**FINDING SPEED, TIME AND DISTANCE**

1. James completed a 100 m race in 11.7 seconds. What was his average speed in m/s?
2. Leena walked from school to the shops in 10 minutes. If her average walking speed is 5 km/h, what is the distance from school to the shops?
3. A dog, Zeto, likes to run around and burn up energy. If he runs up and down the yard with an average speed of 20 km/h, covering a total distance of 37 km, how long was he running around for?
4. What is the average speed of an athlete who runs 400 metres in 50 seconds?
5. What is the average velocity of a plane that flies 1000 kilometres north in a time of 4 hours?
6. The following diagram shows the position of a moving car at three different times.



1. If the car is moving from left to right, what indicates that it is speeding up?
2. When would the diagram show that the car was slowing down?
3. If the car is four metres long, how far did it move between the first and the third position?
4. Use the diagram of the three ticker tapes to answer the following questions



1. Which tape shows a different type of motion from the other two?
2. Which tapes were attached to an object that was travelling at constant speed?
3. Which tape was attached to an object that was travelling the fastest?
4. The following diagram shows the pattern of dots left on the ticker tape attached to a moving object.



1. What does the pattern of dots indicate about the object’s motion?
2. What was the time from when the first dot was made to when the last dot was made?
3. How far did the object travel between the first dot and the last dot?
4. What was the object’s average speed between making the first dot and the last dot?