

Length Measurement Basics

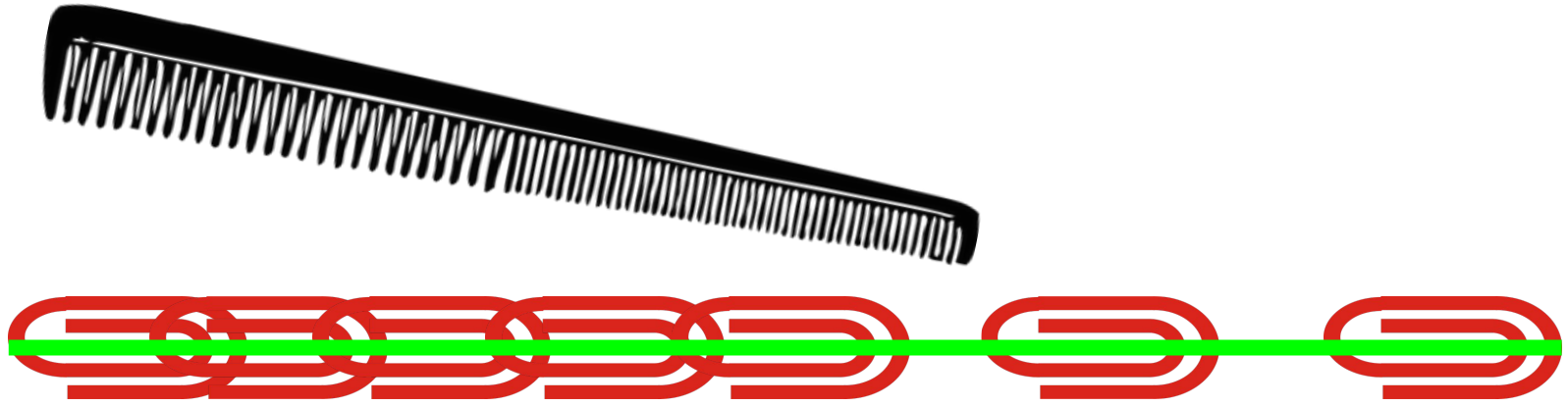
Exercise the Answer



By Greater Richmond Fit4Kids

www.grfit4kids.org





1) Straight line





- 1) Straight line
- 2) End to end



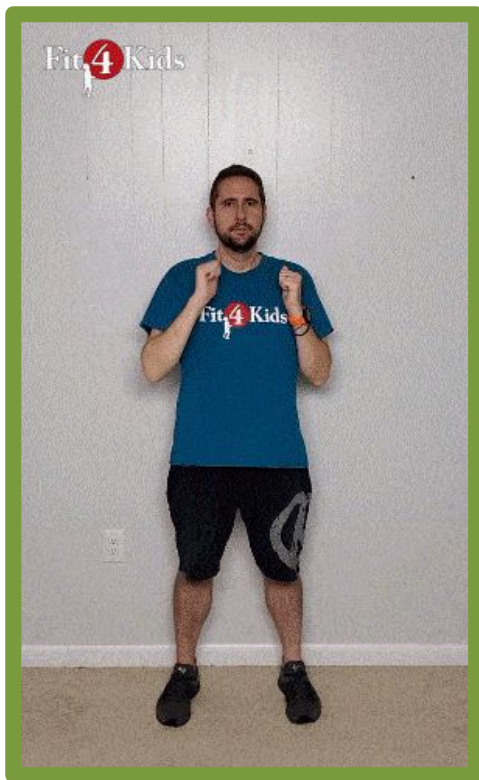


- 1) Straight line
- 2) End to end
- 3) Lined up / Flat



- 1) Think about it
- 2) Tap your head
- 3) Exercise your answer



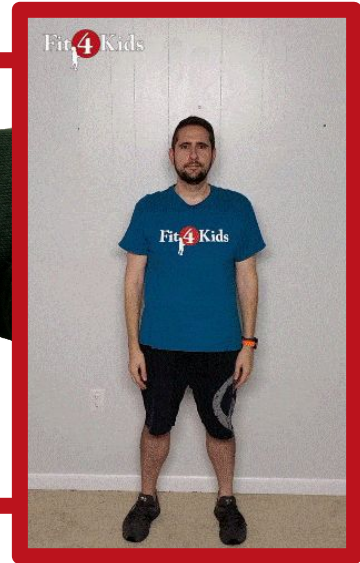
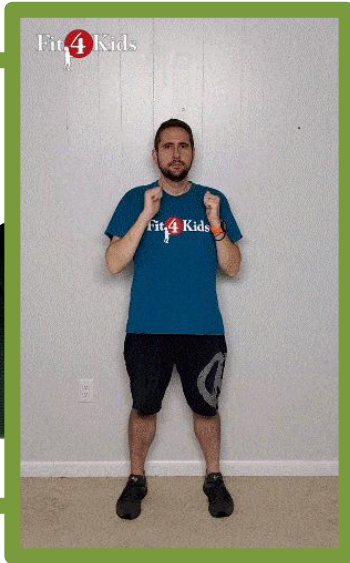


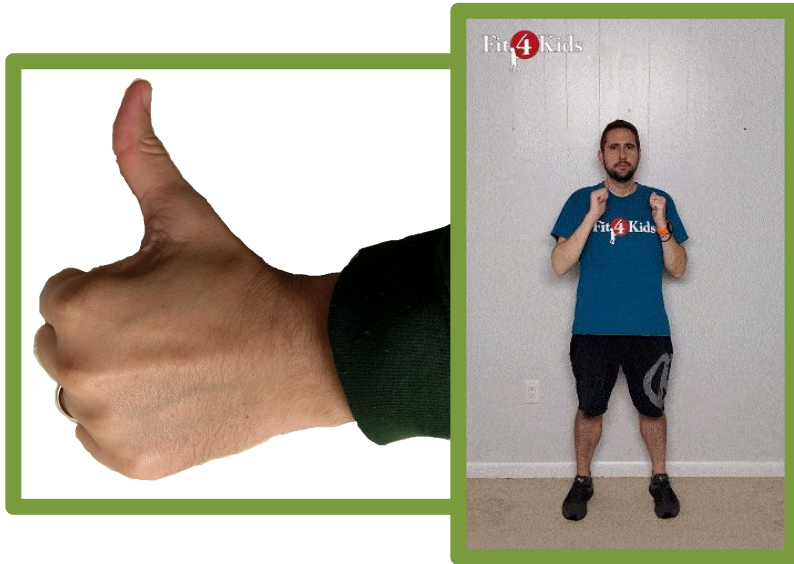
Yes

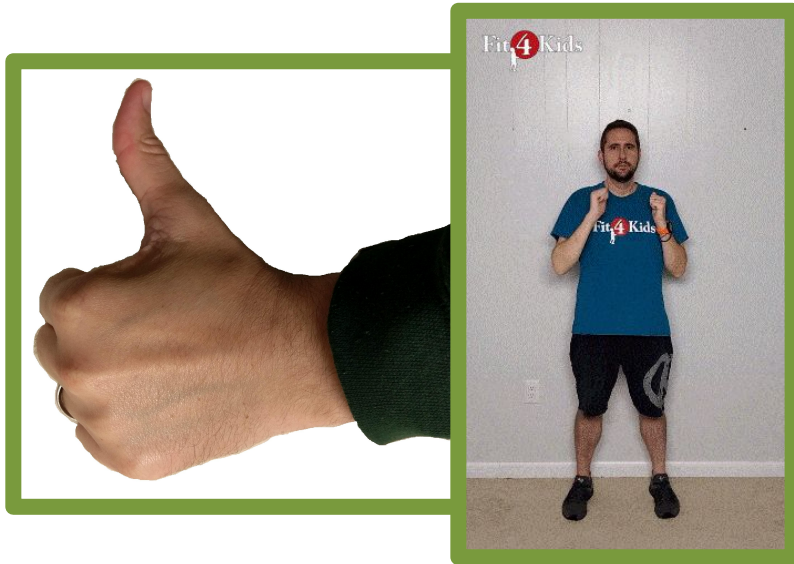


No

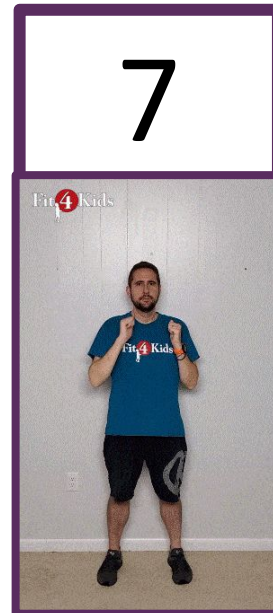
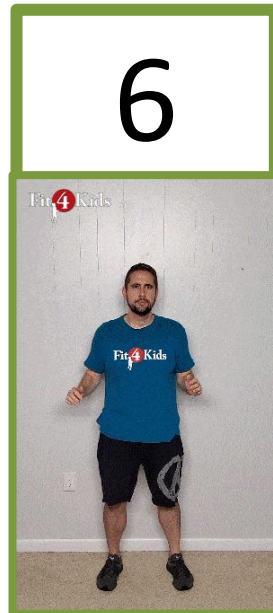








About how long is it?



