

Name _____

Converting Metric Units - Sports & Fitness

Directions - Read each sports or fitness scenario. Convert the measurement into the requested unit.



- 1) A 5 km charity race is being held downtown. How many meters long is the race?
- 2) Daniel lifted a barbell weighing 45,000 g. How many kilograms did he lift?
- 3) The swimming pool is 50 m long. How many kilometers is that?
- 4) Emma drank 2.5 L of water during training. How many milliliters is that?
- 5) A soccer field is 105 m long. How many kilometers is that?
- 6) Liam cycled 12.4 km on Saturday. How many meters is that?
- 7) Sophia carried a 22 kg kettlebell. How many grams is that?
- 8) A sprinter ran 200 m in practice. How many kilometers is that?
- 9) Olivia swam 1500 m in a competition. How many kilometers is that?
- 10) Noah's protein shake bottle holds 750 mL. How many liters is that?
- 11) Ethan's backpack weighed 18,500 g after filling it with sports gear. How many kilograms is that?
- 12) Mia ran a half-marathon of 21.1 km. How many meters did she run?
- 13) A basketball weighs 600 g. How many kilograms is that?
- 14) Jacob sprinted 0.4 km in training. How many meters is that?
- 15) Chloe completed a rowing session covering 3200 m. How many kilometers is that?