

# Taking It In Your Stride

## Activity 1 - The Cricket Pitch

- The cricket pitch at the MCG is about 20m long.
- Measure and mark this distance at school with a trundle wheel or tape measure.
- How many of your paces does it take to walk the cricket pitch? Practice several times until you have established your own uniform stride length.
- How long is your average stride length?  
Record results in Table 1.

Number of paces to cover 20m	paces
My average stride length	metres

Table 1

## FACT FILE

Knowing the length of your stride can be of great use when you need to measure distances. Tall golfers try to take strides that are exactly one metre long. This helps them estimate how far they have driven the ball from the tee and how far they will need to hit their next shot to reach the flag.

## Activity 2 - At School

- See how accurately you can estimate distances at your school by using this “pacing out” method.
- Use your paces to estimate various distances at your school. Record the number of paces for each of distances listed in Table 2.
- Estimate the distances by multiplying your paces by your known stride length. Record your calculations in Table 2.
- Now use a trundle wheel or tape to accurately measure the distances. Record the results in Table 2. How close were you to the exact distances?

Distance to be measured	No. of Paces	Estimate(m)	Exact distance(m)
Length of the oval			
Width of the oval			
Length of the basketball court			
Width of the basketball court			
Perimeter of the school grounds			
Length of your classroom			
Width of your classroom			
Distance from your room to the canteen			

Table 2

## Challenges!

Create a table of estimated distances at home. Include the size of your land, your bedroom, etc.

## Did you know?

Greg Norman can hit a golf ball more than 350m! How many of your paces is that?

