

Units of Time

AC9M1M03_E1 Naming, listing and using familiar units of time, such as hours, days, weeks and years.

Learning Intention: I can name and use familiar units of time: hours, days, weeks and years.

1. Name Them

The units we use:

hour, day, week, year.

Say each one aloud.

2. How They Fit

Small units make big ones:

24 hours = 1 day

7 days = 1 week.

3. Use Them

Pick the right unit.

sleep = hours

a holiday = days or weeks.

Model It

24 hours make a day, 7 days make a week, about 52 weeks make a year. We sleep for hours, not weeks.

Let's Talk

How many hours in a day?

How many days in a week?

Which unit fits sleeping?

Which unit fits a school holiday?

For Teachers & Parents

List the units together:

hour, day, week, year.

Match to real events:

choose the best unit for each.

Recite how the units fit inside each other.