

# Using A.M. and P.M.

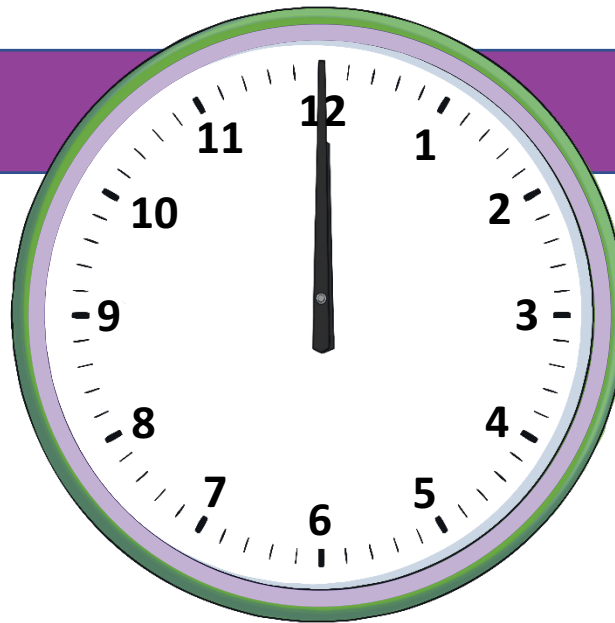


So, 7 o'clock in the morning would be written as 7 a.m.

7 o'clock in the evening would be 7 p.m.



Midday



Midnight



12:00 a.m.



Write the times shown using  
**a.m.** or **p.m.**

3:45 in the  
afternoon.

3:45 p.m.

9:25 in the  
morning.

8:55 in the  
evening.

3:05 in the  
afternoon.

1:35 early in  
the morning.



Here are some things that happen across the course of a day. They are out of order. Put the activities in the right order and then write the times in a.m. and p.m.

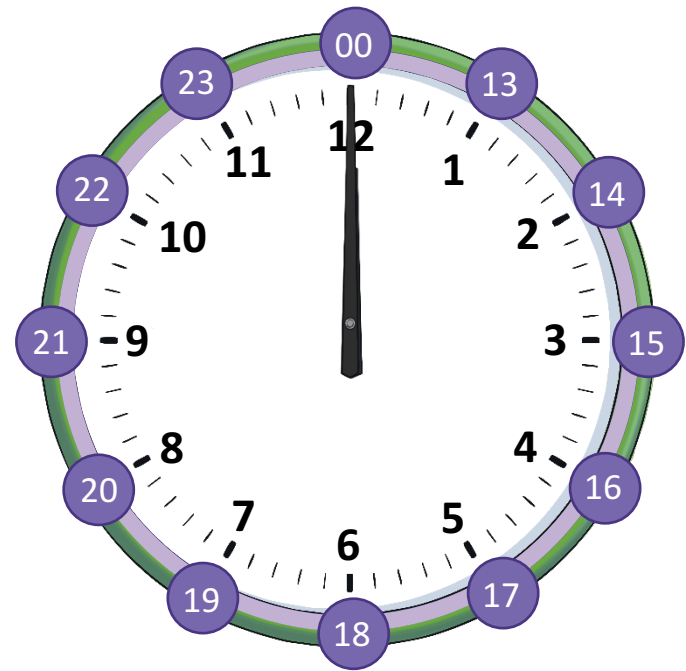
Eat lunch	
Watch TV	
Get up	
School ends	
Do homework	
Go to bed	
Have a bath	
Go to school	

The 24-hour clock is used in lots of different situations like: airports, police, armed forces, technology and train travel.

On a 24-hour clock, the time is shown as how many hours and minutes have passed since midnight. When the hour hand has gone all the way round the clock once, we keep counting all the way up to 24. We do not need to use a.m. or p.m.

00:00

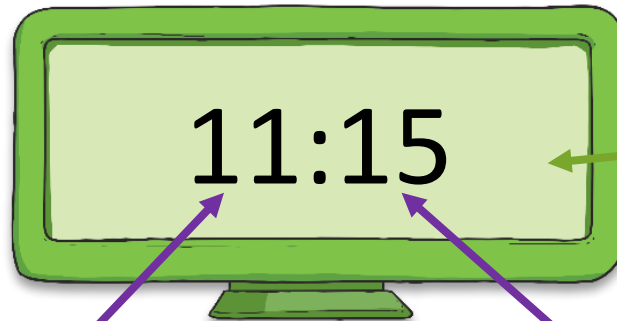
12:00 a.m.





To turn 12-hour **a.m.** times into 24-hour times:

11:15 a.m.



We do not need to write a.m.

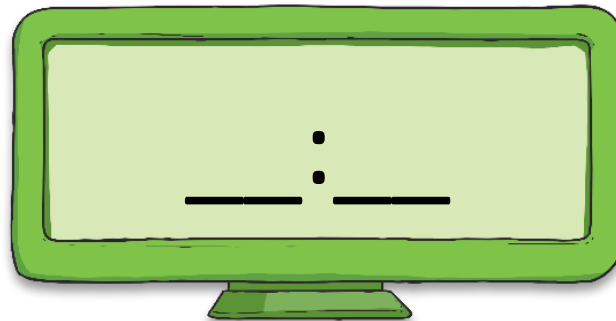
We write the hour before the colon. If the hour is a smaller number than 10, we write a 0 to fill the gap.

We write the minutes after the colon.



Can you change this 12-hour a.m. time to a 24-hour time?

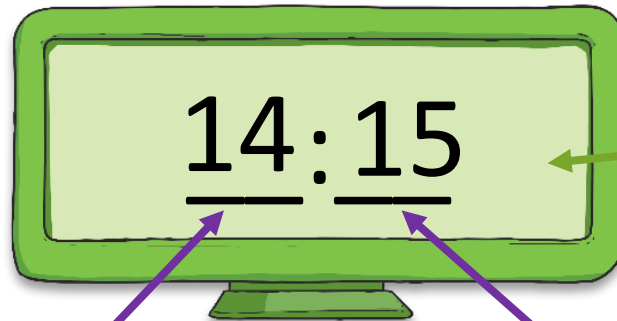
7:40 a.m.





To turn 12-hour **p.m.** times into 24-hour times:

2:15 p.m.



We do not need to write p.m.

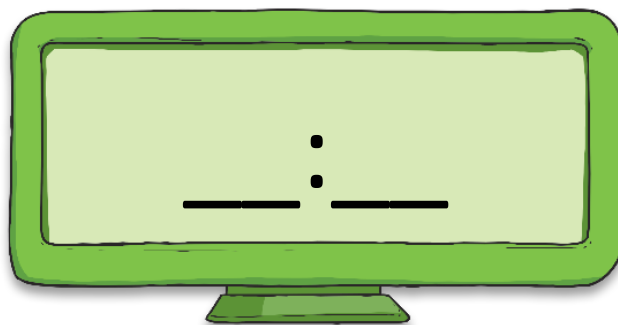
Add 12 to the p.m. hour to find the 24-hour time. We write the hour before the colon.

We write the minutes after the colon.



Can you change this 12-hour p.m. time to a 24-hour time?

6:45 p.m.





# Match the Times

Match the 12-hour times to their 24-hour equivalents.



4:45 p.m.

2:45 a.m.

6:45 a.m.

4:45 a.m.

6:45 p.m.

2:45 p.m.

04:45

14:45

18:45

06:45

16:45

02:45