

# Walking activities

Green-Schools Travel - Walking activities



## How many steps?

On average it takes approximately 1265-1515 steps to travel a kilometre or 1000m. This is different for everyone as we are all different shapes and sizes. To find out how many steps it would take to travel 1000m you need to calculate your 'step length'.

**Step length** is the distance you move with every step. It is defined by the distance between the first point of contact of your foot. For example the distance from the heel of your first leg to the heel of your second.

## Instructions

1. Divide the group into teams of 3-4 students.
2. Measure the step length of each student in turn
  - One by one, each student takes a step at their normal walking pace
  - Measure the distance from the heel of your first leg to the heel of your second using a measuring tape or ruler.

**Note:** If you measure in centimetres you will need to convert it to metres (100cm=1m).

  - Write down the measurements for each students in the table
3. Divide 1000m by your step length to find out how many steps you will need to travel a kilometre.

$$1000\text{m}/\text{Step length (m)} = \text{Number of Steps}$$

Student	Step Length (m) 100cm=1m	Number of steps to travel 1000m?

3. Were there any differences between members of your group? Can you think of any reasons why?
4. Now that you have calculated the number of steps per km, can you calculate how many steps it would take to travel 5 km?