

# SPEED

**Speed** is a measure of how fast an object is travelling. if the speed of an object does not change over time, the object is travelling at a **constant speed**.

When speed is not constant, due to acceleration or deceleration, we are often interested to know the **average speed** of the object.

Average speed is calculated using the formula:

$$\text{Average speed} = \frac{\text{Distance travelled}}{\text{Time taken}}$$