

Worksheet A: 100 m sprint



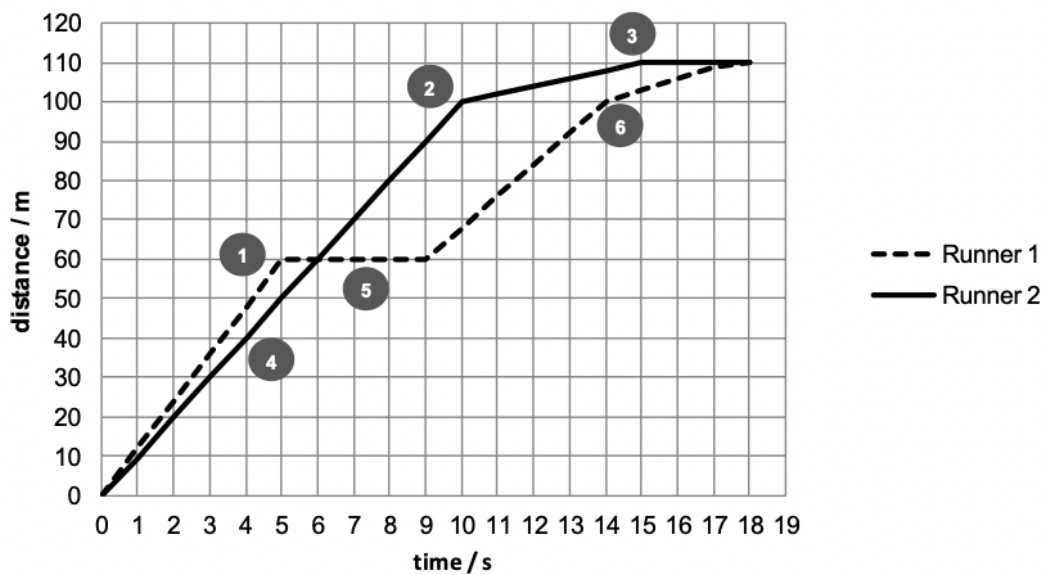
Look at the speed-time graph of a 100 m race. It shows how two runners proceed during the race. Use the spaces provided to describe what is happening at different points in the race. One has been done for you.

1 Runner 1 begins the race very fast, reaching 60 m in just 5 seconds.

3

2

100 m race speed-time graph



4

5

6