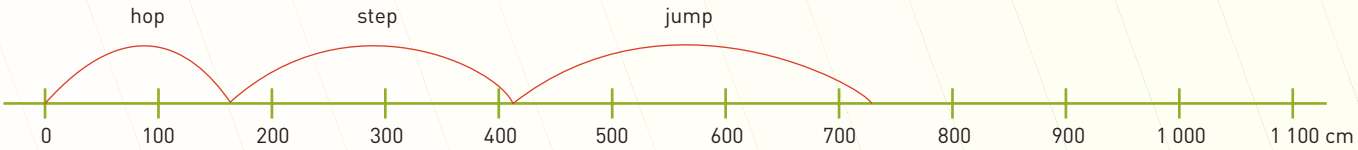
Jumping Practice

You need ☑ a metre ruler ☑ a classmate
☑ a different-coloured paper clip or counter for each player
☑ a dice labelled $\frac{1}{2}$ m, $\frac{1}{4}$ m, 300 mm, 100 mm, 35 cm, 0.15 m

Activity

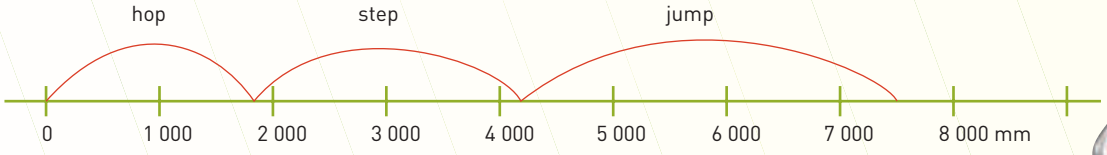
Sheena is practising for the triple jump competition. Her friend Rory is estimating her distances for her. He works out her first triple jump like this:



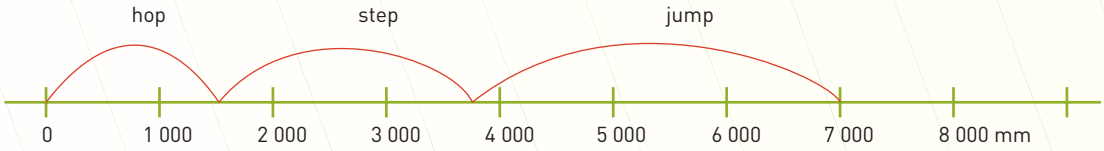
Hop: 165 cm
Step: 250 cm
Jump: 315 cm
} Total: 730 cm 730 x 10 = 7 300 mm 730 ÷ 100 = 7.3 m

1. a. Estimate the distances for each part of these jumps:

i. Vaitoa

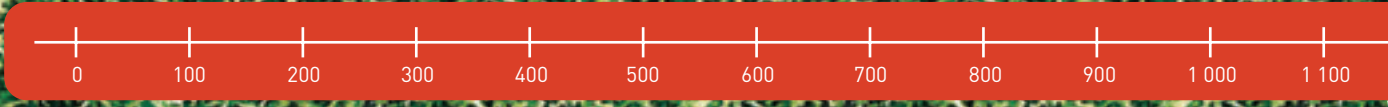


ii. Hira

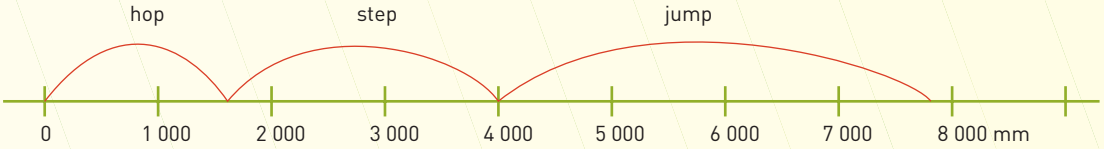


Game

With a classmate, play your own game of Triple Jump.
Take turns to throw the dice and use your paper clip or counter to "jump" the distance shown on the dice along the number line below.
The player who has jumped the furthest after 3 jumps is the winner.



iii. Grant



b. Discuss with a classmate how you can adapt Rory's method to convert your estimates for each hop, step, and jump and total distance to centimetres.

2. a. Sheena wants to compare her jumps to those of the other athletes. She draws up a table of results in centimetres so that she can compare each part of the triple jumps and the total distances.

Use your estimates from question **1** to complete the table.

Distances in centimetres				
	Sheena	**Vaitoa**	**Hira**	**Grant**
Hop	165			
Step	250			
Jump	315			
Total distance	730			

b. What part of her triple jump does Sheena need to work on to beat each of the other athletes? Discuss this with a classmate.