Pick a Move



Wavy Arms

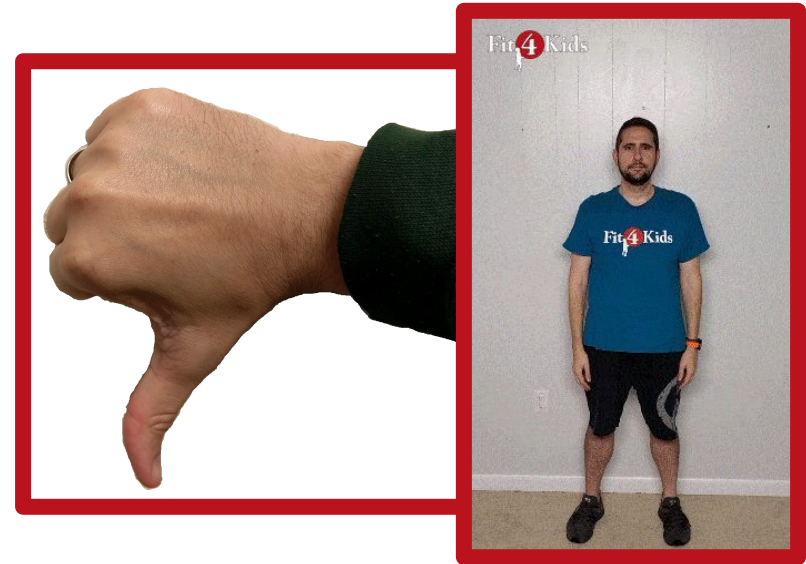
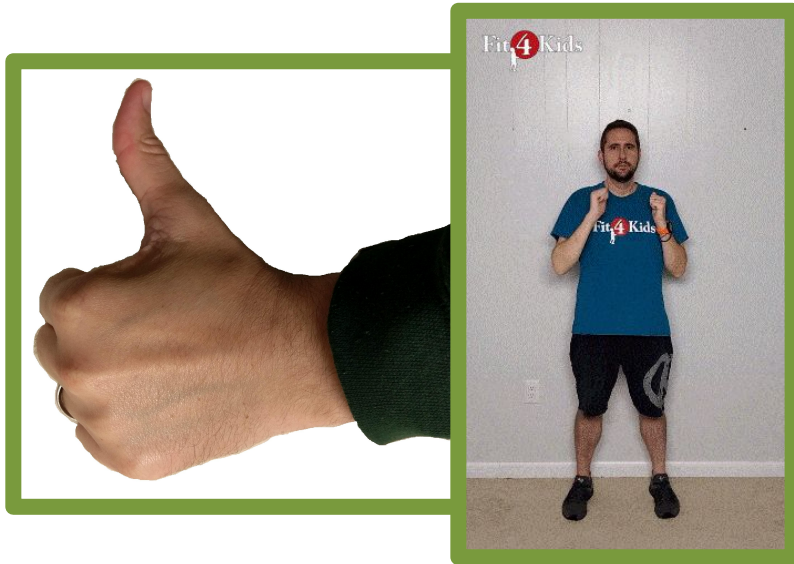
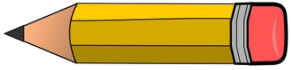


or

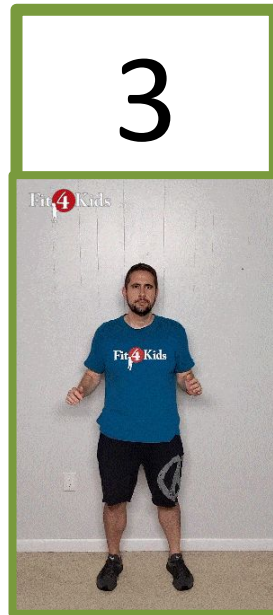
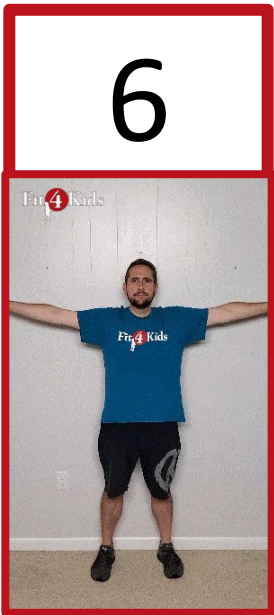


Ski Jumps





About how long is it?



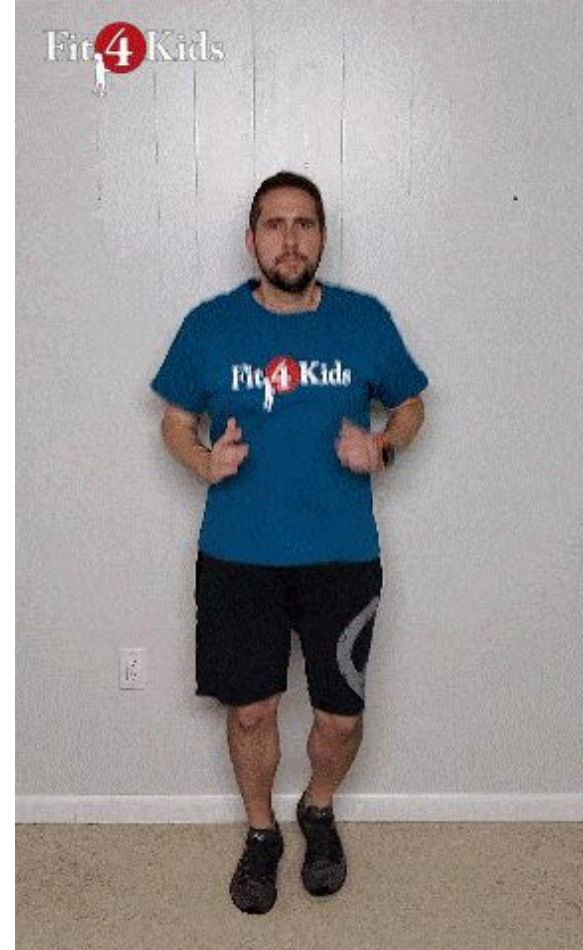
Pick a Move



Sumo Squats



or

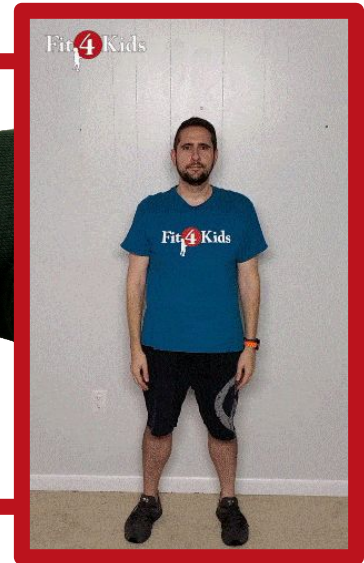
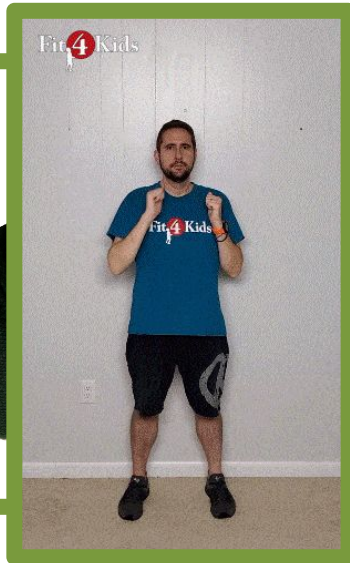


