



## HOW FAST

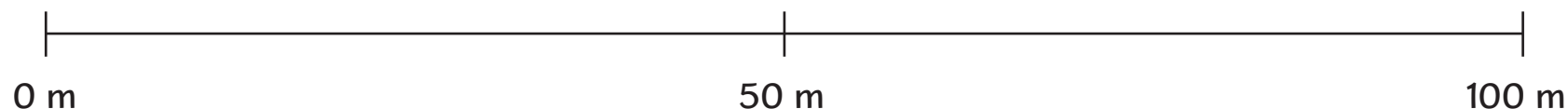
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## Instructions for drawing your own distance-time graph



- stop watch
- trundle wheel

1 Measure 100 m on your playing field and make a mark at 50 m as shown.



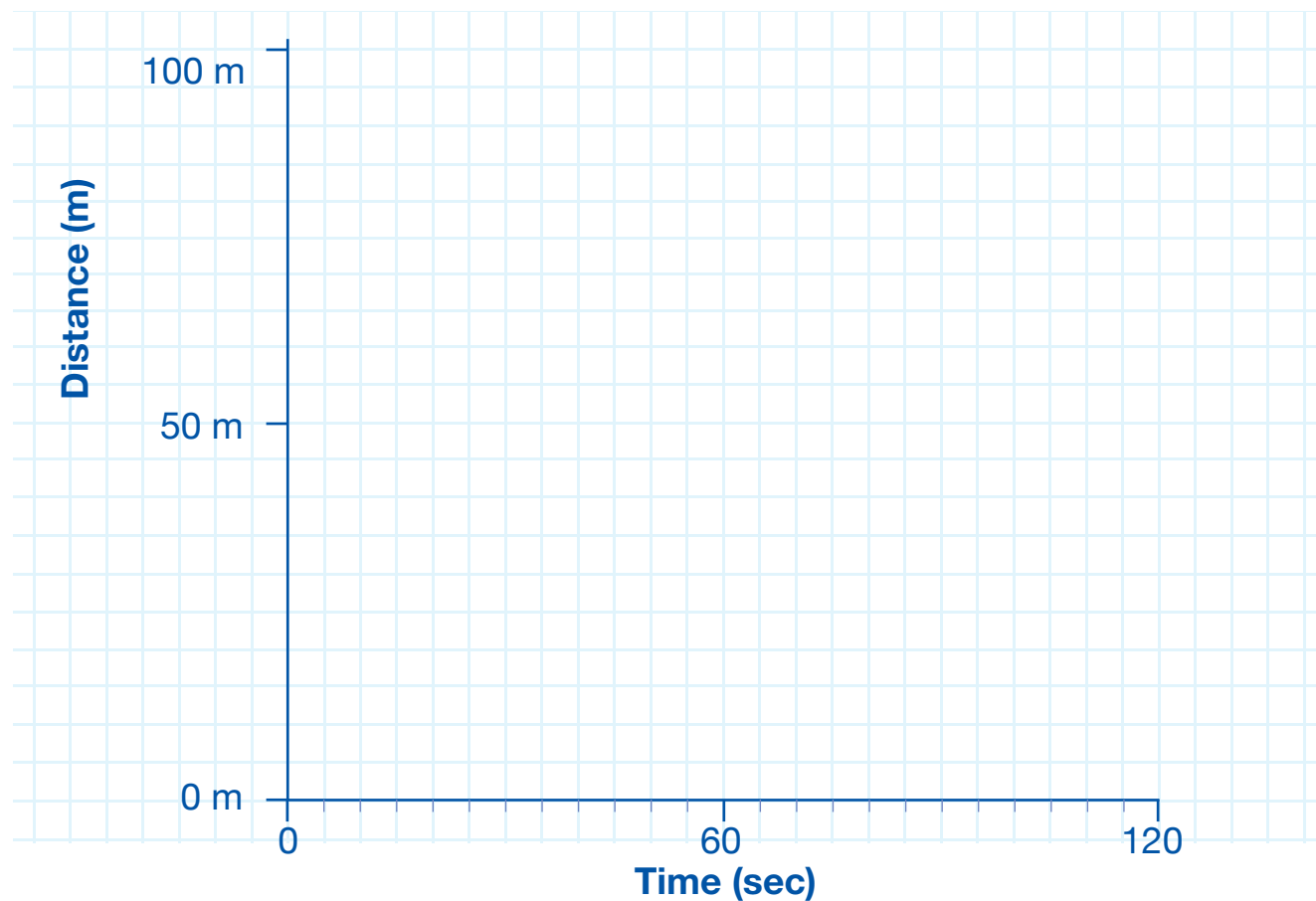
2 Use this table to note the following times as your partner

- walks or runs from 0-50 m,
- stops for 30 secs (time this),
- runs or walks to 100 m

|   | Time | Distance   |
|---|------|------------|
|   | 0    | 0m         |
| 1 |      | 50 m stop  |
| 2 |      | 50 m start |
| 3 |      | 100 m stop |

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- 3 Use these axes to draw a distance-time graph.



- 4 Questions:
- a Did your partner run faster in the first or second 50 m?  
How can you tell?
  - b What was the average speed of your partner for
    - i section 1
    - ii section 2
    - iii the whole distance