



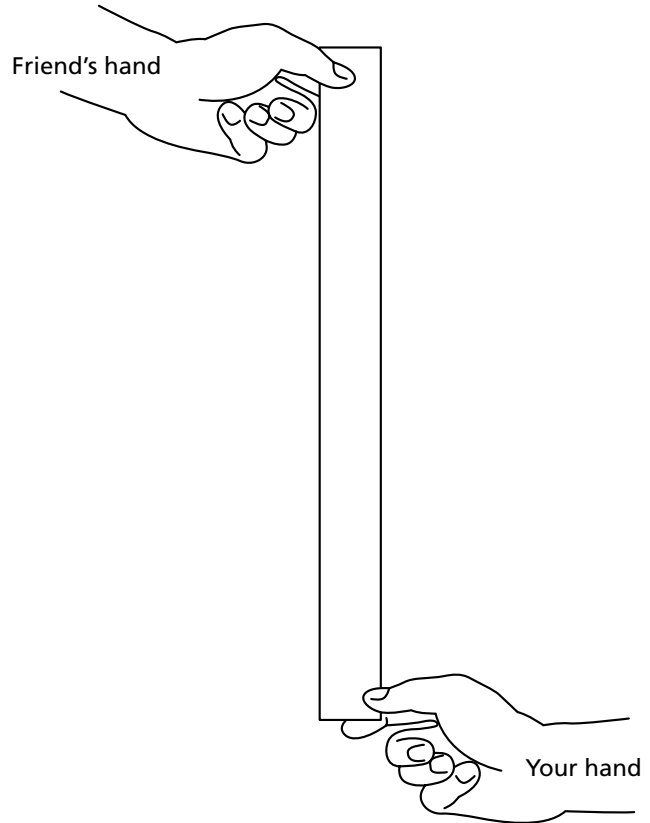
Name: Form:

Based on pages 16 and 17 of *Moving and growing*

How fast can you catch?

Try this...

1. Ask a friend to hold up a ruler as the diagram shows.
2. Place your right hand at the bottom of the ruler as the diagram shows, and leave a gap about two centimetres wide between your finger and thumb.
3. Ask your friend to let the ruler fall without warning you.
4. Try to catch the ruler between your finger and thumb.
5. Find the distance dropped by the ruler before you caught it. If you are fast, the ruler may have dropped only a few centimetres. If you are slow, it may have dropped many centimetres.
6. Record the distance dropped in the table on the right. If you failed to catch the ruler at all, write 30cm+ in the table.
7. Repeat steps 1 to 6 nine more times with your right hand.
8. Repeat steps 1 to 6 ten times with your left hand.



Trial	Left hand	Right hand
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		

Looking at the results.

9. What do the results show?

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