

Understanding Units

Materials: Stop watches, measuring tape

1. Mark and area 30 feet in length.
2. Split class into groups of three. One student will be the walker, one will be the starter, and one will record the ending time.
3. Each group will record the walking times for each of three walking styles:
 - a. Regular walking style
 - b. Late for class walking style
 - c. Lover's stroll walking style.
4. The walker in each group will start 10 feet or so behind the starting line to eliminate acceleration time. The starter will mark the walker's time as he/she crossing starting line. The finish-line team member will record the walker's time using the stop watch.
5. After all three walking styles have been recorded, teams will record walking speeds on a posted classroom chart, then calculate class average.

Team	Stroll Time	Walk Time	Power-walk Time
Class average			

6. Change average in seconds/feet to miles/hour.

$$\frac{5.29 \text{ ft}}{\text{sec}} \times \frac{1 \text{ mile}}{5280 \text{ ft}} \times \frac{3600 \text{ sec}}{1 \text{ hr}} = \frac{3.61 \text{ miles}}{\text{hr}}$$