

Date: _____

I can measure and convert between different units (cm/m).

This week, you will be doing some Maths and PE together! Here are the steps to follow to complete this activity:

1. Perform 3 standing long jumps each day. Each time you jump, measure the distance you travel and record this in the correct box in the table below.
2. Each day, work out which is your best jump and record this in the correct box.
3. Then, have a go at converting your 'Best jump' from centimetres (cm) into metres (m) too, as shown in the table. Don't forget that $100\text{cm} = 1\text{m}$

Day of the week	Attempt 1	Attempt 2	Attempt 3	Best jump	Distance in m
Example: Monday	120cm	125cm	124cm	125cm	1m 25cm

Put the distances in order from **shortest** to **longest**: _____

How much further was the longest jump than the shortest jump? Give your answer in **cm** and then in **m**.