

A UNITS OF TIME

A.1 CHOOSING THE RIGHT UNITS OF TIME

MCQ 1: Which unit would you use to measure the time it takes to run 100 meters?

Check one answer:

- ☐ Seconds
- ☐ Minutes
- ☐ Hours
- ☐ Days
- ☐ Weeks
- ☐ Months
- ☐ Years

MCQ 2: Which unit would you use to measure the time it takes to clean up your bedroom?

Check one answer:

- ☐ Seconds
- ☐ Minutes
- ☐ Hours
- ☐ Days
- ☐ Weeks
- ☐ Months
- ☐ Years

MCQ 3: Which unit would you use to measure your age?

Check one answer:

- ☐ Seconds
- ☐ Minutes
- ☐ Hours
- ☐ Days
- ☐ Weeks
- ☐ Months
- ☐ Years

MCQ 4: Which unit would you use to measure the time it takes to watch a movie?

Check one answer:

- ☐ Seconds
- ☐ Minutes
- ☐ Hours
- ☐ Days


MCQ 5: Which unit would you use to measure the time it takes to go on a family camping trip?

Check one answer:


- ☐ Seconds
- ☐ Minutes
- ☐ Hours
- ☐ Days

B CONVERTING UNITS OF TIME


B.1 CONVERTING UNITS OF TIME FROM BIGGER TO SMALLER

Ex 6:  Convert 2 hours to minutes:

$$2 \text{ h} = \boxed{} \text{ min}$$

Ex 7:  Convert 3 days to hours:

$$3 \text{ d} = \boxed{} \text{ h}$$

Ex 8:  Convert 5 minutes to seconds:

$$5 \text{ min} = \boxed{} \text{ s}$$

Ex 9:  Convert 2 weeks to days:

$$2 \text{ wk} = \boxed{} \text{ d}$$


B.2 CONVERTING UNITS OF TIME FROM SMALLER TO BIGGER

Ex 10:  Convert 120 seconds to minutes:

$$120 \text{ s} = \boxed{} \text{ min}$$

Ex 11:  Convert 24 hours to days:

$$24 \text{ h} = \boxed{} \text{ d}$$

Ex 12:  Convert 180 minutes to hours:

$$180 \text{ min} = \boxed{} \text{ h}$$

Ex 13:  Convert 14 days to weeks:

$$14 \text{ d} = \boxed{} \text{ wk}$$

B.3 DIVIDING TIME

Ex 14: If you divide an hour into two equal periods, how many minutes is one half hour?

One half hour = minutes

Ex 15: If you divide an hour into four equal periods, how many minutes is one quarter hour?

One quarter hour = minutes

Ex 16: If you divide a day into two equal periods, how many hours is half of a day?

Half of a day = hours

C CONVERTING 1 UNIT INTO 2 UNITS

C.1 CONVERTING 2 UNITS INTO 1 UNIT

Ex 17: A movie lasts 1 hour 45 minutes. How many minutes is that?

1 h 45 min = min

Ex 18: You hold your breath for 2 minutes 20 seconds. How many seconds is that?

2 min 20 s = s

Ex 19: Your soccer practice lasts 1 hour 30 minutes. How many minutes is that?

1 h 30 min = min

Ex 20: A trail running race lasts 1 day 5 hours. How many hours is that?

1 d 5 h = h

C.2 CONVERTING 1 UNIT INTO 2 UNITS

Ex 21: You read a book for 100 minutes. How many hours and minutes is that?

100 min = h + min

Ex 22: You run a race for 140 seconds. How many minutes and seconds is that?

140 s = min + s

Ex 23: You study for 150 minutes. How many hours and minutes is that?

150 min = h + min

Ex 24: You swim for 200 seconds. How many minutes and seconds is that?

200 s = min + s

D 24-HOUR TIME FORMAT

D.1 TELLING TIME THE 24-HOUR WAY

Ex 25: Your favorite show starts at 6:15 PM. What time is it in 24-hour time?

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Ex 26: You wake up at 7:45 AM for school. What time is it in 24-hour time?

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Ex 27: Your soccer game starts at 4:30 PM. What time is it in 24-hour time?

:

Ex 28: You eat dinner at 7:00 PM. What time is it in 24-hour time?

:

D.2 FINDING EVERYDAY TIME FROM 24-HOUR CLOCKS

Ex 29: You have breakfast at 07:30. What time is it?

: ☐ PM
☐ AM

Ex 30: Your art class starts at 14:45. What time is it?

