
Walking backward			
Speed walking			
Hopping			

Name: \_\_\_\_\_

Date: \_\_\_\_\_

**Questions:**

1. Which task provided the fastest speed?
2. Which task provided the slowest speed?
3. How far could you *speed walk* in 10 minutes? Use your speed from the 20m test to calculate the answer. Show your work or you will not receive credit.
4. How long would it take you to *hop* 300 meters? Use your speed from the 20m test to calculate the answer. Show your work or you will not receive credit.
5. How far could you *walk backwards* in one hour? Use your speed from the 20m test to calculate the answer. Show your work or you will not receive credit.
6. How long would it take you to *walk* (not speed walk) 1km? Use your speed from the 20m test to calculate the answer. Show your work or you will not receive credit.
7. What was your velocity when you were *speed walking*?