

Units of time and how they relate

WHAT THIS LESSON TEACHES

Seconds, minutes, hours and days nest inside each other. 60 seconds make 1 minute, 60 minutes make 1 hour and 24 hours make 1 day.

→ 2 minutes is the same length of time as 120 seconds.

→ Half an hour is 30 minutes but also 1800 seconds.

MODEL THIS ON THE BOARD

CHANGING MINUTES INTO SECONDS

① Start with the fact that 1 minute holds **60** seconds.

② For 2 minutes multiply 2 by **60**.

③ $2 \times 60 = 120$, so 2 minutes = 120 seconds.

ANSWER KEY

a) 120 seconds

b) 1800 seconds

c) 180 minutes

Q1: 60

Q2: 60

Q3: 24

Q4: 1800 seconds

a) Always — The second hand must sweep a full 60 to move the minute hand one notch.

b) Always — The minute hand goes all the way round 60 times to make one hour.

c) Always — A full day always contains 24 hours from midnight to midnight.

d) Always — Half an hour is 30 minutes but 1800 seconds, so the bigger unit uses the smaller number.

EXTENSION SHEET · STRETCH ANSWERS

S1: 5 h 52 min

S2: 2 h 41 min

S3: 3 h 3 min