**How High Can You Throw A Ball?**

 Name:

 You can measure how high you can throw an object with no more than a stopwatch and a meter stick. This activity will have you test how high you can throw a ball.

1. Throw a ball into the air.
2. Get a partner to time the ball as it leaves your hand until it hits the ground.
3. Fill in the table.
4. Calculate the average time and the average height the ball reached. Show your calculations.

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| --- | --- | --- |
| Throw | Time (s) | Displacement (m)(part of the height the ball was thrown from) |
| Throw #1 |  |  |
| Throw #2 |  |  |
| Throw #3 |  |  |
| Average |  |  |

Calculations:

Average max height: