

Measuring Length in Foot Steps

Green-Schools Travel



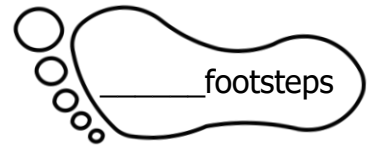
Name: _____ Class: _____

The distance covered when you take two steps is called your 'Stride'. Everyone's 'Stride' is different because everyone's body is different. This exercise invites you to count how many steps it takes to go to various places in your school.

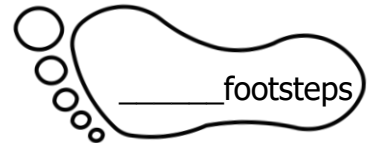
Part 1: Count your Steps

1. Agree a starting position in your classroom so everyone starts in the same spot.
2. Place your two feet on the ground and start walking naturally.
3. Count your steps as you get to each place and write it down on the sheet.
4. Compare notes with your classmates....is their 'Stride' different?

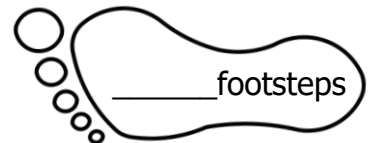
How many of your foot steps does it take to walk to your class room door?



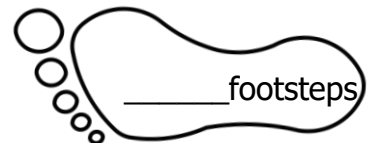
How many of your foot steps does it take to walk to the front door of your school?



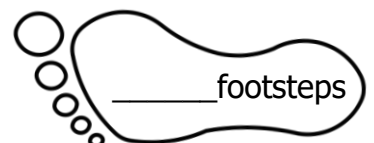
How many of your foot steps does it take to walk to the yard?



How many of your foot steps wide is the yard?



How many of your foot steps long is the yard?



Measuring Length in Foot Steps

Green-Schools Travel



Part 2: Convert your steps

Did you know that it is possible to estimate distances with your feet!!



- Measure out 1m using a metre stick or measuring tape
- Lay it on the ground and 'walk the distance' with your natural stride.
- Count how many footsteps it takes to walk the metre.
- Use this information to estimate the distance travelled from part 1

Number of natural steps it takes to walk 1 metre _____

If you measure out more than 1 metre remember you will have to consider this in your calculations.

Example: You counted 2 footsteps per metre in your natural stride. You counted 100 footsteps to the front door of your school.

$$\begin{array}{l} 100 \text{ Footsteps} = ? \text{ Metres} \\ 2 \text{ Footsteps} = 1 \text{ metre} \end{array} \Rightarrow \frac{100 \text{ Footsteps} \times 1 \text{ metre}}{2 \text{ Footsteps}} \Rightarrow \underline{50 \text{ metres}}$$

Question	Number of Footsteps	Distance in Metres (m)
How many of your foot steps does it take to walk to your class room door		
How many of your foot steps does it take to walk to the front door of your school		
How many of your foot steps does it take to walk to the yard		
How many of your foot steps wide is the yard		
How many of your foot steps long is the yard		

Idea: You could go that extra step and use your measurements to draw a map of the yard!