

Varied Fluency

Step 10: Measuring Time in Seconds

National Curriculum Objectives:

Mathematics Year 3: (3M4d) [Estimate and read time with increasing accuracy to the nearest minute; record and compare time in terms of seconds, minutes and hours; use vocabulary such as o'clock/a.m./ p.m., morning, afternoon, noon and midnight](#)

Mathematics Year 3: (3M4e) [Know the number of seconds in a minute and the number of days in each month, year and leap year](#)

Differentiation:

Developing Questions to support estimating time in seconds and converting between seconds and minutes (multiples of 60 seconds).

Expected Questions to support estimating time in seconds and converting between seconds and minutes (multiples of 5 seconds).

Greater Depth Questions to support estimating time in seconds and converting between seconds and minutes (any number of seconds).

More [Year 3 Time](#) resources.

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Measuring Time in Seconds

Measuring Time in Seconds

1a. True or false?

Time in minutes	Time in seconds	True or false?
2 minutes	60 seconds	
4 minutes	240 seconds	
1 minute	120 seconds	
5 minutes	300 seconds	



VF

1b. True or false?

Time in seconds	Time in minutes	True or false?
180 seconds	3 minutes	
240 seconds	5 minutes	
120 seconds	2 minutes	
600 seconds	10 minutes	



VF

2a. Approximately how long would it take for a person to do 5 star jumps?

100 seconds

60 seconds

10 seconds



VF

2b. Approximately how long would it take to sing the alphabet song?

20 seconds

120 seconds

240 seconds



VF

3a. Put these times in order from shortest to longest.

2 minutes

60 seconds

180 seconds

5 minutes



VF

3b. Put these times in order from longest to shortest.

3 minutes

120 seconds

1 minute

240 seconds



VF

4a. Put the following stopwatch times in the correct place in the table.

00:04:00

00:01:00

00:05:00

00:02:00

00:07:00

More than 180 seconds

Less than 180 seconds



VF

4b. Put the following stopwatch times in the correct place in the table.

00:03:00

00:02:00

00:06:00

00:01:00

00:05:00

Less than 240 seconds

More than 240 seconds



VF

Measuring Time in Seconds

Measuring Time in Seconds

5a. True or false?

Time in minutes	Time in seconds	True or false?
5 minutes and 5 seconds	305 seconds	
1 minute and 10 seconds	110 seconds	
3 minutes and 25 seconds	325 seconds	
2 minutes and 30 seconds	150 seconds	



VF

5b. True or false?

Time in seconds	Time in minutes	True or false?
125 seconds	1 minute and 25 seconds	
195 seconds	2 minutes and 15 seconds	
310 seconds	5 minutes and 10 seconds	
200 seconds	3 minutes and 10 seconds	



VF

6a. Approximately how long should it take for a person to brush their teeth?

15 seconds

120 seconds

600 seconds



VF

6b. Approximately how long would it take to toast a slice of bread?

500 seconds

60 seconds

180 seconds



VF

7a. Put these times in order from shortest to longest.

1 minute 35 seconds

2 minutes 10 seconds

100 seconds

120 seconds



VF

7b. Put these times in order from longest to shortest.

250 seconds

2 minutes 40 seconds

255 seconds

1 minute 40 seconds



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8a. Put the following stopwatch times in the correct place in the table.

00:00:55

00:03:20

00:01:25

00:02:30

00:01:10

> 120 seconds

< 90 seconds



VF

8b. Put the following stopwatch times in the correct place in the table.

00:06:05

00:02:15

00:05:20

00:01:55

00:00:20

> 300 seconds

< 140 seconds



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Measuring Time in Seconds

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9a. True or false?

Time in minutes	Time in seconds	True or false?
2 minutes 16 seconds	216 seconds	
5 minutes and 41 seconds	341 seconds	
4 minutes and 38 seconds	278 seconds	
2 minutes and 51 seconds	251 seconds	



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9b. True or false?

Time in seconds	Time in minutes	True or false?
125 seconds	3 minutes 14 seconds	
108 seconds	1 minute and 48 seconds	
437 seconds	4 minutes and 37 seconds	
137 seconds	2 minutes and 17 seconds	



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10a. Approximately how long would it take for a person to run 100m?

369 seconds

13 seconds

129 seconds



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10b. Approximately how long would it take to fill a 500ml water bottle?

224 seconds

6 seconds

315 seconds



VF

11a. Put these times in order from shortest to longest.

7 minutes 23 seconds

253 seconds

426 seconds

4 minutes 26 seconds



VF

11b. Put these times in order from longest to shortest.

428 seconds

6 minutes 21 seconds

444 seconds

4 minutes 44 seconds



VF

12a. Put the following stopwatch times in the correct place in the table.

00:04:41

00:03:38

00:03:58

00:03:33

00:03:31

< 222
seconds

> 237
seconds



VF

12b. Put the following stopwatch times in the correct place in the table.

00:05:57

00:05:02

00:06:17

00:04:59

00:09:01

> 323
seconds

< 303
seconds



VF

Varied Fluency Measuring Time in Seconds

Developing

- 1a. False, True, False, True
- 2a. 10 seconds
- 3a. 60 seconds, 2 minutes, 180 seconds, 5 minutes.
- 4a. More than 180 seconds – 00:05:00, 00:04:00, 00:07:00
Less than 180 seconds – 00:02:00, 00:01:00

Expected

- 5a. True, False, False, True
- 6a. 120 seconds
- 7a. 1 minute and 35 seconds, 100 seconds, 120 seconds, 2 minutes and 10 seconds.
- 8a. More than 120 seconds – 00:03:20, 00:02:30
Less than 90 seconds – 00:00:55, 00:01:25, 00:01:10

Greater Depth

- 9a. False, True, True, False
- 10a. 13 seconds
- 11a. 253 seconds, 4 minutes and 26 seconds, 426 seconds, 7 minutes and 23 seconds.
- 12a. Less than 222 seconds – 00:03:38, 00:03:33, 00:03:31
More than 237 seconds – 00:04:41, 00:03:58

Varied Fluency Measuring Time in Seconds

Developing

- 1b. True, False, True, True
- 2b. 20 seconds
- 3b. 240 seconds, 3 minutes, 120 seconds, 1 minute.
- 4b. Less than 240 seconds – 00:03:00, 00:02:00, 00:01:00
More than 240 seconds – 00:06:00, 00:05:00

Expected

- 5b. False, False, True, False
- 6b. 180 seconds
- 7b. 255 seconds, 250 seconds, 2 minutes and 40 seconds, 1 minute and 40 seconds.
- 8b. More than 300 seconds – 00:06:05, 00:05:20
Less than 140 seconds – 00:02:15, 00:01:55, 00:00:20

Greater Depth

- 9b. False, True, False, True
- 10b. 6 seconds
- 11b. 444 seconds, 428 seconds, 6 minutes and 21 seconds, 4 minutes and 44 seconds.
- 12b. More than 323 seconds – 00:05:57, 00:06:17, 00:09:01
Less than 303 seconds – 00:05:02, 00:04:59