You Will Need:

- Two or more participants
  
  *Enlist your family - this is for all ages! The score cards included are for four participants, but if you have more, you can add extra rows or make your own.*

- A metre stick or measuring tape
  
  *If you do not have a metre stick, then can you make one? Only one event uses a metre stick.*

- A balloon inflated to about 4 cm across, or a soft, lightweight cloth ball about that size

- Two straws for each participant
  
  *To make a straw, you can use a small strip of paper, roll it into a tube, and tape it into place. The straw should have an opening around 0.5 cm wide and be around 20 cm long. Try to make all of the straws similar in size.*

- A cotton ball for each participant (about the size that comes in the top of a pill bottle)

- A paper plate
  
  *If you don’t have a paper plate, then you can cut a disk out of cardboard or something similar.*

- A watch or clock with a second hand

- Tape

- A pen or pencil

What To Do: For each event, each participant in turn will do the following:

1. Enter your name on the score card for that event.
2. Estimate the distance or time you think you can achieve for the event, and enter that estimate on the score card.
3. Perform the task required by the event.
4. With the help of another participant, measure the actual value you achieve for the time or distance, and enter that measure on the score card.
5. Calculate your score, which is the difference between your estimate and the measured value, and enter it on the score card.
   
   *Subtract the smaller value from the larger value so that the difference is a positive number.*

For fairness, vary the order of the participants from event to event. *Think about why!*

The winner of each event is the participant with the *lowest score*, that is the participant with the smallest difference between their estimate and the actual measure.
Event 1: Balloon Toss

For this event you will need:

- The metre stick or measuring tape
- A long piece of tape
- The balloon or cloth ball

Make a line by laying the piece of tape on the floor in a hallway or a room with the most space.

Standing with your toes at the line, estimate how far, in metres, you can toss the balloon or cloth ball and enter your estimate on the score card.

Then toss the balloon underhand, and ask another participant to measure the distance from the line to where the balloon or ball lands on the floor.

Enter their measurement and determine your score.

Score Card for Event 1

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<th>Names</th>
<th>Estimate</th>
<th>Measure</th>
<th>Score</th>
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Note: If a soft cloth ball is used for this event, the distances may be longer.

Event 2: Cotton Ball Blow

For this event you will need:

- The metre stick
- One straw for each participant
- The cotton ball(s)

Ask another participant to hold the metre stick vertically against a wall while you complete your turn at the event.

As shown in the diagram to the right, hold a straw vertically and balance your cotton ball on top of the straw. The goal is to blow through the bottom of the straw to move the cotton ball upward.

Estimate how far, in centimetres, you think you can blow the cotton ball vertically, and enter your estimate on the score card.

Ask the other participant to mark the initial and final position of the ball on the metre stick as you blow it upward. Enter the difference in centimetres between those two marks as your measure, and determine your score.

Score Card for Event 2

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<th>Estimate</th>
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If you find it hard to point the straw upward and balance the cotton ball while standing, how about trying this event by instead lying on your back!
Event 3: Paper Plate Discus Throw

For this event you will need:
- The metre stick or measuring tape
- A long piece of tape
- The paper plate

Make a line on the floor as you did for Event 1.
Standing with your toes at the line, estimate how far, in metres, you can throw the paper plate, and enter your estimate on the score card.
Then toss the paper plate like a frisbee, and ask another participant to measure the distance from the line to where the plate lands on the floor.
Enter their measurement and determine your score.

Event 4: Straw Javelin Throw

For this event you will need:
- The metre stick or measuring tape
- A long piece of tape
- One straw for each participant

Make a line on the floor as you did for Event 1.
Standing with your toes at the line, estimate how far, in centimetres, you can throw a second straw, and enter your estimate on the score card.
Then throw the straw, and ask another participant to measure the distance from the line to where the straw lands on the floor.
Enter their measurement and determine your score.

Event 5: Heel-Toe Walk

For this event you will need:
- The watch or clock
- Two pieces of tape (or other markers)

Place two markers on the floor, approximately 5 metres apart.
Standing with your toes at the first marker, estimate how many seconds it will take you to walk in heel-to-toe fashion to the second marker, and enter your estimate on the score card.
Then ask another participant to use a clock or watch to measure the time in seconds it takes you to do the actual walk.
Enter their measurement and determine your score.

Once all participants have completed all events, we are ready to declare a winner! The overall winner of the Metric Pentathlon should be the participant who did the best on the events overall, but there are many different ways to measure this. An extra activity might be to decide, as a group, the fairest way to use all of the scores (some in different units) to declare the winner of the Metric Pentathlon.