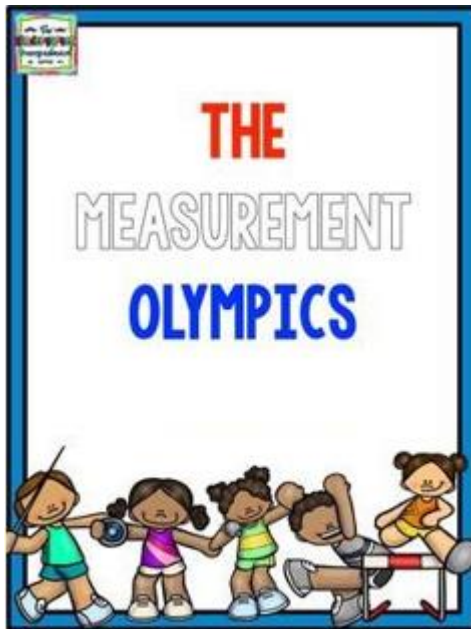



Measurement Olympics

Set up a mini Olympics in your garden. Using a measuring tape measure the following *Olympic Events* and fill in the table each day:



1. Discus: Place a marker (stick/string/cone) on the ground to stand behind. Using a plastic or paper plate see how far you can throw it. Measure the distance from the marker to the plate. Record your result in metres and centimetres
2. Long Jump: Starting at the marker, two feet on the ground see how far you can jump, landing on two feet. Measure the distance from the marker to where you land. Record your results.
3. High Jump: Standing next to a wall complete a tuck jump (Jump where you bring your knees to your chest). Ask a family member to see how high you jump using the wall to measure. Mark using chalk how high you got your feet off the ground, then measure. Record your results.
4. Shot Put: Using a small ball (or pair of socks) stand behind your marker and throw the ball from your shoulder, using a pushing motion down your garden. Measure from the marker to where your ball lands. Record your results.
5. Javelin: Using a pole or stick, stand behind your marker and throw the stick. Measure from the marker to where the front of the pole lands. Record your results.



	Discus	Long Jump	High Jump	Shot Put	Javelin
Monday					
Tuesday					
Wednesday					
Thursday					

Recreate the above table in your copy or on a piece of paper

Friday: Answer the questions:

1. Did you improve each day in each event?
2. In which event did you improve the most?
3. Which event did you find the most difficult, why?
4. Which event did you find the easiest, why?
5. If you play a sport do you think it helped in any of the events in particular, explain?
6. What was your favourite event?
7. Did any other family members join in the fun, if yes, who?
8. Does your age/height make you better at certain events? Explain.