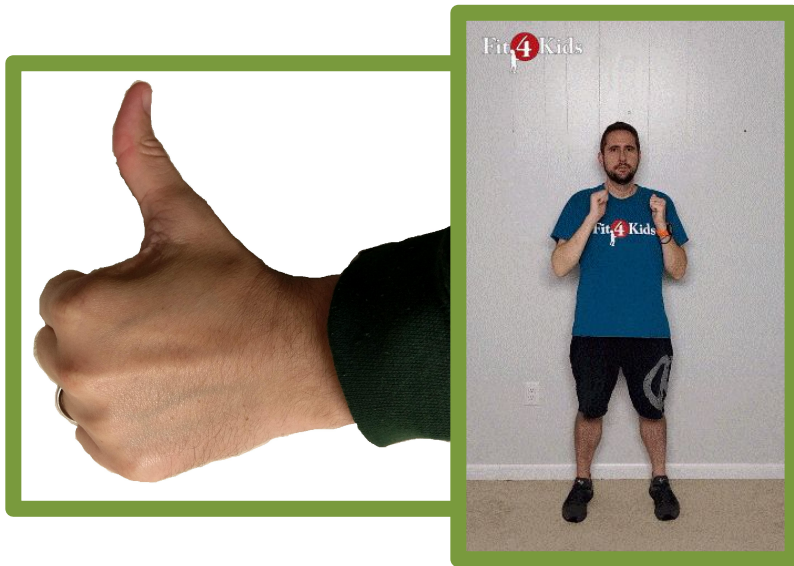
Jog in Place



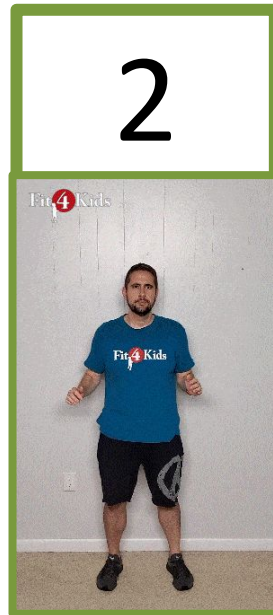
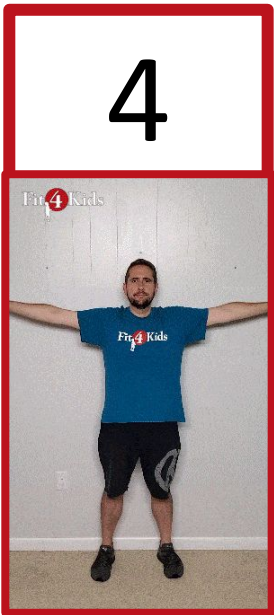


READY





About how long is it?



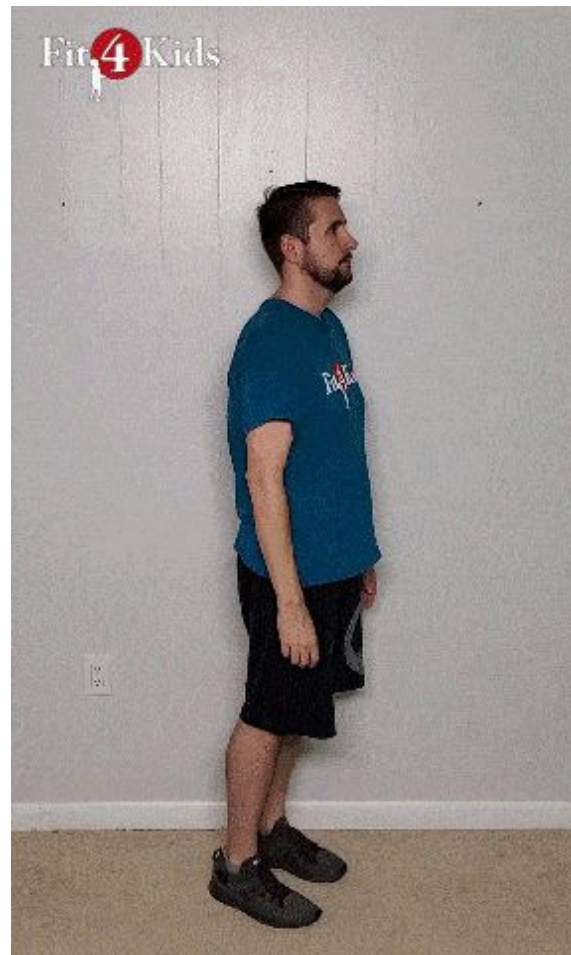
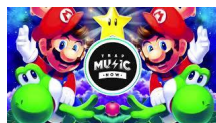
Pick a Move



Side Lunges

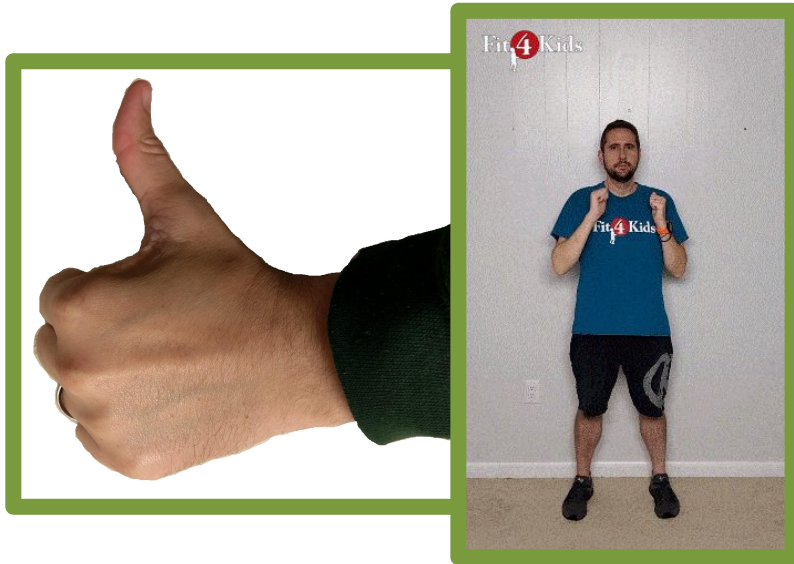


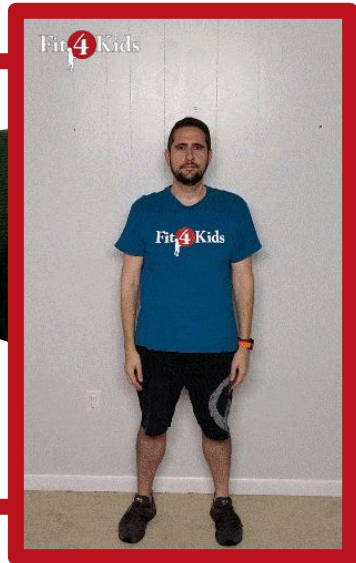
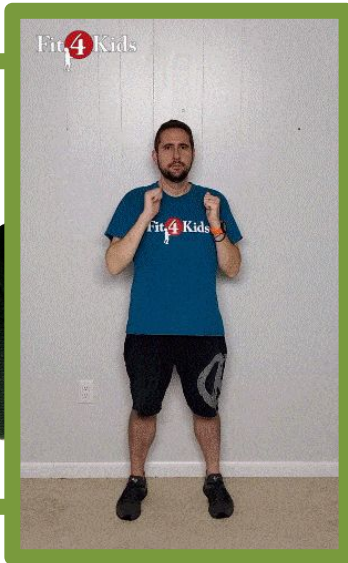
or



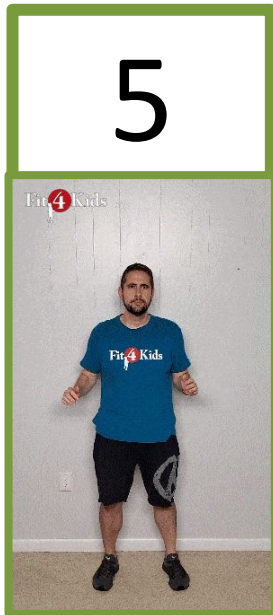
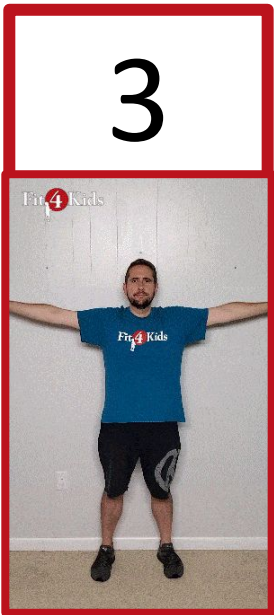
Calf Raises



