

Name _____

Investigation 1: Could You Be an Olympic Swimmer?

Worksheet 1.2 Measuring Directions

Height Measurement Station

Work in groups to take one another's height measurements.

- Take your shoes off. Stand with your back to the wall against the height measurement meter sticks or tape measure.
- Have your partner take a ruler and place it on the top of your head so that it is perpendicular to the wall and touching the measuring sticks or measuring tape.
- Your partner will read the height off the measuring sticks or tape to the nearest centimeter.

Arm Span Measurement Station

Work in groups to take one another's arm span measurements.

- Stand facing the wall or whiteboard.
- Raise both your arms until they are at right angles to your body.
- Place one set of fingertips at the beginning of the measuring tape and stretch out other fingertips toward the other end of the measuring tape.
- Your partner will read the arm span measurement off the measuring tape.
- Record your arm span measurement to the nearest centimeter.