DECORATE YOUR OWN CLOCK FACE

O' Clock

Quarter To

Quarter Past

Half Past

HOW LONG DID IT TAKE?

1. Sam started his homework at 5:00 PM and finished at 5:45 PM.
   How long did he spend on homework?

2. Emma watched TV from 6.15 PM to 7:00 PM. **How many minutes did she watch TV for?**

3. **Match the times** by drawing an arrow:

Starts at 3:00 PM, ends at 4:30 PM	Starts at 1:15 AM, ends at 2:15 AM	Starts at 11:00 AM, ends at 11:45 AM
1 hour	45 minutes	1 hour and 30 minutes

DAY-TO-DAY TIME
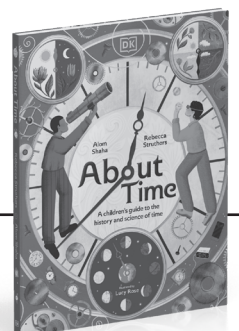
1. This is Maggie's school timetable

   How long is Maths?

   What time does PE end?
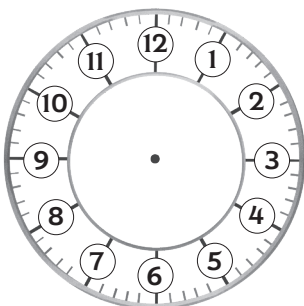
   How long is Maggie's break?

ACTIVITY	START TIME	END TIME
MATHS	9:00	9:45
BREAK	10:15	10:30
PE	11:00	11:45

2. **Draw clocks** to show the times of Steven's bedtime routine from the times given below:
   Brush teeth at **7:30 PM** | Storytime at **7:45 PM** | Lights out at **8:00 PM**
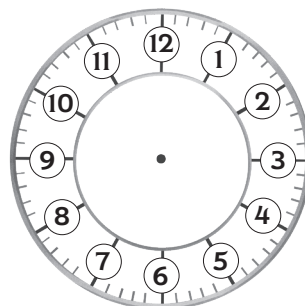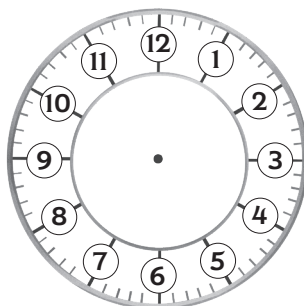
WHY DO WE NEED TO KNOW THE TIME?

Write down at least **three reasons why** it's important to know what time it is:

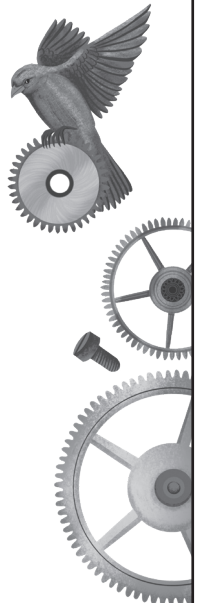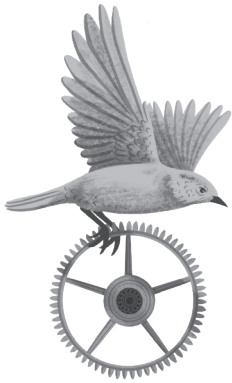# HOW GOOD IS YOUR INTERNAL BODY CLOCK?

ACTIVITY ONE

You will need:
A stopwatch and someone to help you

Instructions:
1. Tell the person helping you to start the stopwatch.
2. Count 30 seconds in your head and tell them to stop the stopwatch.
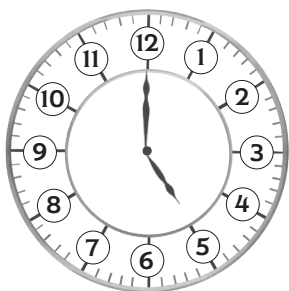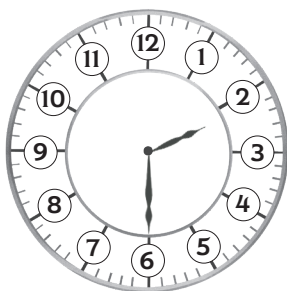3. **How close were you to thirty seconds?**

ACTIVITY TWO

Sing a verse of your favourite song or recite a poem - time it. **Can you do it again 3 times and get the same time every time?**
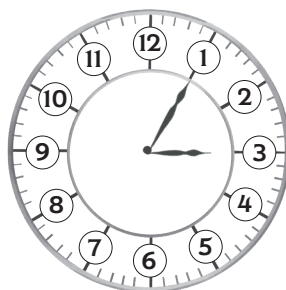
DK

