

# TIME

Time is a big part of our everyday lives! It helps us plan what we do, keep our schedules on track, and remember special moments. Learning about time lets us answer fun and useful questions like:

- What time does my favorite movie start?
- How long will it take to drive to the beach?
- When is the next school holiday?
- When did dinosaurs roam the Earth?

## A UNITS OF TIME

A *unit of time* is a way to measure how long something takes. We use different units depending on what we're timing!

### Definition Common Units of Time

Here are the units we use most often:

- Seconds (s) – for quick things, like a race.
- Minutes (min) – for short activities, like a break.
- Hours (h) – for longer events, like school.
- Days (d) – for full days, like a weekend.
- Weeks (wk) – for several days, like a vacation.
- Months (mo) – for parts of a year, like summer.
- Years (yr) – for long periods, like your age.

**Ex:** Which unit of time would you use to measure how long it takes to run 100 meters?

*Answer:* We use seconds because running 100 meters is a quick event.  
So, the unit is **seconds (s)**.

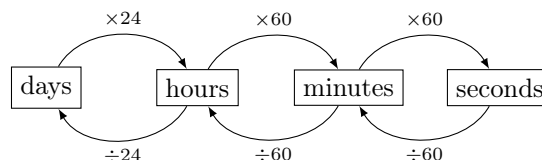
## B CONVERTING UNITS OF TIME

### Definition Converting Units of Time

To change between units of time, use these facts:

- 1 minute = 60 seconds
- 1 hour = 60 minutes
- 1 day = 24 hours
- 1 week = 7 days

This chart shows how to convert:



### Method How to Convert


- Use **multiplication** to go from a bigger unit to a smaller one (like minutes to seconds).
- Use **division** to go from a smaller unit to a bigger one (like minutes to hours).

**Ex:** Convert 2 minutes to seconds.

*Answer:* Since 1 minute = 60 seconds:

$$\begin{aligned} 2 \text{ min} &= 2 \times 60 \text{ s} \\ &= 120 \text{ s} \end{aligned}$$

So, 2 minutes is 120 seconds.

**Ex:**  Convert 120 seconds to minutes.

*Answer:* Since 1 minute = 60 seconds:

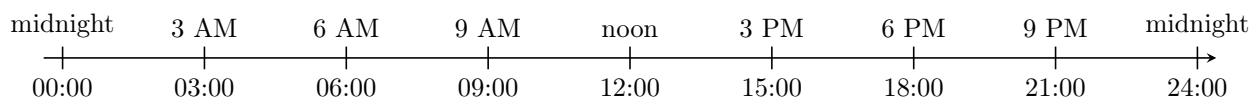
$$\begin{aligned}120 \text{ s} &= 120 \div 60 \text{ min} \\ &= 2 \text{ min}\end{aligned}$$

So, 120 seconds is 2 minutes.

## C 24-HOUR TIME FORMAT

### Definition 24-Hour Time Format

The **24-hour time format** is a way to tell time without using AM or PM. It counts all 24 hours in a day, from 00:00 (midnight) to 23:59 (almost midnight again).



**Ex:** Write 6:15 PM in 24-hour time.

*Answer:* Since 6:15 PM is 6 hours after noon (12:00):

$$\begin{aligned}6 : 15 \text{ PM} &= 12 \text{ h} + 6 \text{ h} + 15 \text{ min} \\ &= 18 \text{ h} + 15 \text{ min} \\ &= 18 : 15\end{aligned}$$

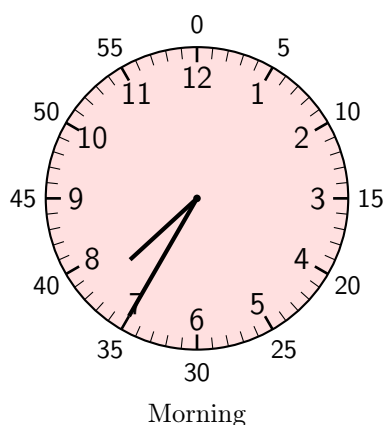
So, 6:15 PM is 18:15 in 24-hour time.

## D READING CLOCK

### Method Reading Clock in 5-Minute Intervals

- **Hours:** The little hand points to the hour. Look at the number it's on. If it's between two numbers, choose the smaller one.
- **Minutes:** The big hand points to the minutes. Look at the number it's on. Each number means 5 minutes. For example: 1 is 5 minutes, 2 is 10 minutes, 3 is 15 minutes, ..., 12 is 0 minutes (o'clock).

**Ex:** What time does this clock show?



*Answer:*

- The little hand points between 7 and 8. We pick the smaller one, so it's 7. That's the hour.
- The big hand points to 7. Each number is 5 minutes, so 7 times 5 is 35 minutes.
- It's morning, so the time is 7:35 in the morning.