



### CATCH IT!

### Preparation:

- 1 Cut out this rectangular timer.
- 2 Tape this timer onto a ruler.

Reaction Timer  
(seconds)

Seconds

0.20

0.19

0.18

0.17

0.16

0.15

0.14

0.13

0.12

0.11

0.10


0.09


0.08

0.06

0.04

0.02


Place your finger here. 





CATCH IT!

My Reaction Time Chart

	Did You Catch It? (Yes/No)	Time Taken (seconds)	Average Time Taken (seconds)
Trial 1			No. of Times You Caught It: _____  Total Time Taken: _____  Average: _____
Trial 2			
Trial 3			
Trial 4			
Trial 5			

1. What was your fastest reaction time in catching the timer?

\_\_\_\_\_

2. Was the time taken in Trial 5 shorter than the time in the previous trials?

\_\_\_\_\_

*Our reaction time can be improved through practice. You can practise this experiment for a week. Then test yourself again to see how much faster you can do it.*

