

SCIENCE

FROM HOME



Fast vs Slow

Doing something slowly is always easier than doing it quickly, right? Put it to the test with your own body and compare how you feel after taking it fast and taking it slow.

Know before you begin

- This activity can be done inside or outside
- Adult supervision is recommended
- Please choose a safe space for this activity

Materials

- Enough open space to do pushups, lunges or other exercises

Instructions

- Get into the push-up position.
- Do five quick push-ups, be sure to use good form.
- Take a break, be sure you feel rested before the next step.
- Do five slow push-ups, be sure to use good form and be sure to take your time.
- How do you feel after each set? Which was easier?
- Try other exercises like lunges to see how they feel when done quickly and slowly.