

Measuring Time in Seconds

Chapter 12: Racing Seconds · Topic 1

Key Concept

A second is a very short unit of time - 60 seconds make 1 minute, and 60 minutes make 1 hour, so there are 3,600 seconds in an hour.

We use seconds to measure quick events, like how long it takes to run a short distance, blink, or complete a quick task.

A stopwatch is a useful tool for measuring time in seconds accurately, often used in sports and science experiments.

Understanding seconds helps us appreciate how time is divided into smaller units, useful for precise timing in games, sports, and daily activities.

Quick Revision Notes

- 60 seconds make 1 minute.
- 60 minutes make 1 hour.
- There are 3,600 seconds in an hour.
- Seconds measure very quick events.
- A stopwatch measures time in seconds accurately.
- Stopwatches are used in sports and science.
- Seconds help with precise timing.
- Time is divided into hours, minutes and seconds.

Practice Questions

- 1 Time how long it takes to do a quick task, like clapping 10 times.
- 2 Convert 3 minutes into seconds.
- 3 Convert 180 seconds into minutes.
- 4 Use a stopwatch (or phone timer) to time an activity.
- 5 Discuss why sports often use seconds for timing.
- 6 Practice converting two more time values into seconds.