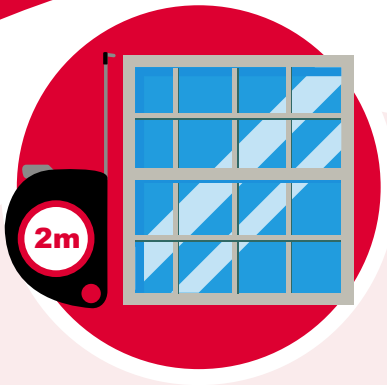




Prince's Trust

MEASURE UP



LENGTH AND DISTANCE

The measurement of something from one end to the other

METRIC UNITS

- millimetres (mm)
- centimetres (cm)
- metres (m)
- kilometres (km)
- 10 mm = 1 cm
- 1000 mm = 1 m
- 100 cm = 1 m
- 1000 m = 1 km

IMPERIAL UNITS

- inches (in)
- feet (ft)
- yards (yd)
- mile (mi)
- 12 inches = 1 foot

UNITS OF WEIGHT

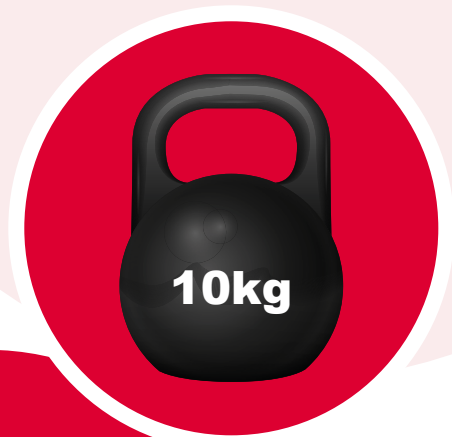
The measure of how heavy something is

METRIC UNITS

- grams (g)
- kilograms (kg)
- 1000 grams = 1 kilogram

IMPERIAL UNITS

- ounces (oz)
- pounds (lbs)
- stones (st)
- 16 ounces = 1 lb
- 14 lbs = 1 stone



CAPACITY

Capacity is the amount a container can hold

METRIC UNITS

- millilitres (ml)
- litres (l)
- cubic metres (m³)
- 1000 ml = 1 l
- 1000l = 1 cubic metre

IMPERIAL UNITS

- fluid ounces (fl oz)
- pints (pt)
- gallons (gal)
- 8 pints = 1 gallon

