

How fast can you run?

Are you as fast as an ostrich?

The Ostrich is a very fast running bird that is flightless

My Prediction: _____

Need:

Stopwatch

Somewhere to run

Someone to time you



How to:

Record your times in seconds. *Example 15 seconds*

Run a 100m distance several times and record your times:

| Distance | Run 1 | Run 2 | Run 3 | Run 4 | Run 5 |
|----------|-------|-------|-------|-------|-------|
| 100m | | | | | |

Speed formula:

$$S = \frac{D}{T}$$

$$\text{Speed} = \frac{\text{Distance}}{\text{Time}}$$



Work out your running speed:

Example: If my run #1 was 15 seconds

100 divided by 15 Equals: 6.67 My speed is 6.67 m/s

$$6.67 = \frac{100 \text{ meters}}{15 \text{ seconds}}$$

100m _____
(time)

Pick your best speed and write it in:

My speed is: _____ m/s (meters per second)

m/s to km/h

To convert your m/s to km/h you simply multiply the speed value by 3.6

Example: My speed is 6.67 m/s multiply by 3.6 = 24

$$6.67 \times 3.6 = 24$$

My speed is 24 km / h

My speed is: _____ km /h (kilometers per hour)



Ostriches running speeds are over 70 km/h.

They average 72 km / h, this makes the ostrich the fastest animal on two legs.

Ostrich speed is: 72 km/h

Compare the two speeds:

Ostrich speed:

My speed:

Which is greater?

Are you as fast as an ostrich?



