

Name _____ Date _____ Block _____

Speed Walking Lab

Question: What is the difference in speeds of the following activities: walking, speed walking, walking backwards, and hopping?

Purpose: The purpose of this lab is to practice calculating speed.

Hypothesis: Make a hypothesis about the relative speeds of the activities, from fastest to slowest. Don't forget to write it as an "If...then" statement!

Materials: Timer, lab notebook, and pencil.

Variables:

Independent Variable: _____

Dependent Variable: _____

Control Variables: _____

Procedure:

1. Define your roles: 1 recorder, 2 timers, and 1 performer.
2. The performer will find the starting point. The timer will be at the end of the 10 meters. The recorder will need the task performed and the time it took the person to perform the task.

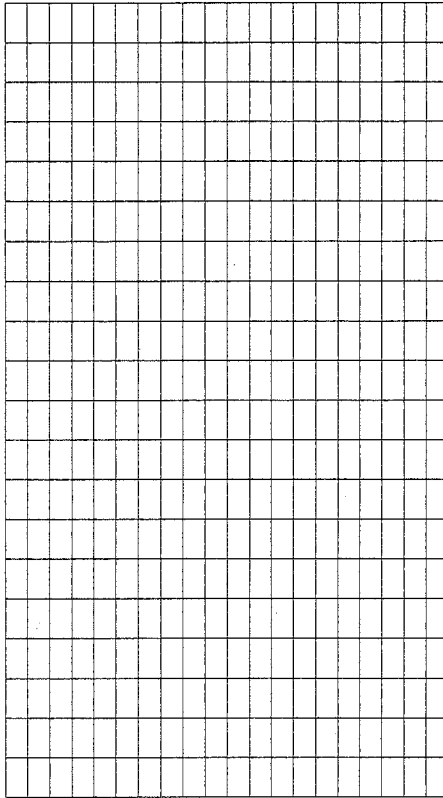
Go for it! The same person will perform the following tasks for each distance: hopping, walking backwards, walking (regular rate), and speed walking.

NOTE: Speed walking is going as fast as you can without jogging or running!

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! Don't forget the correct UNITS.

Task	Trial 1		Trial 2		Trial 3		Average Speed
	Time	Speed	Time	Speed	Time	Speed	
Hopping							
Walking backwards							
Walking (regular rate)							
Speed walking							

Graph your average speed.



Analysis:

1. Which task resulted in the fastest speed? What was the speed?

2. Which task resulted in the slowest speed? What was the speed?

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

4. How long would it take you to hop 30 meters based on the speed for the hopping activity? Show your work!

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

Conclusion:

Re-state the purpose, describe whether or not your hypothesis was correct and WHY, explain what you learned about speed, and list TWO possible errors you may have made that affected your results.
