



TIME

Prince's Trust



UNITS OF TIME

seconds (s)
minutes (min)
hours (hr)

60 seconds = 1 minute

60 minutes = 1 hour

24 hours = 1 day

7 days in a week: Monday, Tuesday, Wednesday, Thursday, Friday, Saturday and Sunday

52 weeks in a year

12 months in a year: January, February, March, April, May, June, July, August, September, October, November, December

365 days in a year

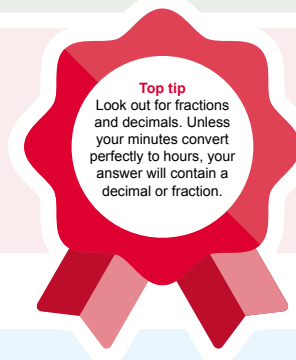
TO CHANGE HOURS INTO MINUTES:

Hours x 60 = minutes

My journey was 3 hours - 3hrs x 60 = 180 minutes

TO CHANGE MINUTES INTO HOURS:

180 ÷ 60 = 3 hours



Top tip
Look out for fractions and decimals. Unless your minutes convert perfectly to hours, your answer will contain a decimal or fraction.

For example – A football match is 90 minutes

90 ÷ 60 = 1.5 This means 1 ½ hours not 1 hr 50 mins. 90mins = 1 hour and 30 minutes.

DIGITAL CLOCKS

Using a digital clock

A digital clock has no hands or dial. It displays the time in numbers (digits).

The **first two digits** tell you the hour.

The **colon separates** the hours from the minutes.

The **last two digits** tell you how many **minutes past the hour**.



The time is eight twenty-five

12 AND 24 HOUR TIME

| 12 hour clock | 24 hour clock | 12 hour clock | 24 hour clock |
|---------------|---------------|-----------------|---------------|
| 12pm (noon) | 12.00 | 12am (midnight) | 00.00 |
| 1pm | 13.00 | 1am | 01.00 |
| 2pm | 14.00 | 2am | 02.00 |
| 3pm | 15.00 | 3am | 03.00 |
| 4pm | 16.00 | 4am | 04.00 |
| 5pm | 17.00 | 5am | 05.00 |
| 6pm | 18.00 | 6am | 06.00 |
| 7pm | 19.00 | 7am | 07.00 |
| 8pm | 20.00 | 8am | 08.00 |
| 9pm | 21.00 | 9am | 09.00 |
| 10pm | 22.00 | 10am | 10.00 |
| 11pm | 23.00 | 11am | 11.00 |



| BUS TIMETABLE | |
|-------------------|--------|
| Monday to Friday: | |
| Depart | Arrive |
| 09.30 | 10.30 |
| 11.30 | 12.00 |
| 12.30 | 13.00 |
| 13.30 | 14.00 |
| 16.00 | 17.00 |
| 18.30 | 19.00 |
| 20.30 | 21.00 |
| 22.30 | 23.00 |



ANALOGUE CLOCKS

am means **before midday**. The first hours of a day are before midday - from midnight through to midday. **pm** means **after midday**. The last 12 hours of a day are after midday - from midday through to midnight.