

# Making Measures Stations

## HEIGHT MEASUREMENT STATION

Work in pairs to take one another's height measurement.

- Take your shoes off. Stand with your back to the wall against the height measurement chart.
- Get your partner to take the provided textbook and place it on the wall above your head. Make sure the spine of the book is flush against the wall.
- The partner slides the book down until it touches the person being measured head.
- Your partner reads the height off the chart (to the nearest cm). The height is shown by looking at the bottom of the spine of the book.
- You record your height measurement on your data card. It is Q7.

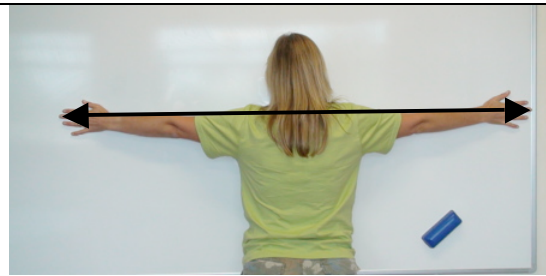
## RIGHT FOOT LENGTH MEASUREMENT STATION

Work in pairs to take one another's right foot length measurement.

- Prepare a foot measurement chart. Use card and rule lines across at every centimetre. Make the chart at least 50 cm long.
- Place the chart on the floor flush with a wall.
- Stand with the back of your right foot against the wall. You must have your shoes off.
- Get your partner to read the length of your right foot (to the nearest cm) off the chart for you.
- Record this measurement on your data card. It is Q8.

### ARM SPAN MEASUREMENT STATION

Work in pairs to take one another's arm span measurement.



- Stand facing the wall or whiteboard.
- Raise both your arms until they are at right angles to your body.
- Place one set of fingertips at the beginning of the chart/starting point for the measurement.
- Get your partner to read the arm span measurement (to the nearest cm) off the board or chart.
- Record this measurement on your data card. It is Q9.

### CIRCUMFERENCE MEASUREMENT STATION

Work in pairs to take one another's wrist and neck circumference measurements.

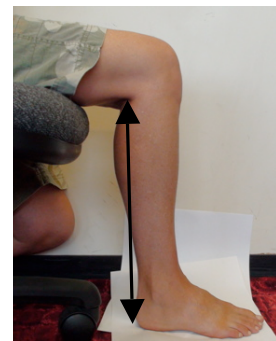
- Use string or a tape measure to measure the wrist and neck circumferences.
- Check the pictures for the placement of the string or tape measure. Wrist is above the "knobbly" bones on the arm.
- If using string, use a ruler to measure the length of the string that equals the circumference measured.
- Record to the nearest cm.
- Record these measurements on your data card. Q10 and 11.



### POPLITEAL LENGTH MEASUREMENT STATION

Work in pairs to take one another's popliteal length measurement.

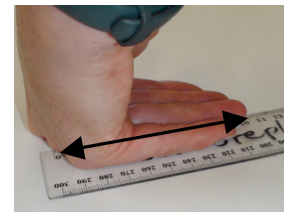
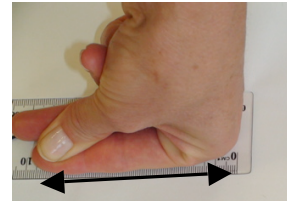
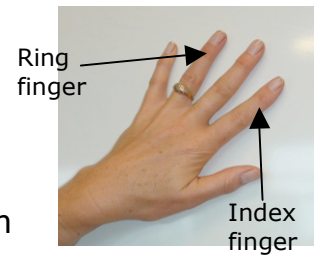
- Sit in a chair with your shoes off. Try to have your leg bent at right angles.
- Get your partner to take the measurement (to the nearest cm) from right behind the knee, when seated, to the floor. See picture.
- Record this measurement on your data card. It is Q12.



## FINGER LENGTH MEASUREMENT STATION

Work in pairs to take one another's finger length measurement.

- The index finger is the finger next to the thumb. The ring finger is the third finger from the thumb.
- Index and ring finger measurements to be taken with the fingers bent at approximately right angles. See pictures.
- The measurement is from the knuckle to the end of the finger (soft tissue not finger nail).
- Line the knuckle up with the zero and read off the length of the finger (to the nearest mm) from the ruler.
- Record this measurement on your data card. Q13 and 14.



## BAG MEASUREMENT STATION

Work in pairs to take bag weight measurements.

- Put all of your school books and materials that you have brought to school today in your school bag.
- Weigh your school bag using the scales provided.
- Record the weight of your school bag to the nearest 100g.
- Record this measurement on your data card. It is Q17.