Speed, Distance and Time Worksheet 1



Section 1	Section 2
Calculate the distance travelled in each journey:	Calculate the average speed of each journey:
a. 3 hours at 40mph	a. 150 miles in 5 hours
Distance =	Speed =
Distance = miles	Speed = mph
b. 55km/h for 3.5 hours	b. 120 km in 3 hours
Distance =	Speed =
Distance = km	Speed = km/h
c. 4 seconds at 3m/s	c. 20m in 4 seconds
Distance =	Speed =
Distance = m	Speed = m/s
d. 5.25 hours at 50km/h	d. 87.5 miles in 3.5 hours
Distance =	Speed =
Distance = km	Speed = mph
e. 30mph for 20 minutes	e. 9km in 45 minutes
Distance =	Speed =
Distance = miles	Speed = km/h

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Section 3	
Calculate the time taken for each journey:	
a. 150 miles at 50mph	d. 5 miles at 50mph
Time =	Time =
Time = hours	Time = minutes
b. 75km at 50km/h	e. 1.5km at 2m/s
Time =	Time =
Time = hours	Time = minutes
c. 25m at 2m/s	
Time =	
Time = seconds	

Section 4

Complete the missing information in the table. Include units of measure in your answers.

Speed	Distance	Time
70mph		2 hours
	55km	11 hours
200km/h		45 minutes
0.5m/s	350cm	
	357.5 miles	5 hours 30 minutes
12mph		2 hours 15 minutes

Speed, Distance and Time Worksheet 1 Answers



Section 1

Calculate the distance travelled in each journey:

a. 3 hours at 40mph

Distance = 3 × 40

Distance = **120** miles

b. 55km/h for 3.5 hours

Distance = **55 × 3.5**

Distance = **192.5** km

c. 4 seconds at 3m/s

Distance = **4** × **3**

Distance = **12** m

- d. 5.25 hours at 50km/h
 Distance = 5.25 × 50
 Distance = 262.5 km
- e. 30mph for 20 minutes Distance = $30 \times \frac{20}{60}$ Distance = 10 miles

Section 2

Calculate the average speed of each journey:

a. 150 miles in 5 hours

Speed = $\frac{150}{5}$ Speed = **30** mph

- b. 120 km in 3 hours

Speed = $\frac{120}{3}$ Speed = 40 km/h

c. 20m in 4 seconds

Speed = $\frac{20}{4}$ Speed = **5** m/s

- d. 87.5 miles in 3.5 hours
 Speed = 87.5/3.5
 Speed = 25 mph
- e. 9km in 45 minutes Speed = $9 \div \frac{45}{60}$

Speed = 12 km/h

Section 3

Calculate the time taken for each journey:

a. 150 miles at 50mphd. 5 miles at 50mphTime =
$$\frac{150}{50}$$
Time = $\frac{5}{50} \times 60$ Time = 3 hoursTime = 6 minutes

b. 75km at 50km/h
 Time = ⁷⁵/₅₀
 Time = 1.5 hours

c. 25m at 2m/s

Time = <u>25</u> 2

Time = **12.5** seconds

e. 1.5km at 2m/s

Time = $\frac{1500}{2} \div 60$

Time = **12.5** minutes

Section 4

Complete the missing information in the table. Include units of measure in your answers.

Speed	Distance	Time
70mph	70 × 2 = 140 miles	2 hours
<u>55</u> 11 = 5km/h	55km	11 hours
200km/h	200 × $\frac{45}{60}$ = 150km	45 minutes
0.5m/s	350cm	<u>3.5</u> 0.5 = 7 seconds
<u>357.5</u> = 65mph	357.5 miles	5 hours 30 minutes
12mph	12 × 2.25 = 27 miles	2 hours 15 minutes