

What's Your Rate?

NAME _____

Work with your group to complete the activities below. Record only your data, not your group's, in the places provided.

1. How many times were you able to complete the following activities in one minute? Only count the whole number of times each activity is completed. Do not count half a jumping jack or a partial letter.

Do jumping jacks _____

Say the alphabet _____

Hop on one foot _____

2. What is the unit rate, expressed as a fraction, for each of these activities?

Jumping jacks _____

Saying the alphabet _____

Hopping on one foot _____

3. Using this rate, how many times could you perform each task in 10 minutes? Use a proportion to help you.

Jumping jacks _____

Saying the alphabet _____

Hopping on one foot _____

4. Using the same rate, how many times could you perform each task in one hour? Use a proportion to help you. (Remember to convert to minutes.)

Jumping jacks _____

Saying the alphabet _____

Hopping on one foot _____