

LEARNING MEASUREMENT THROUGH SPORTS AN INTEGRATED MATHEMATICS AND PHYSICAL EDUCATION ACTIVITY



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OBJECTIVE

- To help students understand the concept of measuring length through real-life application.
- To enable students to use appropriate measuring tools accurately.
- To integrate mathematical concepts with physical activity and sports for meaningful learning.



LEARNING OUTCOMES

BY THE END OF THE ACTIVITY,
STUDENTS WERE ABLE TO

- Measure length using a measuring tape correctly.
- Record measurements in standard units such as centimetres (cm) and metres (m).
- Convert and relate measurements between different units.
- Apply the concept of measurement in a real-life sports context.
- Work collaboratively and follow rules during an activity.
- Develop observation, teamwork, and problem-solving skills through hands-on measurement activities.

ACTIVITY STEPS

INTRODUCTION TO THE ACTIVITY AND GAME RULES

The Physical Education teacher introduced the long jump as a field event and explained its importance in sports. The rules of the game, correct jumping technique, and safety precautions were clearly demonstrated.

Students were also informed about how measurement plays an important role in sports events like the long jump.



INTRODUCTION TO MEASUREMENT TOOLS

The Mathematics teacher introduced the measuring tape and revised the standard units of length—centimetres (cm) and metres (m). Students were guided on how to hold the measuring tape correctly, identify the zero mark, and read measurements accurately.

MEASURING THE LONG JUMP PIT

Students worked in small groups to measure the length and width of the long jump pit. They noted down the measurements carefully and discussed why different units of measurement are used for different lengths.



PARTICIPATION IN THE LONG JUMP ACTIVITY

Students worked in small groups to measure the length and width of the long jump pit. They noted down the measurements carefully and discussed why different units of measurement are used for different lengths.





MEASURING THE DISTANCE COVERED

After each jump, students measured the distance from the take-off point to the landing point using a measuring tape. Peers assisted each other to ensure accuracy while measuring.

RECORDING MEASUREMENTS IN DIFFERENT UNITS

The measured distance was first recorded in centimetres and then converted and written in metres. Students compared their measurements and discussed the relationship between the two units.

GROUP DISCUSSION AND VERIFICATION

Students cross-checked their measurements within the group to minimize errors. Teachers guided them to correct mistakes and reinforced the concept of accurate measurement.

REFLECTION AND SHARING

Students shared their observations and learning experiences. They discussed challenges faced while measuring and how teamwork helped them complete the task efficiently.

ASSESSMENT CRITERIA AND RUBRIC

RUBRIC FOR MATHEMATICS

Criteria Excellent Good Satisfactor	Criteria Excellent Good Satisfactory	Criteria Excellent Good Satisfactory	Criteria Excellent Good Satisfactory
Use of Measuring Tools	Uses measuring tape correctly and independently	Uses tools correctly with minimal guidance	Uses tools with frequent support
Accuracy of Measureme	Measures length accurately	Minor errors in measurement	Inconsistent accuracy
Conversion of Units	Converts cm to m correctly and	Converts with minor errors	Converts with support
Application in Real-life Context	Clearly explains use of measurement in sports	Relates measurement to activity	Limited connection made
Collaborati on & Communica tion	Actively participates and explains ideas clearly	Participates well in group	Limited participation

RUBRIC FOR PHYSICAL EDUCATION

Criteria	Excellent	Good	Satisfactory
Understanding of Rules & Safety	Follows all rules and safety instructions	Follows rules with reminders	Needs frequent reminders
Jumping Technique	Demonstrates correct posture, take-off, and landing	Minor errors in technique	Basic technique shown
Balance & Coordination	Maintains excellent balance throughout	Good balance with minor issues	Balance needs improvement
Participation & Effort	Actively participates with enthusiasm	Participates willingly	Participates with encouragement
Teamwork & Sportsmanship	Supports peers and shows fair play	Cooperates well with peers	Limited cooperation

ASSESSMENT METHOD

Assessment was carried out through teacher observation, peer interaction, group discussion, and performance during the activity, focusing on both process and participation rather than written work alone.

STUDENT'S REFLECTION



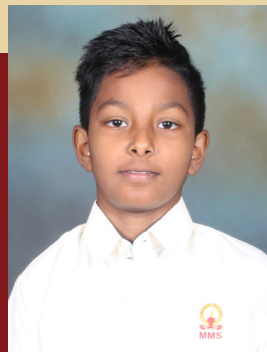
Nithila

I learned how to cover a long distance and successfully crossed more than 3 metres. I felt excited and encouraged by my friends.



Subiksha Shree

We jumped and measured the distance covered by us in both metres and centimetres. The activity was very enjoyable.



Fasihul Lisan

I learned the rules of the game and how to measure and mark the pitch using white powder, which was a new learning experience for me.



Navilan

I enjoyed the activity very much and learned how to jump and measure the distance in metres.

Dhanus Krishna

I liked the activity very much and learned the rules of the game. It was a 10 out of 10 experience.



STUDENT'S REFLECTION



MS. ABHARNA M

The activity engaged students and encouraged active participation. Linking mathematics with physical education helped students understand measurement better. Students worked well in teams and measured accurately. The hands-on activity made learning fun and meaningful.

The activity helped students understand the connection between sports and mathematics in a fun way. They participated actively, followed safety rules, and worked well as a team while performing and measuring their jumps. Learning through movement made the session lively and memorable.

MR. VISWANATHAN



CONCLUSION

The integrated activity on Measurement of Length through the sport of long jump was highly effective. It reinforced mathematical concepts while promoting physical activity and collaboration.

Students were able to connect classroom learning with real-life experiences, making the learning process joyful and long-lasting.



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