

Time worksheet 1 Intermediate

Measuring time – time facts

It is important to learn these time facts:

60 seconds = 1 minute

60 minutes = 1 hour

24 hours = 1 day

7 days = 1 week

1 Use the information above to answer these:

a hours in 1 day = _____ b hours in 2 days = _____

c minutes in 2 hours = _____ d days in 2 weeks = _____

e seconds in 1 minute = _____ f seconds in $\frac{1}{2}$ a minute = _____

2 Estimate how many seconds it takes for each activity. Then, use a timer or a stopwatch and record how long each activity actually takes.

	Activity	Estimated time	Actual time
a	Say the alphabet at normal speed.		
b	Write your name neatly 3 times.		
c	Do 20 star jumps.		
d	Drink a glass of water at normal speed.		
e	Roll a die 6 times and record each number.		

3 Use your basic time facts to work out who took longer. Circle the correct answer:

a Max took 75 seconds to brush his teeth.

Milly took $1\frac{1}{2}$ minutes.

Max / Milly

b Charlie completed the hike after 130 minutes.

It took Claire 2 hours.

Charlie / Claire

c The Darnleys went on holiday for 22 days.

The Sommers went on their holidays for 3 weeks.

Darnleys / Sommers