

1. Work out the average speed:

a) 1 kilometre in 1 hour

b) 10 kilometres in 1 hour

c) 10 kilometres in 10 hours

d) 10 kilometres in 5 hours

e) 20 metres in 10 seconds

f) 100 metres in 5 seconds

g) 5 kilometres in 5 hours

h) 15 kilometres in 3 hours

i) 25 kilometres in 5 hours

j) 60 kilometres in 12 hours

k) 200 metres in 40 seconds

l) 150 metres in 25 seconds

2. Work out the average speed, giving your answer as a decimal to 3 s.f.:

a) 3 kilometres in 2 hours

b) 15 kilometres in 4 hours

c) 11 kilometres in 10 hours

d) 10 kilometres in 15 hours

e) 20 metres in 12 seconds

f) 104 metres in 20 seconds

g) 6 kilometres in 5 hours

h) 15 kilometres in 8 hours

i) 25 kilometres in 7 hours

j) 50 kilometres in 12 hours

k) 200 metres in 70 seconds

l) 150 metres in 45 seconds

3. Work out the distance:

a) 25km/h for 4 hours

b) 15km/h for 3 hours

c) 12km/h for 10 hours

d) 75km/h for 2 hours

e) 12m/s for 12 seconds

f) 35m/s for 20 seconds

g) 19km/h for 4 hours

h) 50km/h for 5 hours

i) 22km/h for 10 hours

j) 175km/h for 2 hours

k) 120m/s for 12 seconds

l) 45m/s for 20 seconds

4. Work out the time:

a) 40km at 4km/h

b) 120km at 60km/h

c) 10m at 5m/s

d) 150m at 10m/s

e) 500mm at 25mm/s

f) 200cm at 50cm/s

g) 400km at 4km/h

h) 12km at 4km/h

i) 110m at 5m/s

j) 50m at 10m/s

k) 50mm at 25mm/s

l) 1200cm at 50cm/s

5. Convert the following amounts of time into seconds:

a) 1 minute

b) 2 minutes

c) 10 minutes

d) 15 minutes

e) 1 hour

f) 2 hours

g) 12 minutes

h) 20 minutes

i) 8 minutes

j) 25 minutes

k) 10 hours

l) 5 hours

5. Convert the following amounts of time into minutes:

a)  $1\frac{1}{2}$  hours

b)  $2\frac{1}{2}$  hours

c)  $3\frac{1}{3}$  hours

d)  $4\frac{1}{3}$  hours

e)  $1\frac{1}{4}$  hours

f)  $2\frac{3}{4}$  hours

g)  $5\frac{1}{2}$  hours

h)  $6\frac{1}{2}$  hours

i)  $5\frac{1}{3}$  hours

j)  $1\frac{1}{3}$  hours

k)  $2\frac{1}{4}$  hours

l)  $3\frac{3}{4}$  hours