

Sit and Reach! Activity Data Sheet

Group Members: _____

Part One: Choose one of your group members to perform the sit and reach three times and record each trial in the table below. Find the average of your three trials.

Student One Data Table	
Trial	Sit and Reach Distance (in)
1	
2	
3	
Average	

Part Two: Choose three variables your group agrees impacts an individual's ability to sit and reach further. Record those variables for Student 1 and include them in the data table below.

Variables	Student One's Measurements

Part Three: Use the space below to design an equation using Student One's average reach measurements and variables.

Write your final equation here: _____

Part Four: Choose another group member to serve as Student Two. Record their data for each of the same variables used for Student One.

Variables	Student Two's Measurements

Part Five: Plug Student Two's variables into your equation and predict how far they should be able to sit and reach.

Prediction Based on Equation: _____

Part Six: Have Student Two complete the sit and reach three times. Record each measurement in the table below and calculate the average.

Student Two Data Table	
Trial	Sit and Reach Distance (in)
1	
2	
3	
Average	

Was your prediction correct? Yes No

Part Seven: If your prediction was not correct, use the space below to create an equation to better fit your data.

Write your final equation here: _____