Changing Minutes to Seconds

1 Change the following minutes to seconds.

(a)   1 minute   = | 60 | seconds

(b)   3 minutes   = | 180 | seconds

(c)   6 minutes   = | 360 | seconds

(d)   8 minutes   = | 480 | seconds

(e)   10 minutes = | 600 | seconds

2 Charles took 2 minutes to run 400 m.
How many seconds did he take to run 400 m?

| 2 | × | 60 | = | 120 |

He took | 120 | seconds to run 400 m.

3 Amira waited for 5 minutes for her bus to arrive.
How many seconds is that?

$5 \times 60 = 300$

She waited 300 seconds for the bus to arrive

Changing Seconds to Minutes

1 Change the following seconds to minutes and seconds.

(a) 80 seconds = | 1 | minutes | 20 | seconds

(b) 100 seconds = | 1 | minutes | 40 | seconds

(c) 120 seconds = | 2 | minutes | 0 | seconds

(d) 200 seconds = | 3 | minutes | 20 | seconds

(e) 510 seconds = | 8 | minutes | 30 | seconds

2 Lulu and Sam took part in a puzzle-solving competition.
Anyone who solved the puzzle in less than 5 minutes won a prize.

(a) Lulu completed the puzzle in 295 seconds.
Did Lulu win a prize?

$295 \div 60 = 4$ minutes and 55 seconds

Lulu won a prize because she completed the puzzle in less than 5 minutes

(b) Sam took 301 seconds. Did Sam win a prize?

$301 \div 60 = 5$ minutes and 1 second

Sam didn't win a prize because he took longer than 5 minutes to complete the puzzle