



SCIENCE MINDED

On Target



What you'll need:

An old sock play sand flat rock

What to do:

1. Fill the sock about 1/3 of the way with sand and tie a knot in it.
2. Put the rock on the ground to use as a target.
3. Stand about 20 feet or more away from the target.
4. Hold the sock out to your side and run! Run as fast as you can toward the target. When you reach the target, try to drop the sock right on top of the target without slowing down.

Can you do it? You may have a little trouble since the sock has forward motion or *momentum*. It will drop in a curved line, so that it falls in front of the target. Make adjustments to the timing for dropping the sock to see if you can hit the target. Drop it just before you get there and see what happens!