

Usain Bolt can run 100 m in 9.58 seconds (just under 10 seconds).

How far do you think you can run in 10 seconds? Do you think it will be more or less than 100 m?

Measure how far you and your friends can run in 10 seconds.
Record your answers in metres and centimetres.

Circle the objects that you would measure in metres. Tick the objects that you would measure in centimetres.



Children will have a variety of answers. They could measure using different equipment including metre sticks and trundle wheels.

Circle elephant, school and tree

Amir has a metre stick.

He wants to measure the length of his classroom.

I can't measure the length of the classroom because my metre stick isn't long enough.



Explain to Amir how he could measure the length of his classroom.

Amir can measure the length of the classroom by putting a marker at the end of the metre stick and then starting again at that point, moving his metre stick as he measures.