

Student Worksheet 5: Student worksheet for calculating the time it takes Plaxico Burress to run the Fade Pattern

Name: _____

$$\text{Distance} = (\text{Rate}) \times (\text{Time})$$

$$\text{Rate} = \frac{\text{Distance}}{\text{Time}}$$

Plaxico Burress has been timed to run a 40-yard dash in 4.5 seconds.

Rate Plaxico Burress runs = _____ (yards/second)

In this particular corner pattern Plaxico Burress runs at half speed until he gets to the goal line and then he makes his cut and accelerates to full speed to the spot where he catches the ball.

Distance Traveled by Plexico Burress at full speed = _____ yd

Distance Traveled by Plexico Burress at half speed = _____ yd

TIME it takes Plaxico Burress to run the pattern = (full speed rate \times distance traveled at this speed) _____ \times _____ + (half speed rate \times distance traveled at this speed) _____ \times _____ = _____ seconds