

To be able to convert between hours, minutes and seconds



**Starter:**

Thinking about how long these activities last, which one doesn't belong?

washing hands

watch a TV show

bake a loaf of bread

play a game of sports

Explain your answer.

To be able to convert between hours, minutes and seconds



**Activity 1:**

Complete the conversion tables below.

minutes	seconds
1 minute	60 seconds
3 minutes	
6 minutes	
30 minutes	

hours	minutes
1 hour	60 minutes
5 hours	
24 hours	
40 hours	

To be able to convert between hours, minutes and seconds



**Activity 2:**

Complete the conversion tables below.

days	hours
1 day	24 hours
3 days	
14 days	
31 days	

larger unit	smaller unit
1 hour	3,600 seconds
3 hours	seconds
3 days	minutes
half a day	seconds

To be able to convert between hours, minutes and seconds



**Activity 3:**

Complete the statements below using the comparison symbols <, > and =.

2 minutes	<input type="radio"/>	120 seconds
½ minute	<input type="radio"/>	100 seconds
10 days	<input type="radio"/>	200 hours
½ hour	<input type="radio"/>	15 minutes

To be able to convert between hours, minutes and seconds



**Activity 4:**

In a hot dog eating contest, Ruth ate an entire plate of hot dogs in 2.5 minutes, while Jamal ate his plate of hot dogs in 254 seconds.

Who was faster? By how many minutes and seconds?  
Explain your answer.

To be able to convert between hours, minutes and seconds



**Activity 5:**

The starting time is 20 minutes past 5.  
Complete the clocks based on their instructions.



10 minutes later

180 seconds later

2.5 hours later

To be able to convert between hours, minutes and seconds

The steps are correct for Ahmed

#### Activity 6:

Yasmin, Ahmed and Chen are comparing how long they spend on their rowing machines.

Yasmin spends 345 seconds on her rowing machine.

Ahmed spends  $\frac{1}{10}$  of an hour on his rowing machine.

Chen spends 3 minutes 37 seconds on his rowing machine.

- If they were working as a team, how long did they spend on the rowing machines in total?
- What is the difference between the person with the longest time and the person on the shortest time?

To be able to convert between hours, minutes and seconds

The steps are correct for Ahmed

#### Activity 7:

Four friends are driving from different places to meet at a beach house.

Ruth says, "My drive will take 480 minutes."

Jamal says, "It will take me  $1\frac{3}{4}$  days to cycle there."

Yasmin says, "My drive will take twice as long as Ruth's drive."

Chen says, "My drive will take  $1\frac{1}{2}$  hours less than Yasmin's drive."

Calculate their journey times and then put them in order from shortest to longest. Explain your answer.

To be able to convert between hours, minutes and seconds

The steps are correct for Ahmed

#### Evaluation:



If I do a sponsored fly for 10p per minute and I fly for 5 hours, I will raise £100.

Is Astrobee's statement true or false? Explain your answer.