



STEM and Sport: Reaction Times

The following websites might guide teachers in planning a lesson /activities on Reaction Times.

'The Ruler Test'; Science Sparks

How quickly can your brain process what you want it to do?

Here, Science Sparks share an outline of 'The Ruler Test' to investigate reaction times. They also look to extend the test by recording the data collected and investigating how to improve on the results recorded:

<https://www.science-sparks.com/test-your-reaction-time/>

'Interactive tip test'; Top End Sports

Test your reaction to changes of colour and give you feedback on your speed:

<https://www.topendsports.com/testing/reaction-timer.htm>

'Move Well, Move Often'; PDST Primary Physical Education Materials

Develop the locomotor skill of 'Dodging' using the three helpful home activities from PDST Primary PE. In the Home Challenge for Activity B, children are encouraged to dodge a ball returning from a wall, developing their reaction skills and improving their reaction times.

https://www.scoilnet.ie/fileadmin/user_upload/FMSBTCDodgingEnglish.pdf

The second link is to the 'Beyond the Classroom' series of videos on Scoilnet, many of the activities here could be extended to include reaction time tests:

<https://www.scoilnet.ie/pdst/physlit/beyond/>

Aga Frithghníomhúcháin (Eureka)

'Tástáil d' aga frithghníomhúcháin féin' & 'Cuir an fáscadh timpeall an chiorcail'.

<https://www.cogg.ie/wp-content/uploads/eureka-5-1.pdf>

YouTube Search:

YouTube hosts a wide variety of reaction tests that might spark some creativity in the children to create their own reaction tests and develop ways to improve their personal times

Search:

- Hand Eye Coordination Tests
- Reaction Tests