**Big Questions: What is the best surface to run on?**

Today we are going to be investigating ‘What is the best surface to run on?’ But first, what do you think we mean by “best surface”? **Have a discussion with an adult what you think we mean when we say the “best surface to run on”.**

When investigating which surface is the best to run on you need to ask yourself these questions:

* Is it comfortable to run on?
* Is the ground even?
* Is the ground loose or slippery?
* How fast can you run on it?

For our investigation today you will need to find 3 different areas to test for our surface. This could grass or patio in the garden, or the carpet in the hallway.

**Remember when conducting our investigation, we must always be safe.** Do not run somewhere that is dangerous to yourself or others. Once you have found your three areas complete gently jog back and forth twice and fill in the table below.

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| --- | --- | --- | --- | --- |
| Type of Surface | Is it comfortable to run on? | Is the ground even? | Is the ground loose or slippery? | Could you run fast on it? |
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Athletic tracks are special made of an artificial rubberised surface. These tracks are designed so that they can be used in all weather conditions, no matter if it is sunny or rainy. The tracks provide both grip and bounce that is needed for the athletes to run quickly.

Grass and earth are quite soft which means it is easy on your legs in terms of the impact, however, it makes your muscles work harder so may not be the best for running long distances. Grass and earth can also be uneven sometime and slippery (especially when it rains) and so can add additional challenges.

Sand is a very resistant surface. This will mean that it will slow you down more than some other surfaces we have looked at. However, will give the muscles in your legs a great workout!

Concrete is not the softest of surfaces but is one of the fastest surfaces you can find to run on and is often an even surface to run on.

**What do you think? Does your investigation match the comments above?**