

# Motion Lab



Prove to me how fast you  
can run...

...relative to the classroom  
floor.

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Be sure to come up with a hypothesis before you start taking data. **How fast do you think you can run?**

Next, take data to plot a graph of distance against time. You will need SEVERAL people with stop watches to get more than one data point on the graph.

Then use your graph to calculate your speed.

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Please write-up and hand in:

**Name**

**Hypothesis:** How fast do you think you can run?

**Procedure:** The step by step instructions your group followed.

**Materials:** A list of the equipment you used.

**Data:** A table showing the numbers you measured during the experiment.

**Analysis:** Show how you calculated your speed. What does the data show?

**Conclusions:** Based on your data, was your hypothesis right or wrong? If it was wrong, how far off were you? (Use numbers!)