

Timetables and Elapsed Time

Use this worksheet after reading the lesson to practise the key ideas and prove you can meet the success criteria.

Name _____

Date _____

Class _____

1. Key Ideas

Reading a timetable and calculating how long a journey takes sounds simple — until the train crosses midnight or the flight has a 2-hour layover. Master the structured method and nothing trips you up.

- How to convert between 12-hour and 24-hour time
- Why 24-hour time eliminates the am/pm ambiguity

2. Success Criteria

By the end, you should be able to:

- How to convert between 12-hour and 24-hour time
- Midnight = 0000 (or 2400), Noon = 1200
- How to calculate elapsed time by subtracting start from finish

3. Key Terms

Formula

A rule showing the relationship between variables using symbols.

Substitution

Replacing variables with their known values in an equation.

Unit Conversion

Changing a measurement from one unit to another.

Capacity

The amount of liquid a container can hold, measured in litres or millilitres.

Perimeter

The total distance around the outside of a shape.

Area

The amount of space inside a two-dimensional shape.

4. Activity: Build the Lesson Map

Use the lesson to complete the table. Keep answers brief but specific.

Prompt	Your answer
Main concept	
Important example	
Common mistake to avoid	
How this links to the next lesson	

5. Short Answer Questions

1. Explain this lesson goal in your own words: "How to convert between 12-hour and 24-hour time". Use one specific example from the lesson.

BAND 3 **2 MARKS**

2. Apply this idea to a new example: "Midnight = 0000 (or 2400), Noon = 1200". Show your reasoning clearly.

BAND 4 **3 MARKS**

3. Analyse why this idea matters for understanding Timetables and Elapsed Time: "How to calculate elapsed time by subtracting start from finish".

BAND 5 **4 MARKS**

6. Extend: Apply the Idea

BAND 5/6

5 MARKS

A student gives a memorised answer about Timetables and Elapsed Time but does not use evidence or reasoning.

Improve the answer by writing a stronger response that uses accurate terminology, a relevant example and a clear explanation.

7. Multiple Choice

1. What is the best first step when answering a question about Timetables and Elapsed Time?

- A. Identify the key concept being tested
- B. Write every fact from memory
- C. Ignore the command word
- D. Skip examples and evidence

2. Which answer would show stronger understanding of Timetables and Elapsed Time?

- A. An answer with accurate terms and reasoning
- B. A copied definition only
- C. A single-word response
- D. An answer with no example

3. What should you do if a question asks you to explain?

- A. Link the idea to a reason or cause
- B. List unrelated facts
- C. Only draw a diagram
- D. Write the shortest possible answer

8. Success Criteria Proof

Finish with evidence that you can do each success criterion.

SUCCESS CRITERION 1

Prove that you can: How to convert between 12-hour and 24-hour time

BAND 3 **2 MARKS**

SUCCESS CRITERION 2

Prove that you can: Midnight = 0000 (or 2400), Noon = 1200

BAND 4 **3 MARKS**

SUCCESS CRITERION 3

Prove that you can: How to calculate elapsed time by subtracting start from finish

BAND 5 **4 MARKS**

One thing I still need help with:
