

LI: Know how to keep myself and others safe

For these activities you will need some kind of device to measure metres. You could use a tape measure or you could create your own metre stick.

This is easy if you have a ruler (remember 1 metre = 100cm) as you can measure, cut and stick strips of paper/card to 1m or string if you have it. If you don't have any measuring device, instead you can ask an adult to take a **big stride**. An average stride is 70cm so a big adult stride is around 1m.

<p>Measure out 2 metres and use objects to mark the distance.</p> <p>How many jumps does it take to get from your starting point to the end of 2 metres?</p>	<p>Stand 1 cm away from someone or something. Look closely – what can you see? How much detail? Can you see the whole object or just a small part of it?</p> <p>Slowly walk backwards. Keep looking and thinking about what you can see.</p> <p>Stop at 2 metres what is different? Can you see more or less than before?</p>	
<p>Ask someone to lie on the ground</p> <p>Measure how long they are – is this more or less than 2 metres? By how much? Can you measure different people?</p>	<p>For our health and everyone's safety we have been asked to stay 2m apart... but what is 2 metres?</p>	<p>Measure 2 meters from a wall or tree</p> <p>How many times can you run between your marker and object in 30seconds or a minute – get someone to time you!</p>
<p>Can you spot any signs in shops or adverts on the TV that tell you about the 2 metre rule?</p> <p>If there are marks on floors in shops – do you think they are 2 metres apart?</p>	<p>Hunt for objects that are 2 metres long inside or outside.</p> <p>Is your table, car, bike, bath or sofa 2 metres?</p> <p>Can you find anything around 2 metres long in your local environment?</p>	<p>Can you lay out objects to 2metres in length?</p> <p>This could be books, teddies, outdoor materials like sticks and stones.</p> <p>Estimate first then measure.</p>