Content taken from:
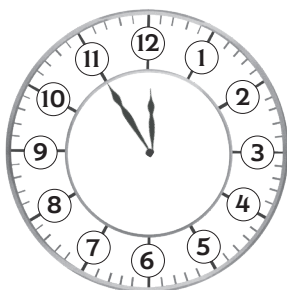*About Time*
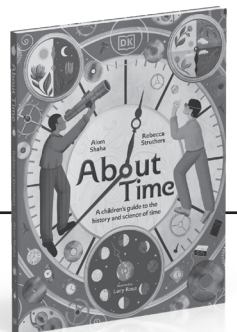
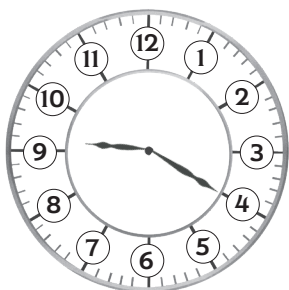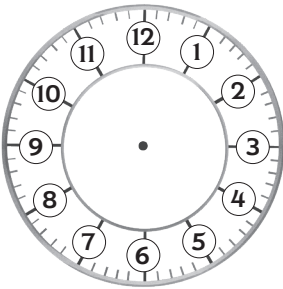# WRITE DOWN THE TIME SHOWN ON EACH CLOCK IN WORDS
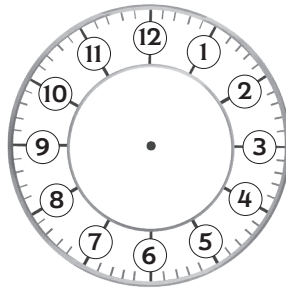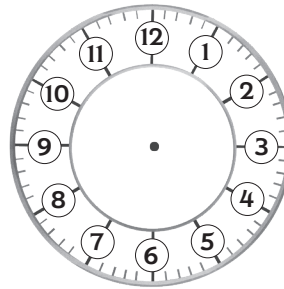
5 O'CLOCK

HALF PAST 2
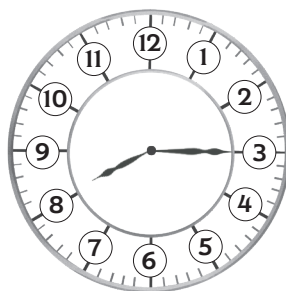
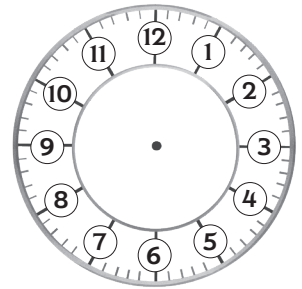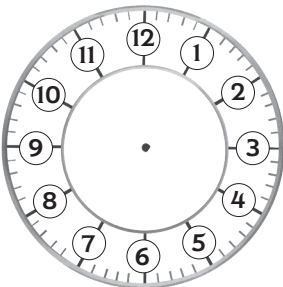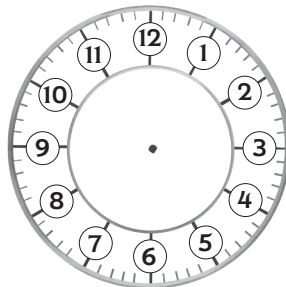QUARTER PAST 8
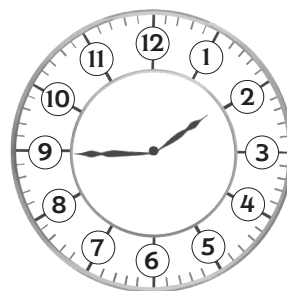
QUARTER TO 2
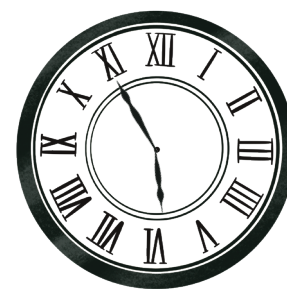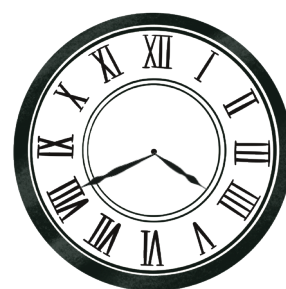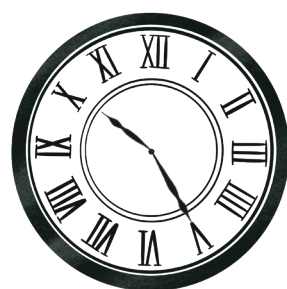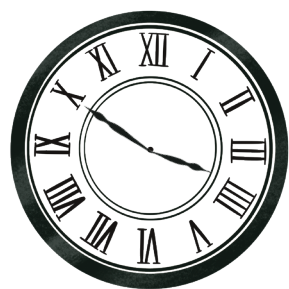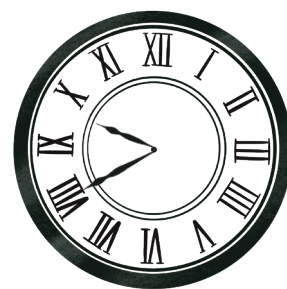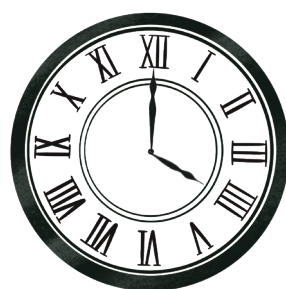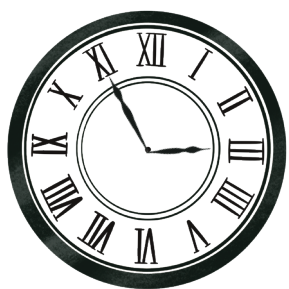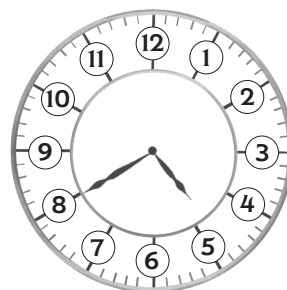
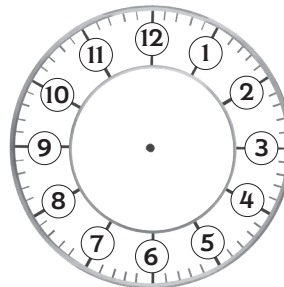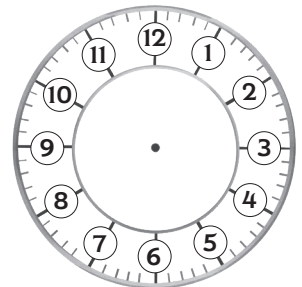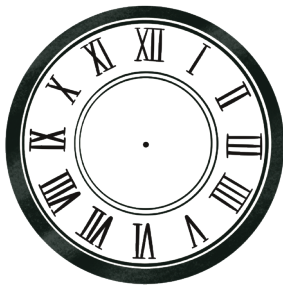# DRAW THE TIME SHOWN ON EACH CLOCK
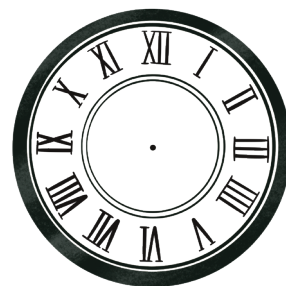
7 O'CLOCK

