

Today, we will be looking at time and converting between seconds, minutes and hours. First let's recap some key facts:


There are 60 seconds in 1 minute.

There are 60 minutes in 1 hour.


Let's work out how many seconds are in 2 minutes. There are 60 seconds in 1 minute, so to work out how many seconds there are in 2 minutes we multiply 60 by 2.


$60 \times 2 = 120$. There are 120 seconds in 2 minutes.

- If there are 60 seconds in 1 minute, how many seconds are in 3 minutes?
- How many seconds are in 5 minutes?
- How many seconds are in 10 minutes?
- If there are 60 minutes in 1 hour, how many minutes are in 2 hours?
- How many minutes are in 4 hours?
- How many minutes are in 8 hours?
- What activity might last 1 second?
- What activity might last 1 minute?
- What activity might last 1 hour?

 Sort the activities under the headings depending on the approximate length of time they take to complete.

One hour	One minute	One second
Clap	Run around the playground	Blink
Swimming lesson	PE lesson	Tie your shoe laces

 One hour = ___ minutes One minute = ___ seconds.
Two hours = ___ minutes Three minutes = ___ seconds.
Half an hour = ___ minutes ___ minutes = 240 seconds

 Josh reads a chapter of his book in 5 minutes and 28 seconds.
Tom reads a chapter of his book in 300 seconds.
Who reads their chapter the quickest?

Jack takes part in a sponsored silence.

He says,



If I am silent for five hours at 10p per minute, I will raise £50

Do you agree with Jack?
Explain why you agree or disagree.

Dora says,



To convert hours to minutes, I multiply the number of hours by 60

Is she correct? Can you explain why?

Five friends run a race.
Their times are shown in the table.

Name	Time
Eva	114 seconds
Dexter	199 seconds
Teddy	100 seconds
Whitney	202 seconds
Ron	119 seconds

Which child finished the race the closest to two minutes?

What was the difference between the fastest time and the slowest time?
Give your answer in minutes and seconds.

- 1) What unit of time would you use to measure how long it takes to complete each activity?



walk up the stairs	run around a field	watch a cartoon
sing along to your favourite pop song	wash your hands	watch a film at the cinema

- 2) Complete the table.

1 hour 30 minutes	=	___ minutes
1 hour 10 minutes	=	___ minutes
1 hour 45 minutes	=	___ minutes
___ hour ___ minutes	=	65 minutes
___ hour ___ minutes	=	135 minutes
___ hour ___ minutes	=	140 minutes

- 3) These five friends have just finished a running race. Place them in order from fastest time to slowest time.

Aleecha: 111 seconds

Ben: 1 minute 41 seconds

Chen: 96 seconds

Diane: 1 minute 34 seconds

Ed: 1 minute 28 seconds



- 4) Use <, > or = to make the statements correct.

2 hours 14 minutes		134 minutes
97 seconds		1 minute 25 seconds
4 hours		200 minutes
147 minutes		2 hours 27 minutes
3 minutes 20 seconds		210 seconds

- 1) Find the odd one out in each group of times. Explain your reasoning.



a)

$1\frac{1}{2}$ minutes	1 minute 2 seconds
90 seconds	

b)

3 hours 14 minutes	194 minutes
314 minutes	

c)

10 minutes	6 minutes
600 seconds	

- 2) Sarah is completing a sponsored swim. A length of the pool is 50m. She completes 250m. Here are the times it took her to complete each length.

length 1	two minutes six seconds
length 2	125 seconds
length 3	1 minute 57 seconds
length 4	one hundred and fourteen seconds
length 5	98 seconds



I got faster as I swam each length.

Is Sarah correct? Explain your answer.

- 3) Ling reads his book in 3 hours and 49 minutes. Liana reads her book in 349 minutes. Lee reads his book in 230 minutes. Lee thinks he finished his book first and Ling finished his book third.

Is he correct? Explain your reasoning.

- 4) These times have been sorted into the table but there are three mistakes. Can you spot them?

$< 5\frac{1}{2}$ Minutes	> 350 Seconds
300 seconds	3 minutes 50 seconds
5 minutes 20 seconds	512 seconds
512 seconds	5 minutes 55 seconds
251 seconds	$5\frac{3}{4}$ minutes

Have a go at some times tables games online! 😊