

How do I compare to an Olympian?



Usain Bolt
Winner Men's 100m
9.81seconds



Tianna Bartoletta
Winner Women's Long Jump
7.17metres



Michelle Carter
Winner Women's Shot Put
20.63 metres



Ryan Crouser
Winner Men's Shot Put
22.52 metres

How do I compare to an Olympian?



Usain Bolt
Men's 100m
9.81sec

- How long is 9.81 seconds? Time it and see.
- What can you do in 9.81secs?
- How far is 100m?
- How long does it take you to run it?
- How about your mum, dad or sibling?
- Can you increase your speed? If so, how?



Tianna Bartoletta
Women's Long Jump
7.17m

- How far is a jump of 7.17m? Measure it.
- If you jump from the starting point, where do you land within 7.17m?
- Can you work out the fraction or percentage of an Olympian jump you can reach?



Michelle Carter
Women's Shot Put
20.63m

- How far is a throw of 20.63m? Measure it.
- Can you throw a ball that far?
- How far from the starting point will your ball land within the measured distance?
- Does it matter which ball you use?



Ryan Crouser
Men's Shot Put
22.52m

- How far is a throw of 22.52m? Measure it.
- How far can you throw a tennis ball?
- What fraction or percentage of an Olympian throw can you reach?
- Can you improve your throw? If so, how?