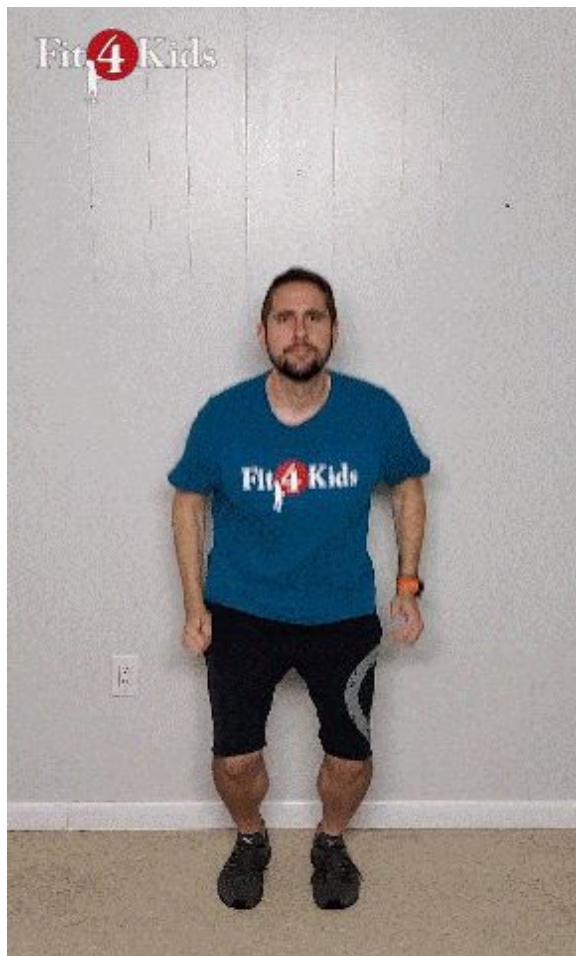




About how long is it?



Pick a Move



Jumps

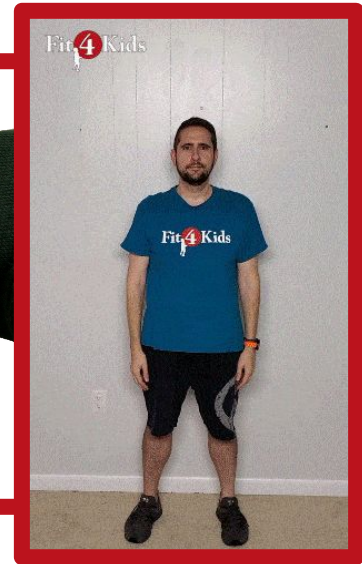
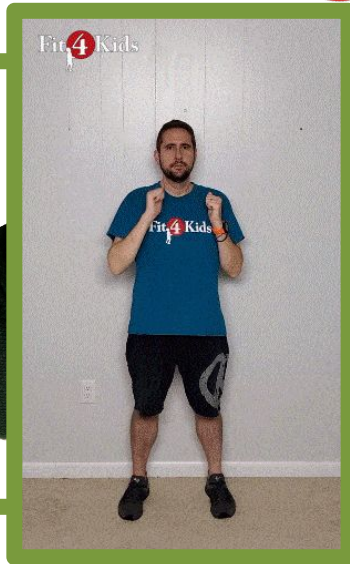


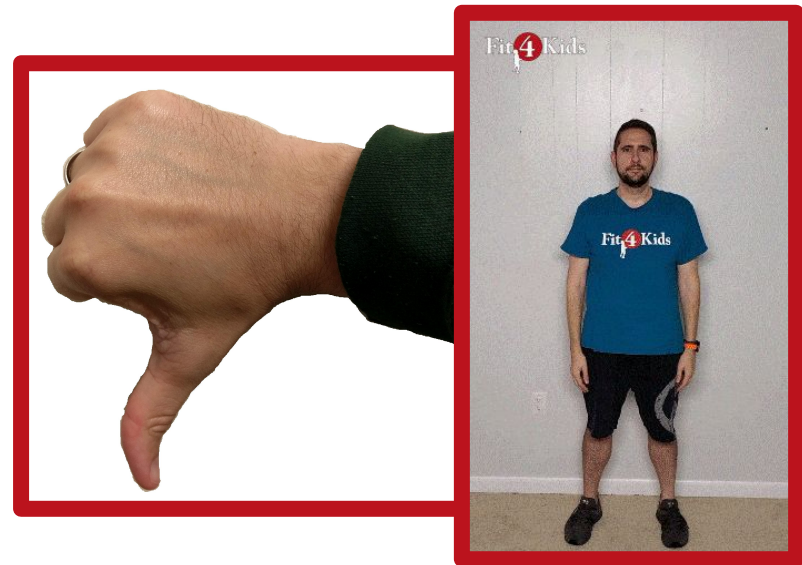
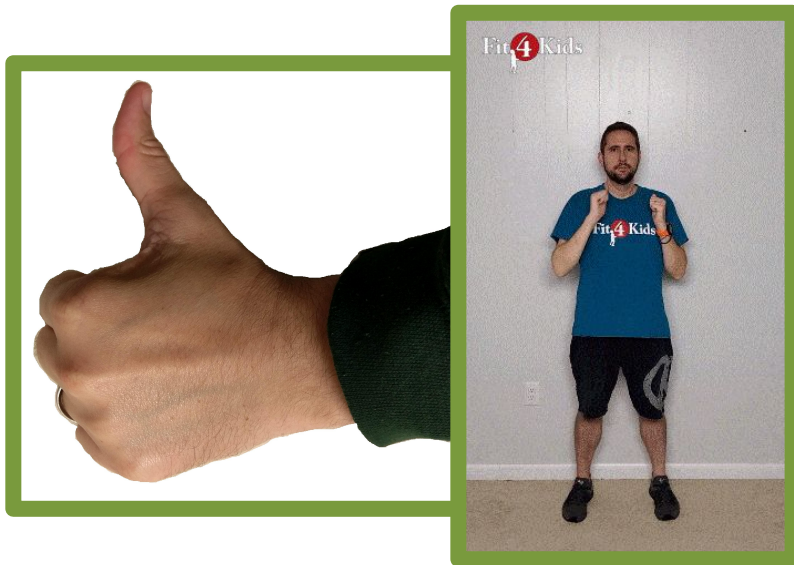
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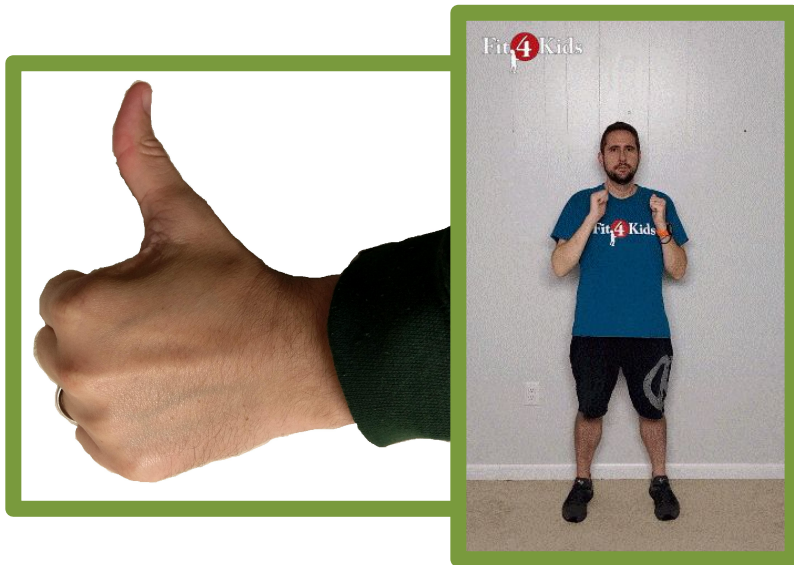
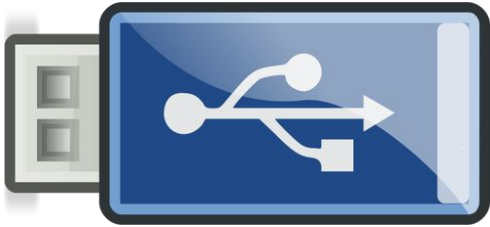


