

REACTION



TIME

You'll need:

30cm ruler

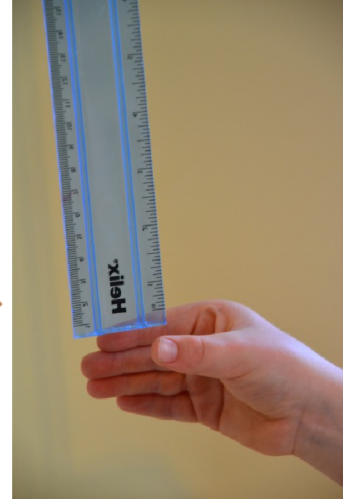
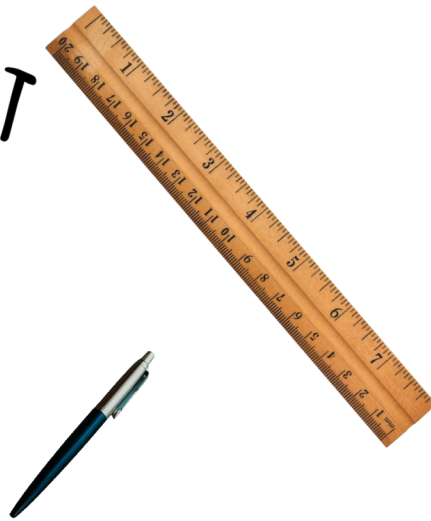
Pen

Paper

A helper

*GREAT
JOB!*

#1



Instructions

Hold the top of the ruler with your arm stretched out and fingers on the highest measurement.

The person whose reaction time you want to measure needs to put their thumb and index finger slightly open at the bottom of the ruler, with the ruler between their fingers. They need to grab the ruler as fast as they can when it is dropped. Record the measurement on the ruler at the bottom of the thumb.

Repeat three times and find the average.

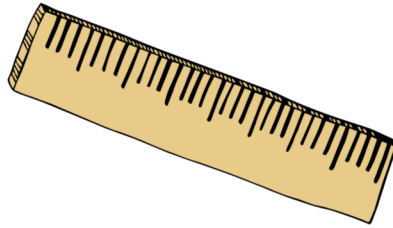
The person with the fastest reaction time is the one who catches the ruler at the lowest measurement, as the sooner the ruler is caught the less time it has had to fall.

Why does this work?

Our eyes see that the ruler has been dropped and send a signal to the brain, which sends a signal to the muscles in the arm and hand to tell them to catch the ruler. These signals travel very, very quickly.

Your reaction time depends on the time taken for the signals to travel between your eye, brain and hand.

REACTION TIME



Name	Reaction Time (cm)



Notes