

HEIGHT & WINGSPAN

Description

The average height of an NBA player is 6 feet 6 inches. Their wingspan, however, can be different from their height. Wingspan is the distance between a player's outstretched fingertips. In this lesson, students will explore if their height & wingspan are the same or different.

Discussion Questions

1. How tall are you?
2. Is it important to be tall in basketball?
3. Have you ever measured your wingspan?

Key Concept

Height: the measurement from head to foot.

Wingspan: is the distance between a player's outstretched fingertips.

Materials (if applicable):

- Workbook: Page 13
- Tape Measure

Activity & Objectives

1. Have students watch the video below on how to measure your height & wingspan:
<https://youtu.be/sigDtLveAeg>
2. Have students grab a partner. Have one of the students stretch out their arms to the side and the other student measure their wingspan (from fingertip to fingertip). Then have the student stand up straight and the other student measure their height from the bottom of their foot to the top of your head.
3. Record the results on the worksheet and switch with their partner.

Questions to Ask

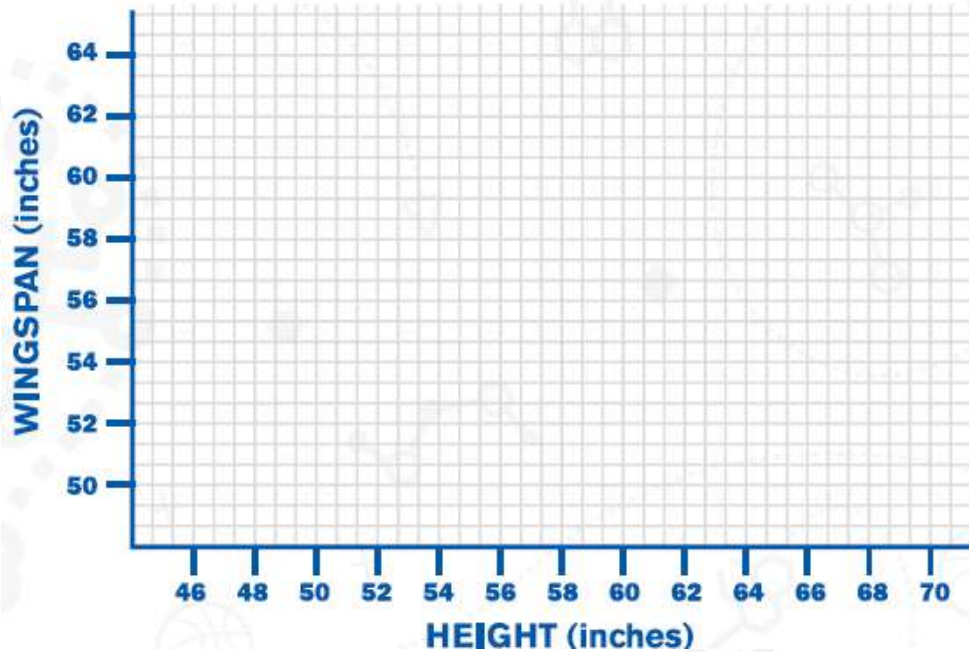
1. My wingspan measures _____ inches. My height measures _____ inches.
2. Are your height & wingspan the same? If so, what is the difference?

Graph

- Have students record their results using the graphs below in inches:

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Scholar Athletes - Height vs. Wingspan



Additional Items for Consideration

Student Reflection Questions

1. What did you learn about your height as it relates to your wingspan?
2. How did your height & wingspan compare to your partner and to the rest of the class?

Additional Activities & Videos:

- New York Knicks Team Roster
 - Check out the heights of the players on the New York Knicks Team Roster:
<https://www.nba.com/knicks/roster>
- Vertical Jump
 - Have students jump up as high as they can reaching their arm out. Measure how far they went and record the results. Compare results with the entire class!
- Top 10 Craziest NBA Wingspans
https://youtu.be/yheude8RC_c
- ESPN Sports Science: JaVale McGee Wingspan
<https://youtu.be/OrpdA5BRx3U>
- ESPN Sports Science: Derrick Rose
<https://youtu.be/goV0iRFgaZ4>

Worksheet Answers

- [Student Worksheet](#)