Washing Machines

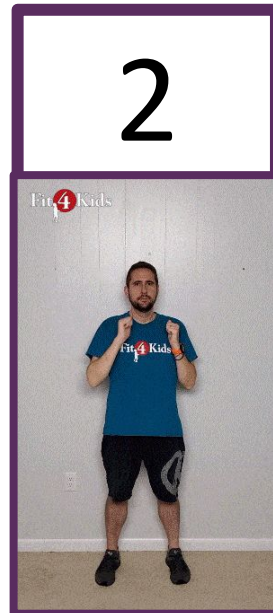
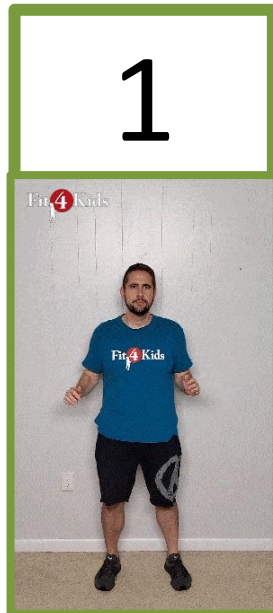
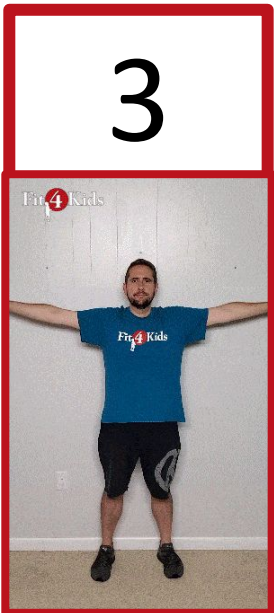
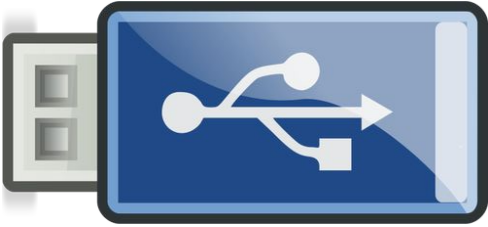








About how long is it?



Pick a Move



Squat Jumps



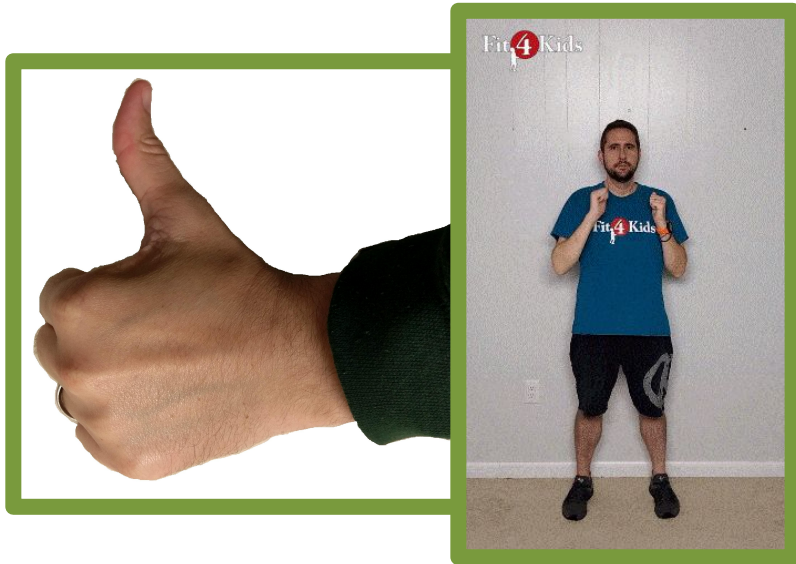
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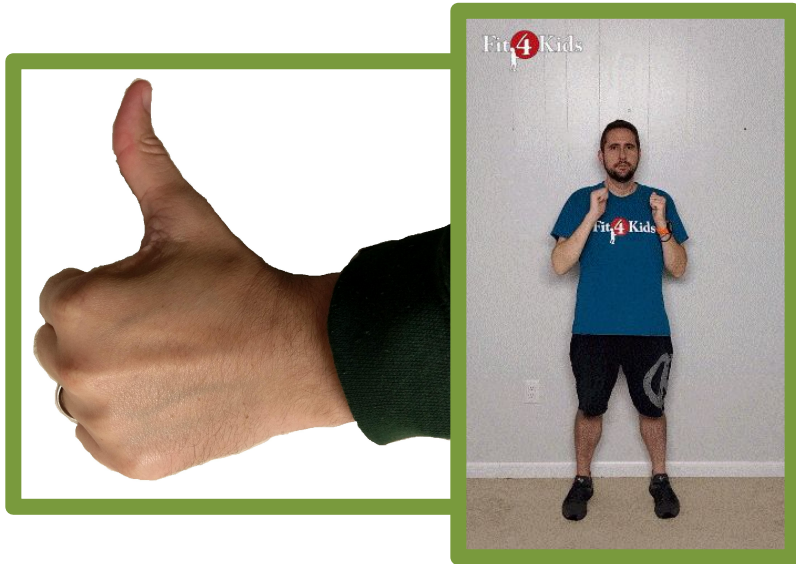


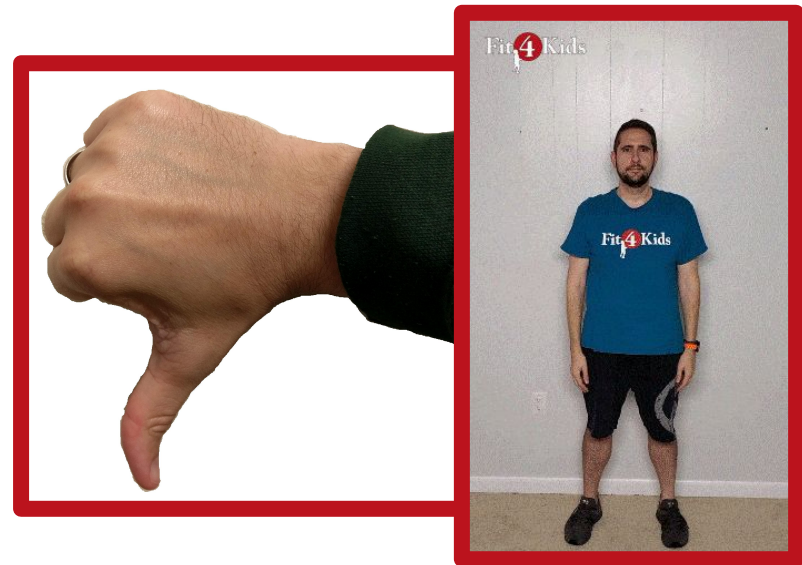
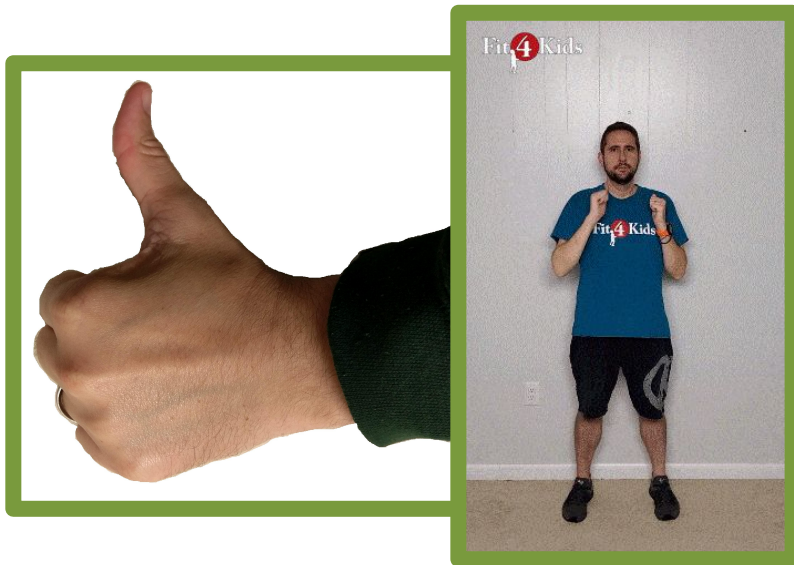
Cross Crawls



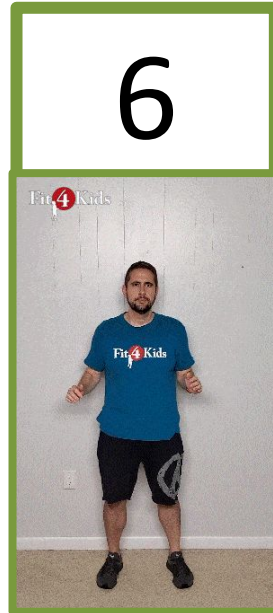
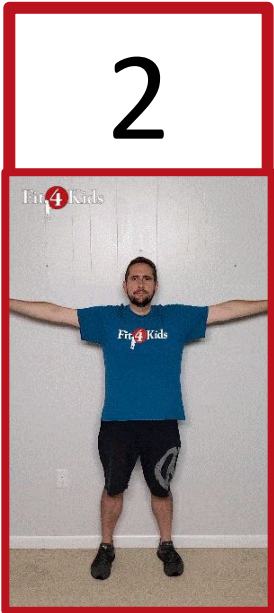
Are we ready to measure?







