

9.3 JUMP TO IT!

YEAR
4

Objective: Estimate, measure and convert length.

Instructions

1. Have some markers (books, toys etc) available, and a space to jump across safely.
2. Stand on your starting point and jump across as far as you can.
3. Put a marker where you jumped to, estimate how far it is (in cm) and note it down.
4. Now measure the distance accurately and write this down next to your estimate. To measure your jumps, you need a ruler or tape measure.
5. Try a few more times, marking, estimating and measuring each time.
6. List the distances you jumped in order from the shortest to the longest, in cm and also in decimals (metres). A jump of 132cm is also a jump of 1.32m, or 87cm is also 0.87m, for example.

Challenge

Estimate, measure and record in decimals (metres) different sorts of jump, such as:

- Three steps then jump
- Run and jump (outdoors, on grass only)
- A 'stand and jump backwards' jump
- A step (leave one foot at the start point and see how far you can step out with your other foot).

