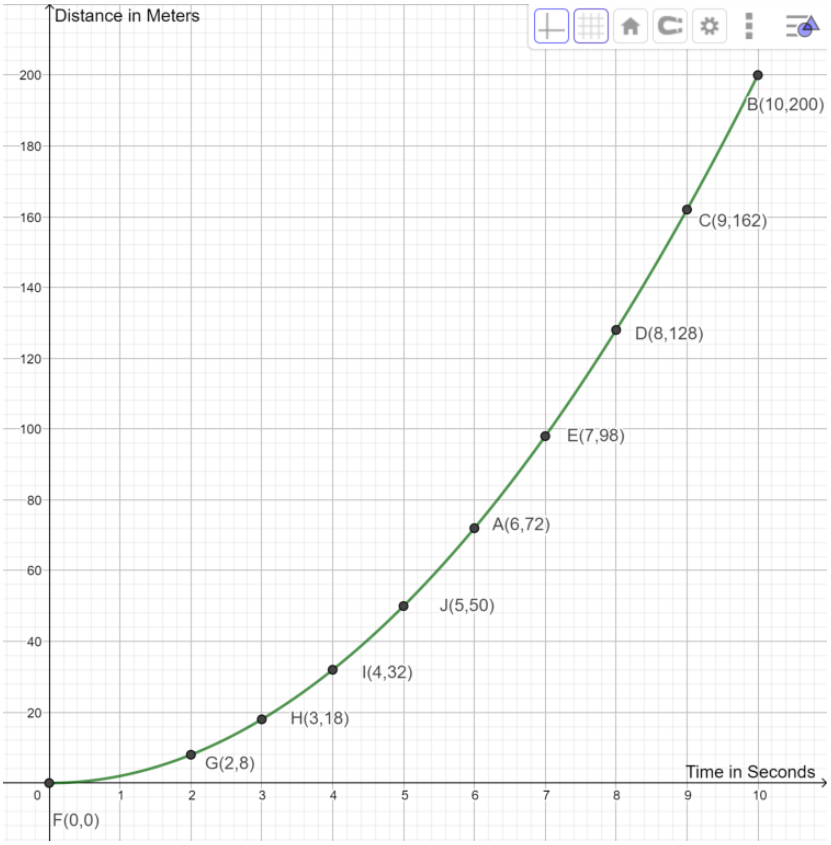
Task 1: Estimating Instantaneous rate of change.

Below is a distance time graph for the first ten seconds of a warmup cycle by Olympic gold medallist Victoria Pendleton



1. Using your graph or otherwise find what Victoria Pendleton's average speed was over these 10 seconds?

2. Victoria's coach wants to know what her speed is at exactly 6 seconds. To help answer this fill in the following table.

Average speed between A and B =		Average speed between A and G =	
Average speed between A and C =		Average speed between A and H =	
Average speed between A and D =		Average speed between A and I =	
Average speed between A and E =		Average speed between A and J =	

3. The slope of which secant is the nearest estimate to Victoria's speed after exactly 6 seconds?

4. How might you find a better estimate for Victoria's speed at 6 seconds?