About how long is it?



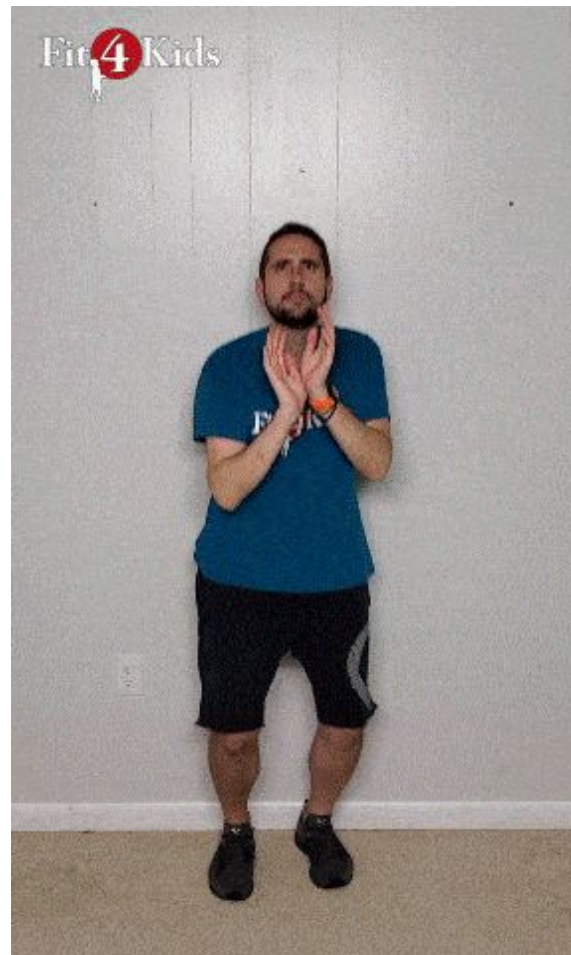
Pick a Move



Tuck Jumps

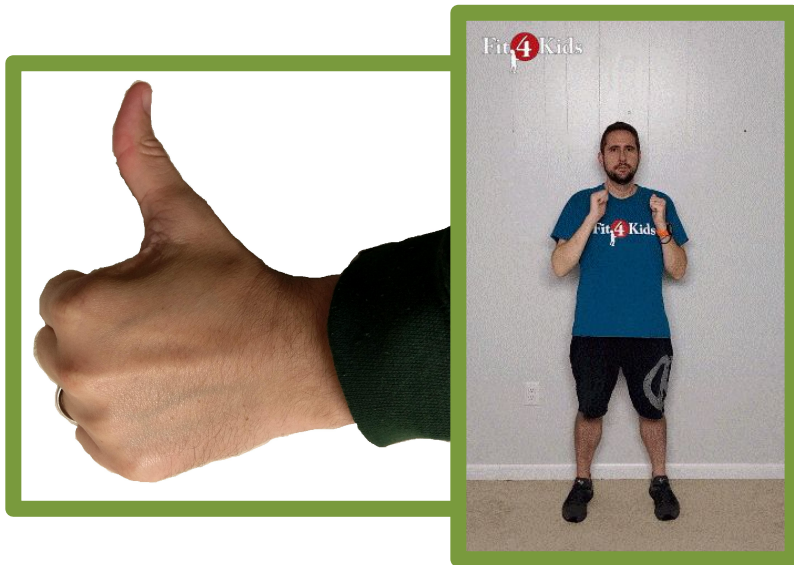
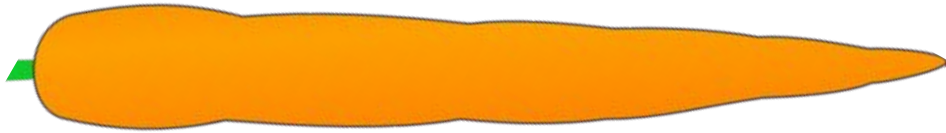


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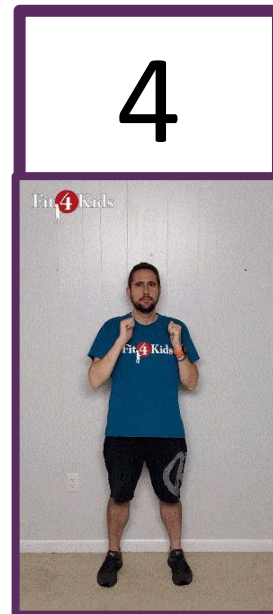
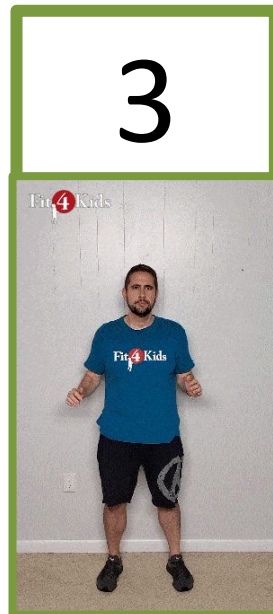
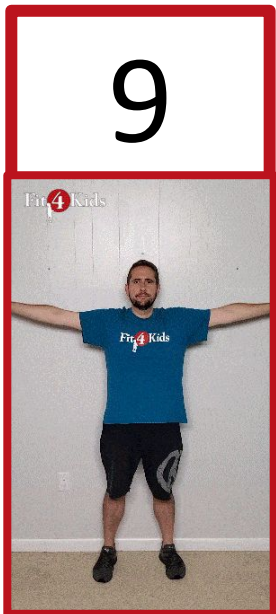
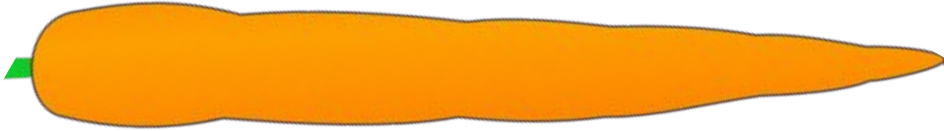


Basketball Shots





About how long is it?



Pick a Move



Hops



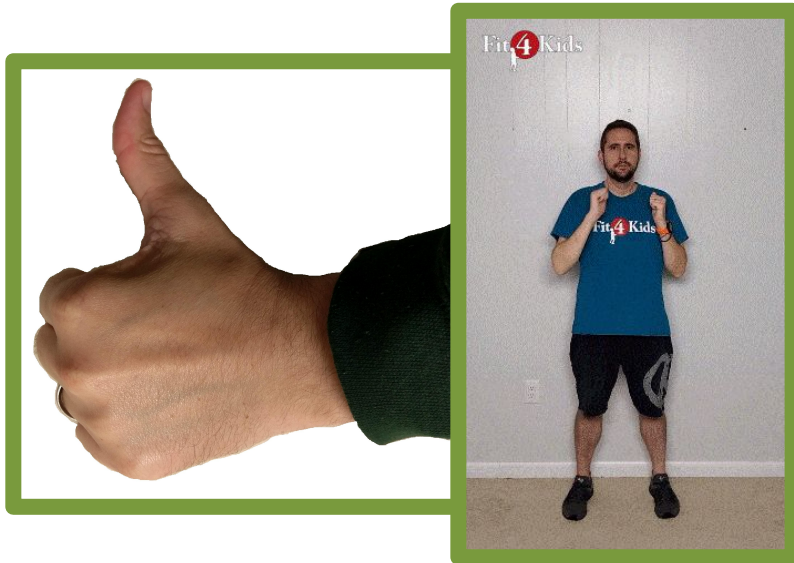
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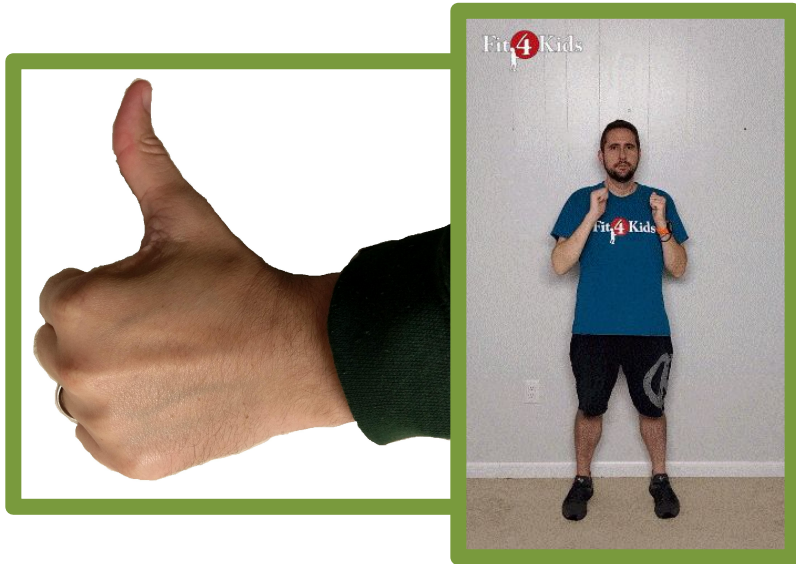


