

Name _____

Date _____

Period _____

Walking Lab

Objectives:

1. To learn how to interpret speed graphs
2. To learn how to plot data of distance and time on a graph
3. To use SI units of the metric systems correctly

Materials:

Meter stick	Timer
Tape	Graph paper
Marker	Pencil
Composition book	Color pencil

Procedures:

1. Make a 30 meters-long track
2. Place a tape marker at on the 0m, 5m, 10m, 15m, 20m, 25m, and 30m
3. Have 7 volunteers to walk at a different pace
4. Have a timer at each marker, all timers should "start" the timer simultaneously
5. Each timer will "stop" the time when the walker reaches their mark
6. Walker 1- normal walk at a constant speed
7. Walker 2- SLOW- constant speed
8. Walker 3- FAST- constant speed
9. Walker 4- normal constant speed for 10 m, then speed up
10. Walker 5- normal constant speed for 10 m, then slow down
11. Walker 6- FAST constant speed to the 10th meters, stop for 5 seconds, constant SLOW to the end
12. Walker 7- normal constant speed to the 15th meters, stop for 5 seconds, return home
13. Record all the data (time in seconds) on your data-table
14. Plot each walker on the graph with the color assigned on the data-table

Walker	Color	Time (seconds)					
		5 m	10 m	15 m	20 m	25 m	30 m
Normal walk-constant	Black						
Slow-constant	red						
Fast constant	orange						
Normal first, then speed-up	Navy blue						
Normal first, then slow-down	green						
Fast-stop-slow	Light blue						
Normal constant, stop, return	brown						

