

1. Work out the average speed:

1 kilometre in 1 hour

10 kilometres in 1 hour

10 kilometres in 10 hours

10 kilometres in 5 hours

20 metres in 10 seconds

100 metres in 5 seconds

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

3 kilometres in 2 hours

15 kilometres in 4 hours

11 kilometres in 10 hours

10 kilometres in 15 hours

20 metres in 12 seconds

104 metres in 20 seconds

3. Work out the distance:

25km/h for 4 hours

15km/h for 3 hours

12km/h for 10 hours

75km/h for 2 hours

12m/s for 12 seconds

35m/s for 20 seconds

4. Work out the time:

40km at 4km/h

120km at 60km/h

10m at 5m/s

150m at 10m/s

500mm at 25mm/s

200cm at 50cm/s

5. Convert the following amounts of time into seconds:

1 minute

2 minutes

10 minutes

15 minutes

1 hour

2 hours

5. Convert the following amounts of time into minutes:

$$1\frac{1}{2} \text{ hours}$$

$$2\frac{1}{2} \text{ hours}$$

$$3\frac{1}{3} \text{ hours}$$

$$4\frac{1}{3} \text{ hours}$$

$$1\frac{1}{4} \text{ hours}$$

$$2\frac{3}{4} \text{ hours}$$