Goal Posts

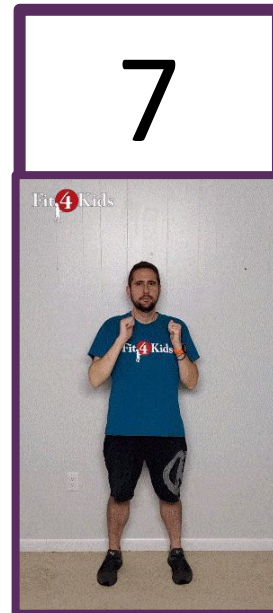
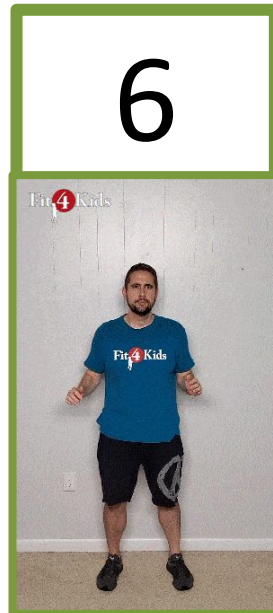
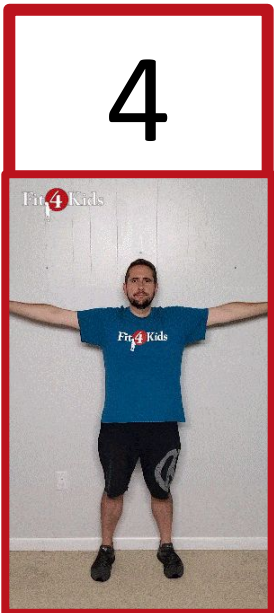


Are we ready to measure?

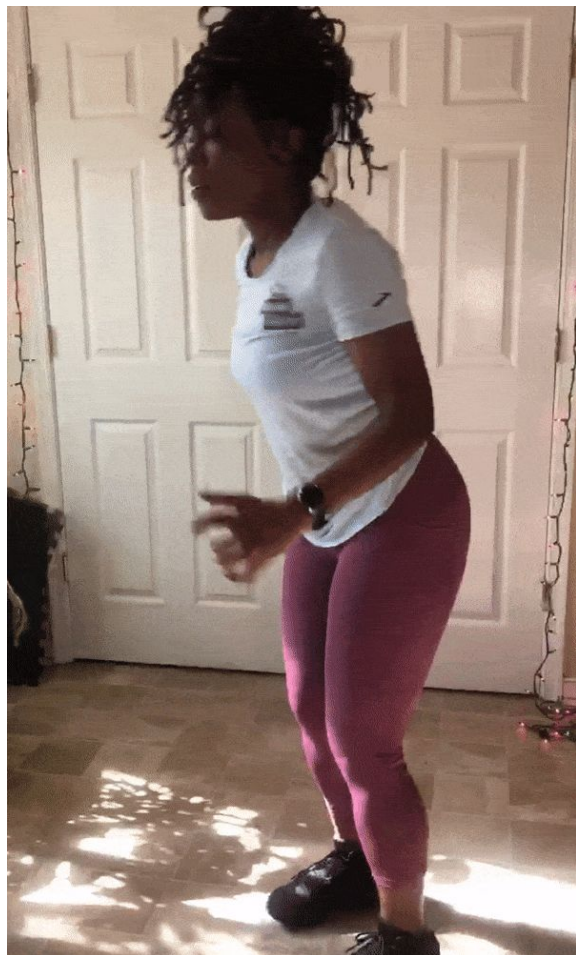




About how long is it?



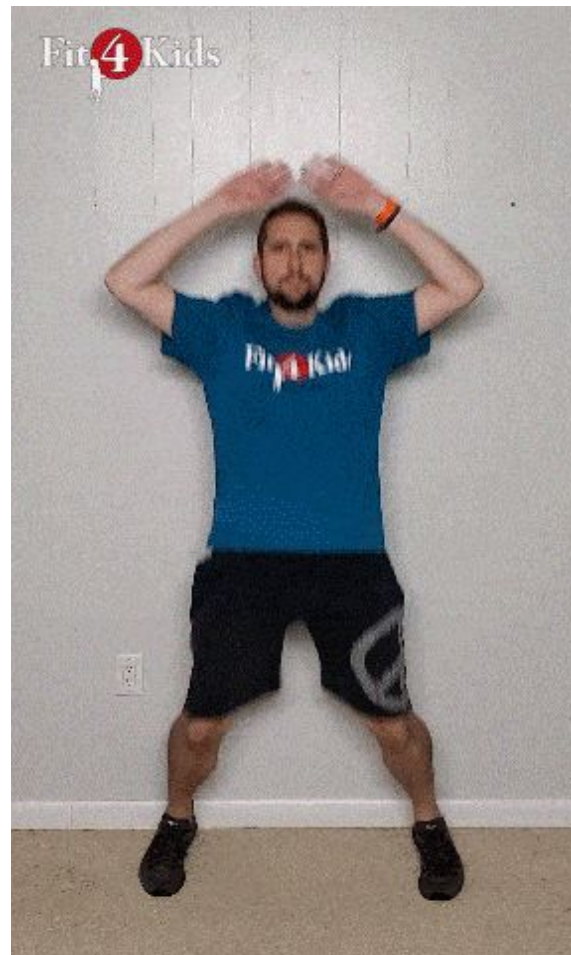
Pick a Move



Forward Bounds

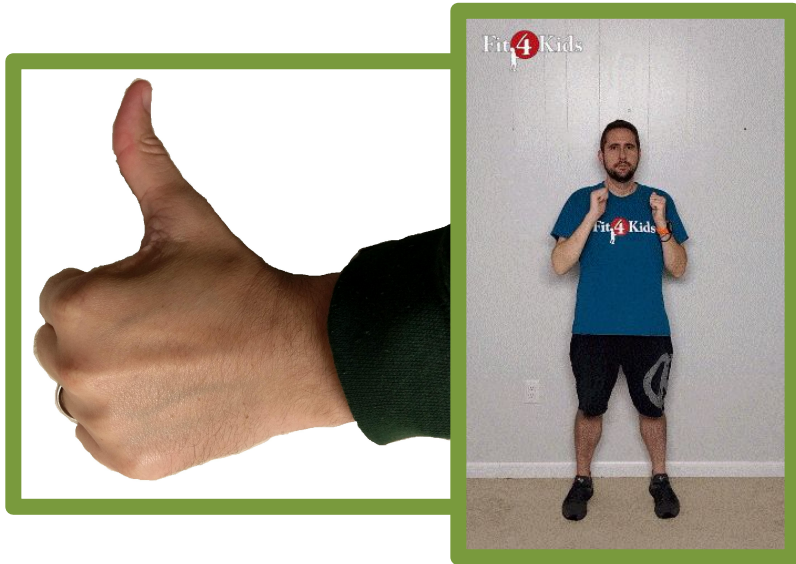
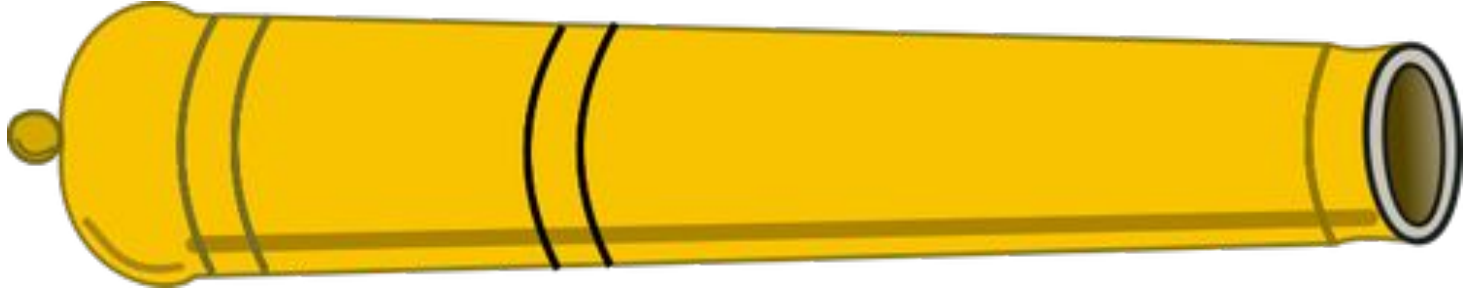


