

"I'm the fastest thing on two feet man!"

MUHAMMED ALI

Muhammed Ali was known for his fancy footwork and his ability to be nimble and quick in the Boxing Ring. This made him a formidable opponent.

How speedy are you?

Take part in this Reactions Test to find out how speedy you are.

You will need:

30cm ruler,
Pencil,
Paper,
Helper.

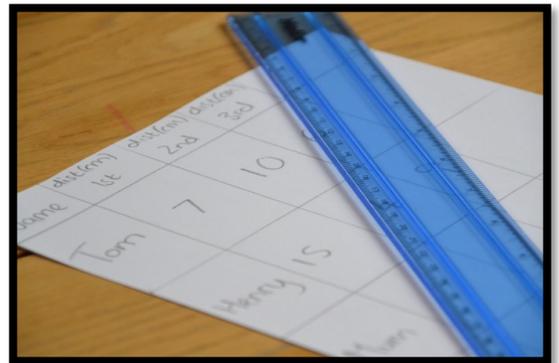
How to test reaction times:

1. Hold the top of the ruler with your arm stretched out. Your fingers should be on 30cm.
2. Ask a helper to put their thumb and index finger slightly open at the bottom of the ruler with the ruler between their fingers.



3. Drop the ruler for your helper to catch between their thumb and index finger.

4. Record the measurement on the ruler where their fingers are. Make a table like the one in the picture to record your results.



5. Each participant has a minimum of 3 turns to see if they improve on their reactions.

How does this work?

Our eyes see that the ruler has been dropped and send a signal to the brain, which sends a signal to the muscles in the arm and hand to tell them to catch the ruler.

Our body is very clever and these signals travel very, very quickly.

Your reaction time depends on the time taken for the signals to travel between your eye, brain and hand.

So, how did you do? Are you, "the fastest thing on two feet," in your family?