

**How to record time.  
What do the time words mean?**

**Seconds? Minutes? Hours?**

1. Using a stopwatch how many times can you complete these activities in 20 seconds:

Activity	How many in 20 seconds?
Star jumps	
Writing your name	
Hopping on the spot.	

2. How would you measure these activities? Seconds? Minutes? Hours?

Activity	How measure? In Seconds? Minutes? Hours?
Brushing teeth	
Reading a book	
Saying the alphabet	
Holiday flight;	
Playing outside	
Sleeping at night	

3. Complete the sentences:

Playtime is about 20 \_\_\_\_\_ long.

The school day is about 6 \_\_\_\_\_ long.

**\*Challenge: think of your own sentence for an activity that you can do in a week?**

I can do \_\_\_\_\_ in a week.