



Name: Form:

Based on pages 8 and 9 of *Moving and growing*

Investigating your stride

Try this...

1. Think about this sentence: **The stride is the length of a step.**

2. Walk ten steps and measure how far you have travelled.


Write the distance here. 

3. Divide the distance you have travelled by 10 to find out the length of your stride.

Write the length of your stride here. 

4. Ask a friend or teacher to measure the length of the outside of your leg.

Use the diagram to help you.

Write down the length of your leg. 

5. Plan an investigation to answer this question: Do people with long legs take longer strides than people with short legs?

Write down your plan here.



6. Make a table for your results on a separate sheet of paper.

7. Make a prediction about the results of your investigation.



8. Show your plan, table and prediction to your teacher. If your teacher approves, try your investigation.

Looking at the results.

9. Write down what your results show on the separate piece of paper.