: ☐ AM
☐ PM

Ex 31: You go to bed at 20:00. What time is it?

: ☐ AM
☐ PM

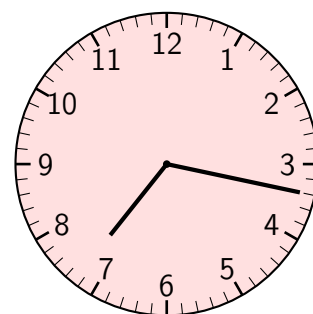
Ex 32: Your music lesson starts at 15:20. What time is it?

: ☐ AM
☐ PM

E READING CLOCK TIMES

E.1 READING CLOCKS

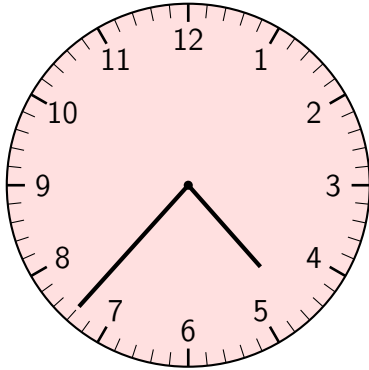
Ex 33: You leave for school at the time shown on this clock. What time is it?



morning

: ☐ PM
☐ AM

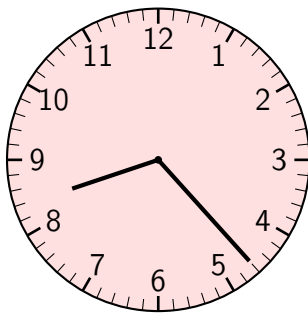
Ex 34: Your soccer practice starts at the time shown on this clock. What time is it?



afternoon

: ☐ AM
☐ PM

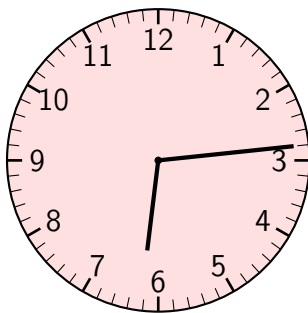
Ex 35: You eat breakfast at the time shown on this clock. What time is it?



morning

: ☐ PM
☐ AM

Ex 36: You watch a movie at the time shown on this clock. What time is it?

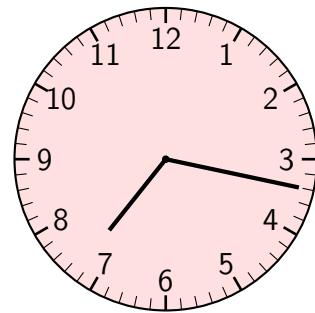


evening

: ☐ AM
☐ PM

E.2 READING CLOCKS FOR 24-HOUR TIME

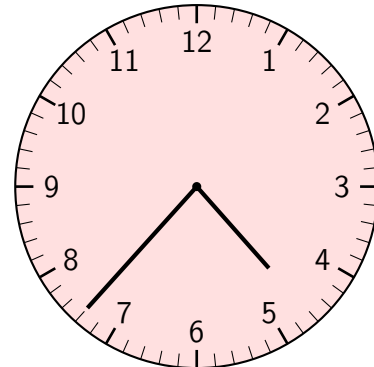
Ex 37: You leave for school at the time shown on this clock. What time is it in 24-hour format?



morning

:

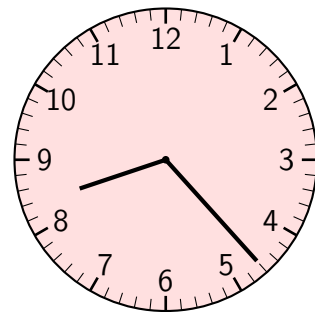
Ex 38: Your soccer practice starts at the time shown on this clock. What time is it in 24-hour format?



afternoon

:

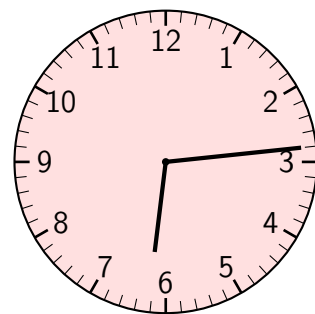
Ex 39: You eat breakfast at the time shown on this clock. What time is it in 24-hour format?



morning

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Ex 40: You watch a movie at the time shown on this clock. What time is it in 24-hour format?



evening

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