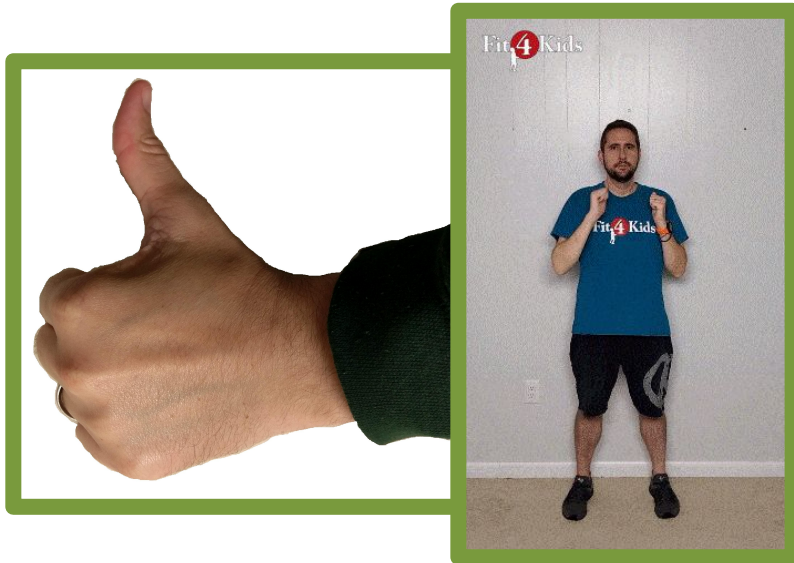
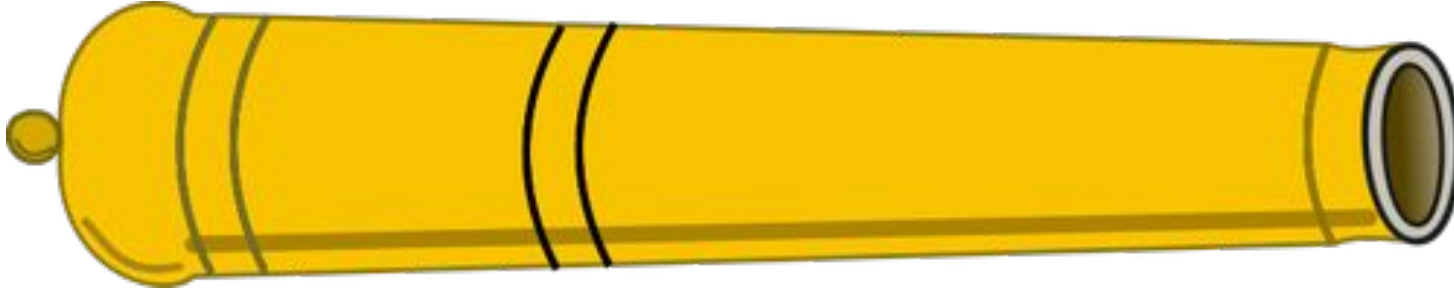
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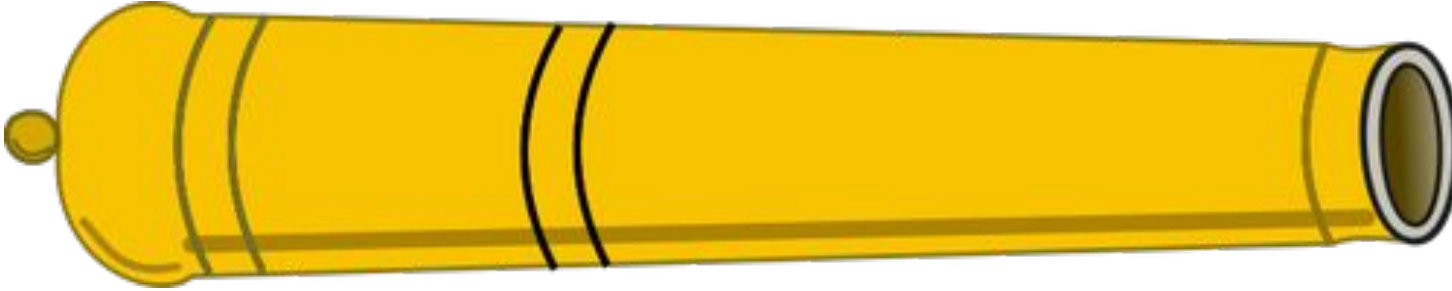
Jumping Jacks

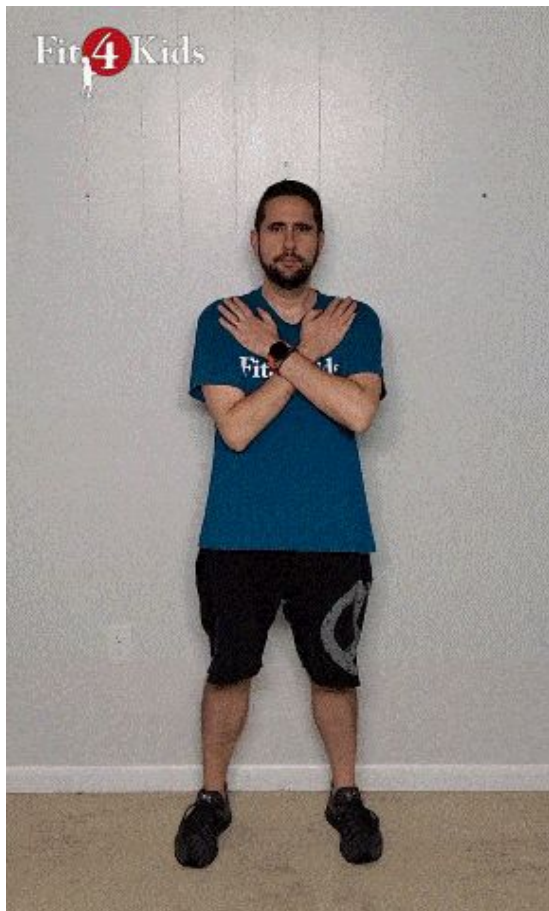




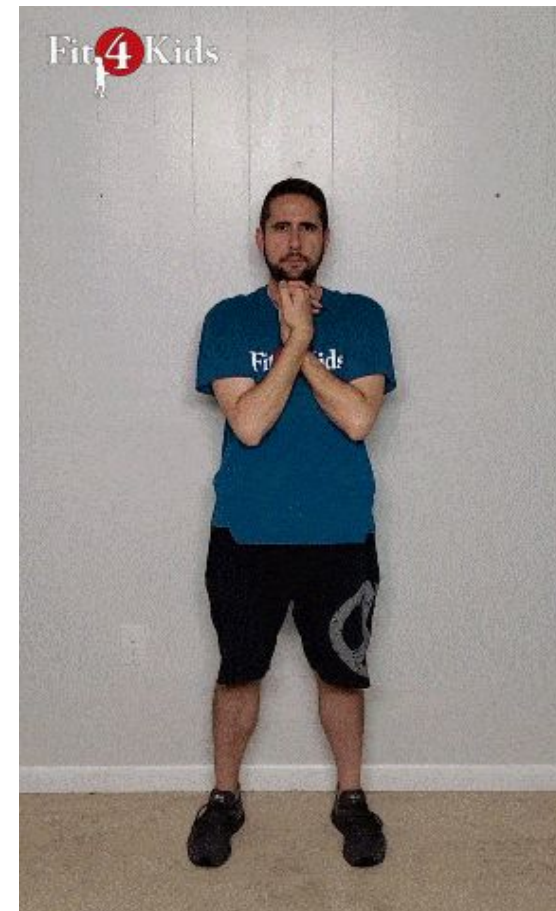


About how long is it?





Mummy



Pretzel

