|  |  |
| --- | --- |
| **Catch distance** | **Reaction Time** |
| **Centimetres** | **Milliseconds** | **Seconds** |
| **0** | **0** | 0.000 |
| **1** | **45** | 0.045 |
| **2** | **64** | 0.064 |
| **3** | **78** | 0.078 |
| **4** | **90** | 0.090 |
| **5** | **101** | 0.101 |
| **6** | **111** | 0.111 |
| **7** | **120** | 0.120 |
| **8** | **128** | 0.128 |
| **9** | **136** | 0.136 |
| **10** | **143** | 0.143 |
| **11** | **150** | 0.150 |
| **12** | **156** | 0.156 |
| **13** | **163** | 0.163 |
| **14** | **169** | 0.169 |
| **15** | **175** | 0.175 |
| **16** | **181** | 0.181 |
| **17** | **186** | 0.186 |
| **18** | **192** | 0.192 |
| **19** | **197** | 0.197 |
| **20** | **202** | 0.202 |
| **21** | **207** | 0.207 |
| **22** | **212** | 0.212 |
| **23** | **217** | 0.217 |
| **24** | **221** | 0.221 |
| **25** | **226** | 0.226 |
| **26** | **230** | 0.230 |
| **27** | **235** | 0.235 |
| **28** | **239** | 0.239 |
| **29** | **243** | 0.243 |
| **30** | **247** | 0.247 |

Test and improve your reaction time

**NAME**:

You can test your reaction time with a partner. One of you holds a 30cm ruler while the other holds their thumb and finger either side just below the 0cm mark.

The first person lets go of the ruler without warning. The other person has to close their thumb and finger as soon as they see the ruler drop.

Record the distance in **centimetres** and use the table on the left to find your reaction time in **milliseconds**. Milliseconds are thousandths of a second.

# Make a prediction

Are you right or left-handed?

* I am **LEFT** / **RIGHT** handed.

Do you think your left or right hand will have the fastest reaction time?

* My **LEFT** / **RIGHT** hand will have the fastest reaction time.

Use the table and graph on the rear to record the data. Does your reaction time improve the more you do it?

# Make a prediction

I think the reaction time of my LEFT hand will \_\_\_\_\_\_\_\_\_\_ milliseconds.

I think the reaction time of my RIGHT hand will \_\_\_\_\_\_\_\_\_ milliseconds.

Continued…

# LEFT HAND RIGHT HAND

|  |  |  |
| --- | --- | --- |
| **Attempt** | **Length (centimetres)** | **Time (milliseconds)** |
| 1st |  |  |
| 2nd |  |  |
| 3rd |  |  |
| 4th |  |  |
| 5th |  |  |
| 6th |  |  |
| 7th |  |  |
| 8th |  |  |

|  |  |  |
| --- | --- | --- |
| **Attempt** | **Length (centimetres)** | **Time (milliseconds)** |
| 1st |  |  |
| 2nd |  |  |
| 3rd |  |  |
| 4th |  |  |
| 5th |  |  |
| 6th |  |  |
| 7th |  |  |
| 8th |  |  |



# Draw a bar chart of the results for your best hand

Draw bars in milliseconds for each attempt.

# Conclusion

Was the prediction of your reaction time for each hand correct? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Did your reaction time improve the more times you attempted it? If it did, why do you think this happened?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_