**Intellectual Need Task for Average Rate of Change**

Below is a video of two toy cars.

* The blue toy car is spring-loaded. The distance *d* (in inches) of the car from its starting position *t* seconds since the car started moving is *d* = 2.8*t2*.
* The red toy car is battery powered and travels at a constant velocity.
* The blue car passed the red car 5 seconds after they started.

What was the average speed of the blue car over the first 5 seconds?