




# A Weekend Diary

Try and record the time and duration of activities you do this weekend!

activity	Start and finish	duration
 breakfast	9:05am – 9:31am	26mins
 A proper 1970s bicycle Cycling	10:45am- 11:51am	68mins 1hr 8mins
 Ice sculpting	2:45pm – 3:45pm	1 hour

## Things to remember

An hour = 60 minutes

Am morning (before midday)

Pm afternoon (after midday)

Extension (We haven't learnt this in class yet!)  
You can also write the time using the 24 hour clock

e.g. 3.30pm = 15:30      8.40 am = 08:40

Double extension

What would the duration of each activity be in seconds?

Duration is 34 minutes

$$\begin{array}{r} 24 \\ \times 60 \\ \hline 240 \\ \underline{1200} \\ 1440 \text{ seconds} \end{array}$$