



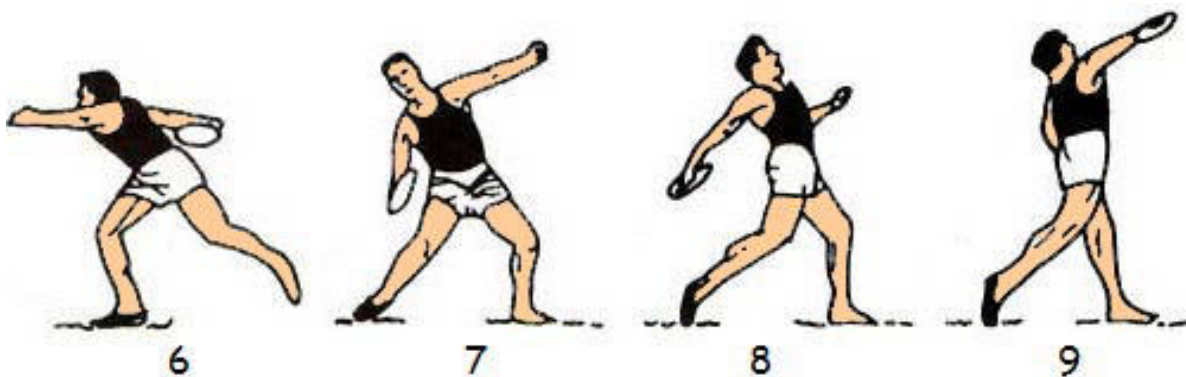
# Station #1 – Paper Plate Discus

## Materials:

Paper Plate, Meter Stick, Metric Ruler

## Procedure:

1. Place your feet on the starting line
2. Throw your “discus” ONE time
3. Estimate the distance (in cm) that you threw the “discus”
4. RECORD this number in the ESTIMATED VALUE column of your data table
5. Measure the distance from the starting line to the edge of the “discus” using a meter stick/ruler.
6. RECORD this number in the ACCEPTED VALUE column of your data table
7. Now it's your partner's turn!
8. When finished, clean up your station and wait for the teacher to send you to the next station.





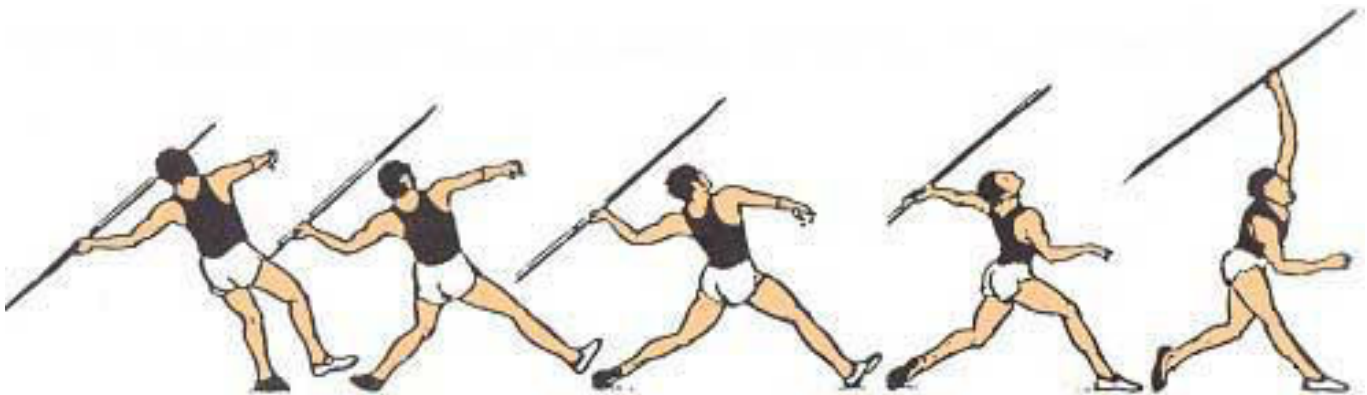
## Station #2 – Straw Javelin Throw

### Materials:

Straw, Meter Stick, Metric Ruler

### Procedure:

1. Place your feet on the starting line
2. Throw your “javelin” ONE time
3. Estimate the distance (in cm) that you threw the “javelin”
4. RECORD this number in the ESTIMATED VALUE column of your data table
5. Measure the distance from the starting line to the position of the “javelin” using a meter stick/ruler.
6. RECORD this number in the ACCEPTED VALUE column of your data table
7. Now it's your partner's turn!
8. When finished, clean up your station and wait for the teacher to send you to the next station.





