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UK RECORD BREAKERS

A **hare** is the fastest land mammal in the UK and can run at around 72 kilometres per hour.

How fast can you move?

Measure out a 10-metre course and ask someone to time you or time yourself running this course.

I ran 10 metres in _____ seconds.

Can you convert this to kilometres per hour?

I ran at a speed of _____ kilometres per hour.



Show how you worked this out here:

The hare's speed equates to 20 metres per second! How do you compare?

If I ran 20 metres I predict it would take me _____ seconds.

If you have space set out a 20 metre course and see if your prediction is correct.



A **garden snail** can move as slowly as 0.05 kilometres per hour.

Can you convert this measurement to metres per second?

A garden snail can move as slowly as _____ metres per second.



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How long would it take a snail to travel 5 meters?

Show how you worked this out here:

A snail would take _____ seconds to travel 5 metres.

Can you travel at the speed of a snail? Mark out a 5 metres course and ask someone to time you or time yourself (but don't peek at the timer!). How close can you get to the snails time for 5 meters?

I travelled 5 metres in _____ seconds.

I was _____ seconds faster/slower.

A pine marten can leap up to 4 metres. How far can you jump?

Mark a starting line measure how far you can jump forward from this line.

I jumped _____ metres (add this to the table below).

How does your jump compare to that of the pine marten?

Have another 4 goes at jumping.



Attempt number	Distance jumped (metres)
1	
2	
3	
4	
5	

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My best jump was _____ m

My shortest jump was _____ m

My average jump was _____ m

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