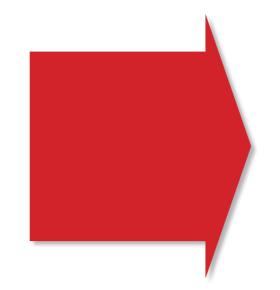


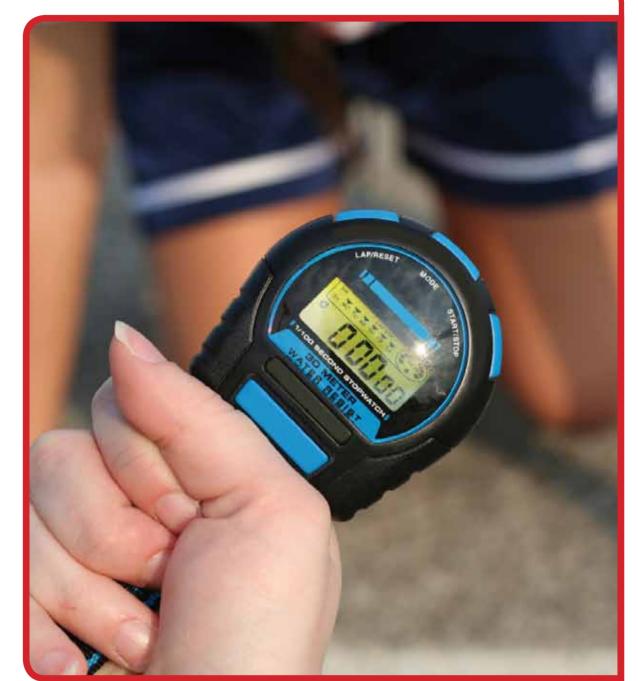
Times Second (S)

The **second** (**s**) is the standard unit of time. Time is a measure of how long it takes for something to happen. A clock or a stopwatch can be used to measure time.

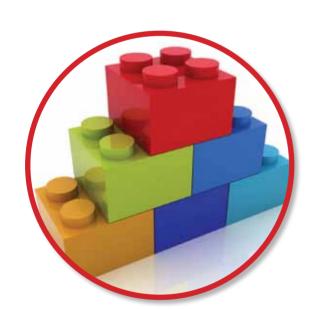


Units of time

1 minute = 60 seconds or 60 seconds = 1 minute 1 hour = 60 minutes or 60 minutes = 1 hour 1 day = 24 hours or 24 hours = 1 day



Which of these activities would take you the most time?









Find out by measuring the time you take.









Did youknow?

The National Physical Laboratory (NPL) looks after the UK time signal that helps keep things running on time.