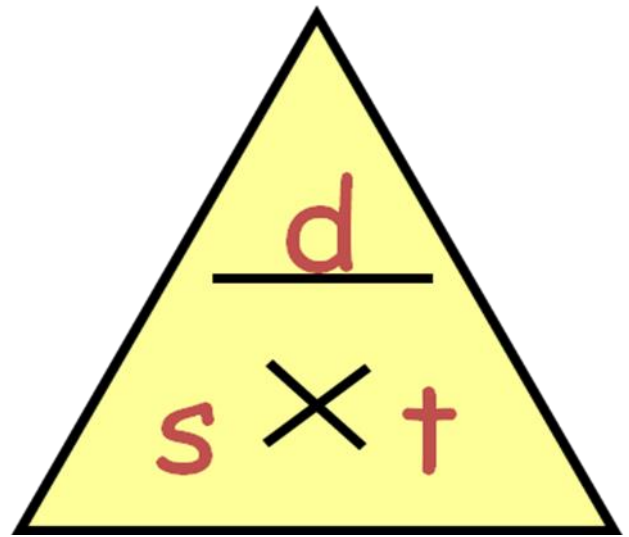


To use a formula triangle you cover up the one you want to find then you have your equation
 For example speed (**cover up the S**) = D / T

$$\text{Speed} = \frac{\text{Distance}}{\text{Time}}$$

$$\text{Distance} = \dots\dots\dots \times \text{time}$$

$$\text{Time} = \underline{\hspace{2cm}}$$



Remember the horizontal line means divide so
 $\frac{D}{T}$ means distance divide time.

You should now be able to use formula triangles. Have a go at these:

1. A car travels 100metres in 50 seconds. What is its **speed**?

What two values have you been given? 1. Distance. 2. Time. Use that formula triangle to work out the answer by substituting in the numbers

$$\text{Speed (ms)} = \frac{\text{Distance (m)}}{\text{Time (s)}}$$

2. A boy rides a bike 500metres. It takes him 450 seconds. What is his speed? (write out the equation)
3. A girl rides 500 metres. It takes her 5mins. What is her speed? (Think about your units)
4. A sprinter runs 100metres. He runs at 12 metres per second. How much time did he take to run this distance?
5. A plane travels at a speed of 1000ms. How far will it travel in 15seconds