



SCIENCE SPAZA

ACTIVITY 1: 2024

CATCH IT! RESPONSE TIME



When we see something, our eyes send a message to our brains. Our brains then tell our bodies what to do or how to react. The time between our brains getting the message and our bodies moving is called our 'response time'.

LET'S TRY IT...

YOU WILL NEED:
A PENCIL

1.



Hold out your hand. Make an open fist. Touch your thumb to your fingers, to make a hole.

2.



Ask a friend to hold the pencil above your fist. They must drop it into your fist, without telling you.

3.

Try catching the pencil in your fist, before it falls on the floor.

How did you do?

DID YOU CATCH THE PENCIL?

Most people find it very difficult to catch the pencil!

Our eyes see the pencil falling, and send a message to our brains. This information is passed to our brain by quick electrical signals sent through our nervous systems (our nerves). Our brain then sends a message to our hands, telling them to catch the pencil. This takes time - a tiny amount of time, but still enough time for the pencil to fall without our catching it. This is why most of us don't catch the pencil.