

# High School Physics Activity

**Topic:** Motion and Speed

## ***Objective***

Students explore and understand concepts related to motion and speed.

## ***Materials***

- Physics textbook
- Notebook
- Chart paper
- Markers
- Calculator

## ***Procedure***

1. Introduce the concept of motion and speed.
2. Discuss real-world examples.
3. Demonstrate using simple models.
4. Record observations.
5. Present findings.

## ***Observation / Notes***

Observation	Notes

## ***Discussion Questions***

- What is motion and speed?
- Where is it used in real life?
- What did you observe?
- Why is it important?

## ***Extension Activity***

Design a simple model or experiment showing motion and speed.

## Motion and Speed Diagram