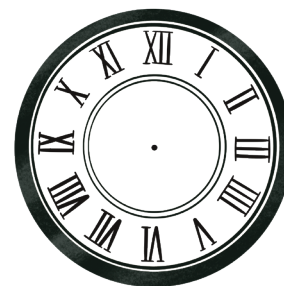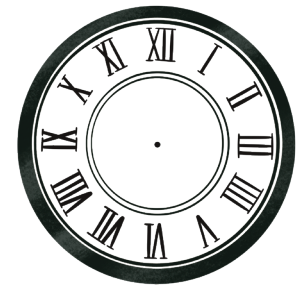QUARTER TO 10

25 PAST 5

HALF PAST 8
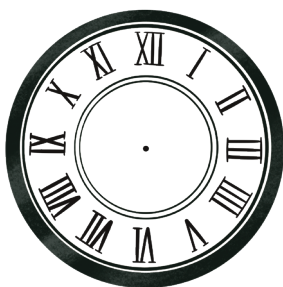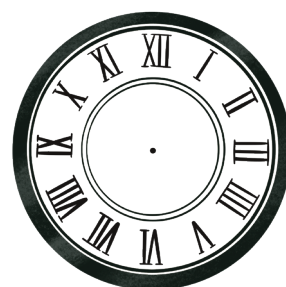
17 PAST 5

13 TO 6

22 PAST 3

8 TO 2

7 O'CLOCK

HALF PAST 8

QUARTER TO 12

QUARTER PAST 2

4:20

6:40
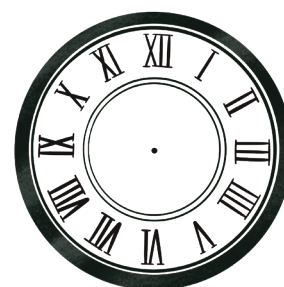
11:55
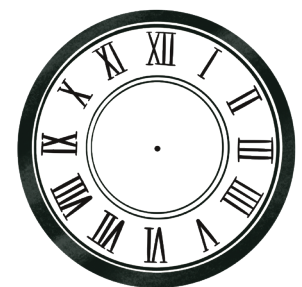
3:05

WRITE THE TIME SHOWN ON EACH CLOCK IN 24-HOUR CLOCK FORMAT

BEFORE MID-DAY

....   02:30   ....
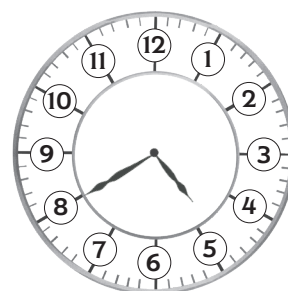
AFTER MID-DAY

21:20   ....