

## To convert between units of time

It is important to know conversions between different units of time such as hours, minutes and seconds. Create some challenges to time yourself with. For example, you could create an obstacle course to take part in, complete exercise challenges (such as 20 speed bounces) as quickly as you can or complete drawing challenges timed. After you have timed yourself (and potentially family members!), convert your time into different units. Here is an example of a table you could complete to record your times.

Activity:			
Participant	Time (s)	Time (min and s)	Time (ms)

Next, use Google Maps or an equivalent app to find journey times between different places in England or around the world. Convert the journey times into as many different units as you can.