

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

**Velocity Lab**

**Directions:** We will mark a standard distance for *one* member of your group to travel. Help time the other members in the group while they walk the course. Fill in the table below with your data. We will calculate average velocity afterward. Makes sure to **include units!!**

Method	Trial	Distance (meters)	Time (seconds)	Average Velocity (m/s)
Walking	1			
	2			
	3			
Walking backwards	1			
	2			
	3			
Running	1			
	2			
	3			
Your Choice: _____	1			
	2			
	3			

Post-Lab Questions:

1. Which method resulted in the highest average velocity? Why?
  
2. Think of a way to move that would make your average speed higher than your average velocity.

**Part 2**

Make a bar graph of the four average velocities. Make sure to include titles and units. Use a ruler! Color or shade the bars neatly.

