Units of Time 

Use an online timer, watch or clock to help you:

* Estimating one minute – try doing star jumps for 1 minute (60 seconds) without looking at the clock. Stop when you think it has been a minute and see how close you were! You will need an adult to help check this.
* Try this again doing something else: hopping on one foot, spinning in a circle or bouncing up and down!
* How long do you think it would take you to:

Brush your teeth \_\_\_\_\_\_\_\_\_\_\_\_\_

Eat your dinner \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Go to the supermarket \_\_\_\_\_\_\_\_\_\_\_\_

Fill in the missing words:

1 minute = \_\_\_\_\_\_\_\_\_\_\_ 7 days = \_\_\_\_\_\_\_\_\_\_\_\_

1 hour = \_\_\_\_\_\_\_\_\_\_\_\_\_ 2 weeks = \_\_\_\_\_\_\_\_\_\_\_\_

1 day = \_\_\_\_\_\_\_\_\_\_\_\_\_ 12 months = \_\_\_\_\_\_\_\_\_\_\_

**Missing words:**

**1 week 60 minutes 24 hours**

**A fortnight 1 year 60 seconds**