

We use **units of time** such as seconds and days to measure how long things last.

To change between units of time, we need to identify the **conversion factor** between the units. This is how much 1 unit is **equal to** in the other unit.

These are some common conversions of time that can be useful to remember!



To convert from a larger unit to a smaller unit, we can use **multiplication**:

3 hours in minutes: 3 x 60 minutes = **180 minutes**

To convert from a smaller unit to a larger unit, we use **division**:

180 minutes in hours: $180 \div 60$ minutes = **3 hours**

Analogue Clocks



Digital Clocks

Digital clocks show the time by using a **colon** (:) to separate the hours on the left and the minutes on the right.

If it's a **12 hour digital clock**, the time will be followed by the letters '**am**' in the morning.

For a **24 hour digital clock**, we use the hours '00' (midnight) to '11' (11 o'clock in the morning).



Imagine we want to find the time which is **two-and-a-half hours after 4:45**. This is the same as asking for **4:45 + 2:30**.

Start by adding the minutes together.

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Ato is catching a train. The train departs at 08:50 and the journey lasts 4 hours and 30 minutes.



At what time on a 12 hour clock will Ato arrive at the next station?



