

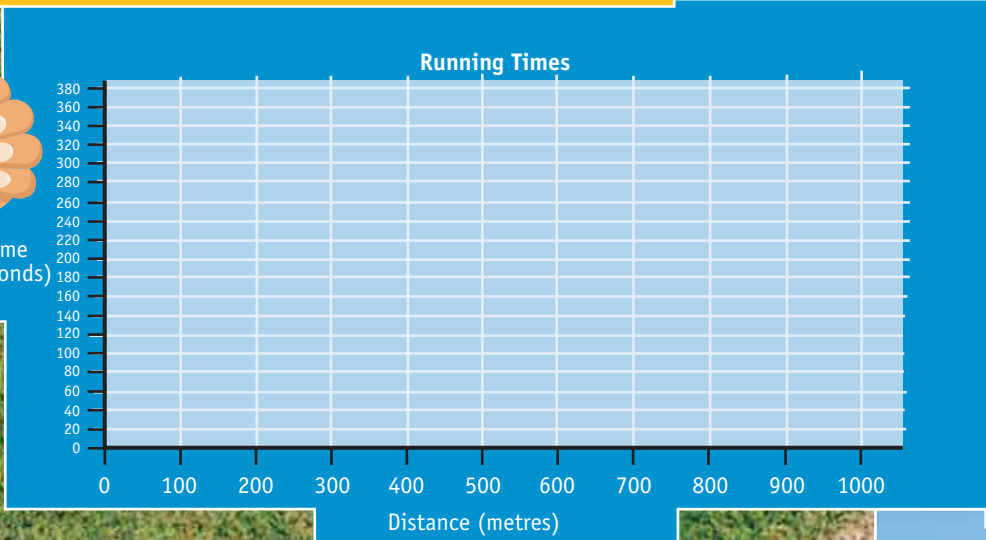
# Can't Catch Me!

- You need**
- sports shoes
  - a stopwatch
  - a long tape measure or a trundle wheel
  - classmates
  - pegs to mark distance

## Activity

1.
  - a. Mark out distances of 100 metres, 200 metres, and 400 metres on your school sports field.
  - b. Use a stopwatch to time a classmate running 100 metres. Then get them to time you over 100 metres. Record the times.
  - c. From the 100 metres times, estimate how long it will take you and your classmate to run 200 metres and 400 metres. Take turns to run the distances while the other person times with the stopwatch.
  - d. How do your times compare with your estimates? If your times were not close to your estimates, discuss the reasons for this with your classmate.

2.
  - a. Record your times on a graph like this:



- b. Use the graph to estimate the time you and your classmate would take to run 800 metres. Now run 800 metres with a group of classmates and see how close your estimates were.

3. Look up the world records for men and women over 100 metres, 200 metres, 400 metres, and 800 metres. What patterns can you see in the records?

