

12-hour and 24-hour time calculations

WHAT THIS LESSON TEACHES

A way of writing the time that runs from 00:00 at midnight right through to 23:59, so the hour number alone tells you whether it is morning, afternoon or evening - no a.m. or p.m. needed.

→ A train board showing 16:45 means quarter to five in the afternoon.

→ 1:15 p.m. becomes 13:15 because $1 + 12 = 13$; 7:20 a.m. stays as 07:20.

MODEL THIS ON THE BOARD

CONVERT 3:45 P.M. TO 24-HOUR TIME

- ① The hour is 3 in the afternoon so add 12 to get 15.
- ② The minutes stay the same at 45.
- ③ Write it as 15:45.

ANSWER KEY

Scaffold: visual check on the page

Q1: 08:30

Q2: 06:05

Q3: 23:10

Q4: 07:20

Q5: 21:50

a) **Always** — Any p.m. time from 1:00 to 11:59 adds 12.

b) **Never** — 12:00 p.m. noon stays 12:00 while midnight is 00:00.

c) **Sometimes** — It keeps the zero only if the hour is less than 10.

d) **Always** — Minutes stay exactly the same in both forms.

EXTENSION SHEET · STRETCH ANSWERS

S1: 12:35 pm ↔ 12:35

S2: 11:15 am ↔ 11:15

S3: 12:50 pm ↔ 12:50

S4: 3:35 pm ↔ 15:35

S5: 8:55 pm ↔ 20:55