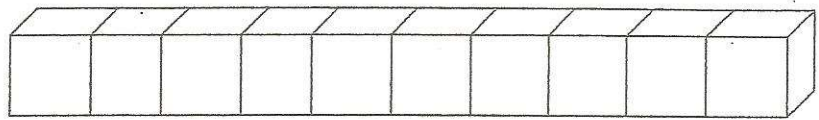


A metre is a unit of measurement for length (or height or thickness) equal to 100 cm.

A metre stick is 100 cm long:



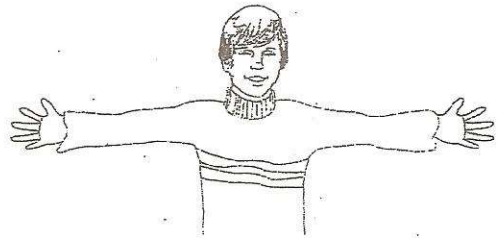
1. Ten interlocking centimetre cubes are 10 cm long.
OR Ten finger spaces.



How many groups of ten cubes would make a metre? 10 groups.

You can estimate metres using parts of your body:

- A giant step is about a metre long.
- If you stretch your arms out the distance between the tips of your fingers is about one metre. (This distance is called your *arm span*.)



2. Take a giant step and ask *someone* to measure your step with a piece of string. Hold the string up to a metre stick. Is your step more or less than a metre?

3. Ask *someone* to measure your arm span using a piece of string. Is your arm span more or less than a metre?

4. Stand against a wall and ask *someone* to measure your height with chalk and a metre stick:

Your height is _____ cm. Are you taller than 1 metre? _____

5. Estimate each distance to the nearest metre. Then measure the distance:

- a) The length of the *couch* Estimate - _____ m Actual - _____ m
- b) The length of your *bed* Estimate - _____ m Actual - _____ m
- c) The distance from the floor to the door handle: Estimate - _____ m Actual - _____ m

6. Find (or think of) an object in your *house* or outside that is approximately 2 metres long.