Twins Unit: Math and Phy Ed

Beginner:

Set up a track 90 feet long. (it is 90 feet between bases)

1. How long does it take you to run 90 feet?
2. Using multiplication or addition, have each student determine how long to run all the way around the bases.
3. Determine your speed in feet/sec.

Intermediate: (Do the activity above and the following)

Set up a place to throw a baseball (or tennis ball for safety) that is 60 feet 6 inches. (it is 60 feet 6 inches from the pitching rubber to home plate)

1. Using a timer, measure how long it takes each student to throw the ball 60 feet 6 inches. The answer will be in feet/sec.
2. If it is 90 feet from home plate the first base, and 90 feet from first base to second base, how far is it from home plate to second base?
3. Using the speed of your throw, how long would it take you to throw the ball from home plate to second base if you were the catcher trying to throw the runner out stealing second base?

Advanced:

1. Convert your speed from feet/sec to miles/hour.
2. Convert your throwing speed from feet/sec to miles/hour.