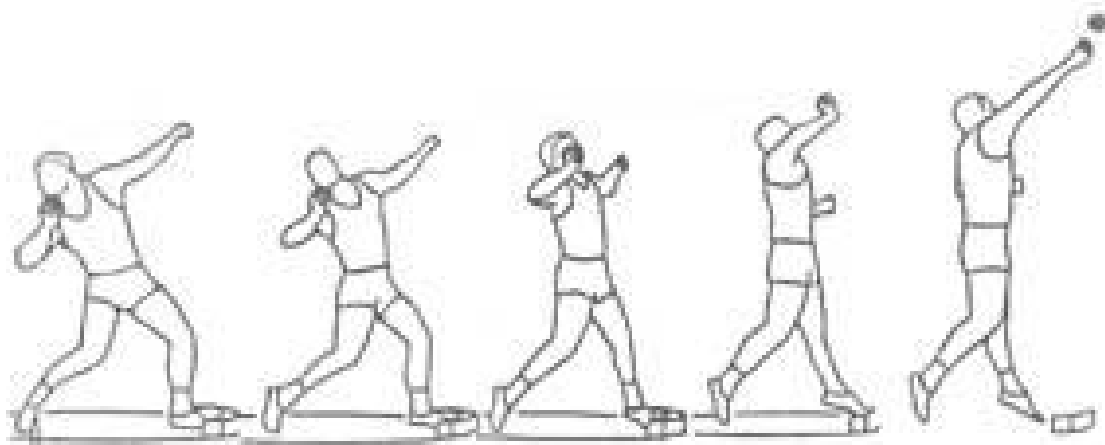
## Station #3 – Cotton Ball Shot Put

### Materials:

Cotton Ball, Meter Stick, Metric Ruler

### Procedure:

1. Place your feet on the starting line
2. Throw your “shot put” ONE time
3. Estimate the distance (in cm) that you threw the “shot put”
4. RECORD this number in the ESTIMATED VALUE column of your data table
5. Measure the distance from the starting line to the edge of the “shot put” using a meter stick/ruler.
6. RECORD this number in the ACCEPTED VALUE column of your data table
7. Now it's your partner's turn!
8. When finished, clean up your station and wait for the teacher to send you to the next station.





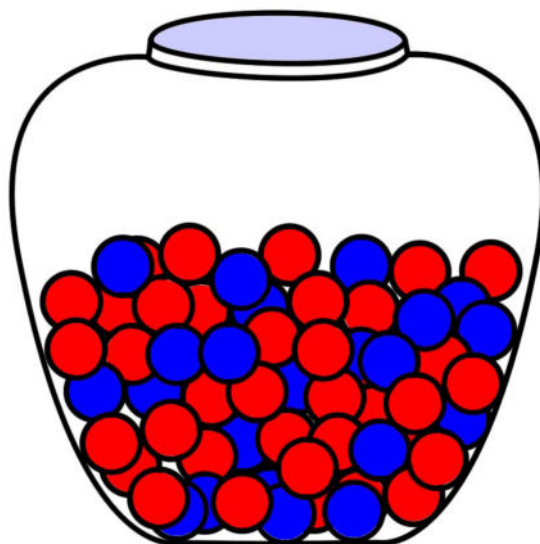
## Station #4 – Right Handed Sphere Grab

### Materials:

Marbles, Bucket, Scale, 2 Plastic Cups

### Procedure:

1. With your RIGHT hand only, grab a fistful of marbles out of the bucket
2. Place the marbles in one of the plastic cups
3. Estimate the mass (in grams) of your marbles
4. RECORD this number in the ESTIMATED VALUE column of your data table
5. Place the empty plastic cup on the balance and touch the “zero” button on the scale to bring the mass to zero with the cup
6. Pour your marbles in from the other cup and mass them.  
*(Note: be zeroing out the scale, the cups mass in not being counted)*
7. RECORD this number in the ACCEPTED VALUE column of your data table
8. Now it's your partner's turn!
9. When finished, clean up your station and wait for the teacher to send you to the next station.





## Station #5 – Left Handed Sponge Squeeze

### Materials:

Sponge, Water, Bucket, Plastic Cup, Graduated Cylinder

### Procedure:

1. With your LEFT hand only, grab the sponge out of the water filled bucket.
2. Squeeze out the contents of the sponge into the plastic cup (ONE squeeze ONLY)
3. Estimate the volume (in mL) of your water
4. RECORD this number in the ESTIMATED VALUE column of your data table
5. Pour your water from the cup into the graduated cylinder
6. RECORD this number in the ACCEPTED VALUE column of your data table
7. Now it's your partner's turn!
8. When finished, clean up your station and wait for the teacher to send you to the next station.





## Station #6 – Big Foot Contest

### Materials:

Graph Paper, Pencil, Right Foot, Colored Pencils (Orange, Green, Yellow)

### Procedure:

1. Remove your RIGHT shoe
2. Place a sheet of graph paper on the floor
3. Place your right foot in the center of the graph paper
4. Trace your foot
5. Estimate in  $\text{cm}^2$  the area of your footprint
6. RECORD this number in the ESTIMATED VALUE column of your data table
7. Inside your traced Foot...
  - a. Color all the “Complete” squares Orange
  - b. Color the “Exactly  $\frac{1}{2}$ ” squares Green
  - c. Color the “More the  $\frac{1}{2}$ ” squares Yellow
  - d. Ignore the “Less than  $\frac{1}{2}$ ” squares
8. Count how many of each color.
  - a. Multiply the Orange and Yellow squares by 1 then add together
  - b. Multiply the Green squares by .5 then add to your answer
9. You now have the area of your foot
10. RECORD this number in the ACCEPTED VALUE column of your data table
11. Now it's your partner's turn!
12. When finished, clean up your station and wait for the teacher to send you to the next station.

